

➔ TODAY'S VERSE

Psalms 88:2 Let my prayer come before thee: incline thine ear unto my cry



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

What makes Hailey Lamb smile? "I like working with Sue (Payne) and making stuff, making crafts and spinning," said the then 13-year-old, a then Westfield Middle School seventh-grader. She was dressed as a Fairy and found with her puppet that she made, Alfonso (above), at the Hamilton County Artists' Gallery in Noblesville. She is the daughter of Matt and Heather Lamb and has a sister, Julia Lamb, who recently graduated. Hailey and Julia have both been Conner Prairie youth volunteers in the spinning program led by Payne. This is Hailey's fifth year as a Conner Prairie youth volunteer and wears an 1836 costume in Priortown. She is in competitive cheer, school cheer and football cheer.

And **Another Few Things...**

1. West Nile Virus Spray

The Hamilton County Health Department's Vector Control program received notification from the Indiana Department of Health that mosquito samples collected within Hamilton County's jurisdiction have tested positive for West Nile Virus. Hamilton County residents are urged to take necessary precautions to reduce their risk of exposure.

In response to the detection of West Nile Virus, Hamilton County Health Department will increase surveillance/control activities in the corresponding areas. To reduce the number of adult mosquitos within the area, Vector Control will begin spraying this evening.

2. Reader's Choice Update

If you are one of the many who were Readers' Choice winners in our annual huge recognition promotion, you may be getting e-mails from Showmark, a company trying to sell plaques and such. Please know, that has nothing to do with our company and the actual Readers' Choice program. For years, we have produced the annual popular Readers Choice contest and we give, absolutely free of charge, certificates suitable for framing to our winners, runner-ups and honorable mentions. We're not familiar with this Showmark group, and we certainly don't blame them for trying to wiggle in to one of the biggest contests around, we just want you to know we have never charged a penny for those recognized - and we never will!

3. Audobon Open House

Indiana Audubon will be hosting a special fall Open House on Sept. 3 from 9 a.m.-3 p.m. at its Mary Gray Bird Sanctuary. The Mary Gray Bird Sanctuary Open House is an opportunity to enjoy the perks of Indiana Audubon membership and to learn more about the 700-acre nature preserve just outside of Connorsville.

Visitors will be able to explore the grounds and hike over 8 miles of walking trails. Select nature hikes will be offered in both the morning and afternoon, and visitors can watch live songbird banding at 9am. Food and drinks will be available for purchase at the Markle Barn.

The TIMES

Hamilton County's Own Daily Newspaper

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The Times photo courtesy of Betsy Reason

Conner Prairie CEO Norman Burns (from left), philanthropists Jay and Nancy Ricker, and Conner Prairie vice president Andrew Bradford were among the speakers Friday morning during Conner Prairie's press conference announcing \$24 million in.

\$24M in New Projects Intended to Enhance Conner Prairie Experiences



BETSY REASON
The Times Editor

Conner Prairie's museum experience is being re-imagined.

A fully renovated and enhanced museum center will offer more access to Conner Prairie's large collection of historic artifacts, with new learning experiences and hands-on activities and more to see and do year-round inside the museum.

A new Outdoor Nature Experience will activate 260 acres of woodlands and prairie and add 2.5 miles of new trails along the White River, one trail that is fully accessible, with four edu-

cation hubs that feature evolving content, so that guests can immerse themselves in nature.

A new Promised Land Proving Ground permanent exhibit will explore the African-American heritage, including African Diaspora culture and traditions, covering centuries of history from pre-colonial to present day.

These enhanced and expanded and inclusive experiences will be created thanks to a \$24

➔ See BETSY Page A7

Nickel Plate Heritage Railroad Names New Operations Manager



Jake Garvey will serve as the new Operations Manager for the Nickel Plate Heritage Railroad, operator of the Nickel Plate Express (NPX) which runs on 12.5 miles of track between Noblesville and Atlanta, Ind.

Garvey was chosen for the role for his extensive background and knowledge in train operations- including maintenance, repairs and upkeep of both the track and equipment. Jake has been with NPX since 2018 and just recently received his engineer's license.

"I've always had a love for trains since I was a kid riding trains all over the country with my grandfather," said Garvey. I'm grateful for this opportunity

to help preserve the railroad history of Hamilton County, as well as being a part of the unforgettable memories families make when they ride on the Nickel Plate Express."

In addition to overseeing the operations team and ensuring the track and equipment are safe and maintained properly, Garvey will be a vital part of helping NPX grow its weekday programming to offer field trips and additional private charters.

"We are excited to have Jake move into a leadership role on our team. He will be an integral piece to helping our organization grow to the next level," said Director Emily Reynolds. "With his passion for the railroad and knowledge he brings to the job we know he will be a fantastic

➔ See HERITAGE Page A7

The Reality of TV



JOHN O. MARLOWE
With The Grain

I've been dog-sitting. My brother and his family are on their way to Michigan for a well-deserved vacation. When you own two dogs, have twin 2-year-olds, and a loving wife for whom your term of endearment is "Commander," Michigan may not be far enough.

(As a quick aside, I'm praying that my sister-in-law has forgotten how to read.)

Although I am glad when I can be helpful, I'm not really fond of dog sitting. House sitting, too, which is basically dog sitting minus eight legs.

It comes down to the fact that I just don't like living in a home other than my own. Not that I couldn't make it my own. I have permission. "Make yourself at home," they always say.

Good! Let's start by throwing away those cow bell wind chimes that kept me awake three nights last time. The hallway could use a coat of paint, too.

Translated, "make yourself at home" means "I'll say anything to get out of here." It ranks right up there with history's second-oldest house / dog sitting ruse, "Eat anything you want out of the refrigerator," whereupon you discover there's only a half-eaten birthday cake inside, and four different brands of barbecue sauce in the door.

History's oldest house/dog sitting ruse? "We won't be gone long."

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➔ OBITUARIES

Leota M. Barker
Robert Lee 'Bob' Barbour
Roy E. Beck
Nancy Q. Scheuermann
Mary Lynn 'Chris' Tate

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

➔ HONEST HOOSIER

President Biden ran on the platform of bringing the country together. I don't think anyone knew that meant into a recession.



➔ TODAY'S HEALTH TIP

Medical advice changes over time - that's how good science works. 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.times24-7.com.



➔ TODAY'S QUOTE

"No one has ever drowned in sweat."
- Lou Holtz

➔ TODAY'S JOKE

Memory is what helps husbands remember their anniversary. Good memory is when they remember BEFORE that day.

13 WTHR 7 DAY FORECAST

TUE	WED	THU	FRI	SAT	SUN	MON
61/80 MAINLY SUNNY AND WINDY	60/80 SUNNY	60/82 MAINLY SUNNY	61/85 WARMER	63/82 FEW STORMS POSSIBLE	64/78 SCATTERED STORMS	63/78 BREEZY, STORM CHANCE



OBITUARIES

Robert Lee 'Bob' Barbour

January 20, 1936 - August 11, 2022

Robert Lee 'Bob' Barbour, 86, of Westfield, IN, formerly of Chesapeake, OH, went to be with Jesus on August 11, 2022, surrounded by his family.

He was born January 20, 1936, in Huntington, WV, to the late James and Inez (Davis) Barbour.

Mr. Barbour grew up in the shadow of the Marshall College campus, playing baseball and tackle football in the neighborhood streets. He graduated from Huntington East High School in 1954 and went on to receive degrees from Moody Bible Institute, Marshall University, and Dallas Theological Seminary.

He taught geography, social studies, and New Testament at Huntington High School for 12 years. Mr. Barbour was a popular teacher. Former students would make a point to stop him in public to express their gratitude for his influence in their lives. He had a long and storied career in ministry. He directed Huntington area Youth for Christ and the Navigators ministry at Marshall University. Mr. Barbour served 17 years as youth and music director, and associate pastor of Seventh Avenue Baptist Church. He served 34 years as Senior Pastor of Union Missionary Baptist Church in Chesapeake, OH.

He was known for his effective teaching, loving care, and attention to those in need. Mr. Barbour was awarded an Outstanding Citizen Proclamation by the Lawrence County (OH) Commission for faithful service to his community.

After moving to Indiana, he was a member of Cross-bridge Baptist Church, where he taught Bible classes, visited the sick, and volunteered during Vacation Bible School. He also had a ministry with seniors at Rittenhouse Village. He was a lifelong fan of the Cincinnati Reds.

In spite of all his achievements, Mr. Barbour was most proud of his family. He and his beloved wife of 45 years, Phyllis, ministered, traveled, and enjoyed life together. They were the true definition of companionship. He was a wonderful father to his son, Bobby. He was ever-present at sporting events and music recitals, and in his later years, they spent many hours watching ball games and talking about life and ministry. He loved his daughter-in-law, Jody, and always enjoyed laughing with her. Mr. Barbour adored his grandchildren Jack, Lucy and Annie, who affectionately knew him as "Papa." He delighted in the hours spent reading and playing with them and took great joy in celebrating their achievements.

A love for people characterized Mr. Barbour's life, and he made friends wherever he went. He was fondly referred to as the "Mayor" of his Westfield neighborhood.

Survivors include his wife Phyllis; son Bobby; daughter-in-law Jody; three grandchildren Jack, Lucy and Annie; and countless friends.

In addition to his parents, Mr. Barbour was preceded in death by his sister Zeda (Van Sickle); and three brothers, Kelsey, Doug and Ralph.

Family and friends are scheduled to gather at 10 a.m., on August 20, 2022 in Crossbridge Baptist Church, 4309 W. 79th St. Indianapolis, where the funeral service is scheduled to begin at 12 p.m.

Burial will follow in Hamilton Memorial Park in Noblesville.

Bussell Family Funerals is privileged to assist the family in arrangements.

Leota M. Barker

June 3, 1924 - August 14, 2022

Leota M. Barker, 98, of Westfield, passed away on Sunday, August 14, 2022 at Wellbrooke of Westfield.

She was born on June 3, 1924 to Bert and Gwena (Stemen) McBride in Allentown, Ohio.

Mrs. Barker worked in accounting and bookkeeping for many years. She was a member of Westfield Friends Church and attended Hinkle Creek Friends Church.

Survivors include her three sons Reid (Martha) Barker, Robert Barker and Douglas Barker; three daughters Helen (Gary) Louks, Joyce (John) Story and Rebecca (Lonnie) Brock; 15 grandchildren Logan Barker, Shandelle Schirmer, Shay Schirmer, Alisha Story, Adriana Story, Jenalee Brock, Lyssa Brock, Karena Brock, Ryan Brock, Austin Brock, Matthew Barker, Grant Barker, Michael Brock, Lori Kolter and Kristina Roell; and many extended family members.

In addition to her parents, she was preceded in death by her husband Clarence Fulton Barker; and nine siblings.

Services are scheduled to be held at 1 p.m. on Sunday, August 21, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville, with Pastor Robert Stubbs officiating. Visitation is scheduled to run from 10 a.m. to the time of service at the funeral home. Burial will be immediately following the service at Summit Lawn Cemetery in Westfield.

Memorial contributions may be made to Westfield Friends Church, 324 S Union St, Westfield or Hinkle Creek Friends Church, 21617 Hinkle Rd, Noblesville.

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



Roy E. Beck

June 9, 1925 - August 11, 2022

Roy E. Beck, 97, of Westfield, passed away on Thursday, August 11, 2022 at Wellbrooke of Westfield.

He was born on June 9, 1925 to William and Hazel (Wesner) Beck in Salem, Indiana.

Mr. Beck proudly served in the United States Army. He was a general manager at Habig's Garden Shops for many years. He Roy attended Venture Church (formerly Hazel Dell Christian Church).

Survivors include his son Ed (Shelly) Beck; daughter Donna (Randy) Hutton; three grandchildren Laura (Aaron) Ring, Katie (Kenyon) Maynard and Aaron (Andrea) Hutton; and five great-grandchildren James, Caleb, CJ, Madelyn and Levi.

In addition to his parents, he was preceded in death by his wife Virginia Beck; brother Dale Beck; and sister Lois Nicholson.

The Beck Family has entrusted Randall & Roberts Funeral Home with Roy's care. Private family services will be held.

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



Nancy Q. Scheuermann

March 21, 1947 - August 10, 2022

Nancy Q. Scheuermann, 75, of Noblesville, was peacefully called into the arms of her Lord and Savior while surrounded by her loving family on Wednesday, August 10, 2022 at her home.

She was born on March 21, 1947 to Larry and Janet (Barker) Quick in Columbus, Indiana.

Mrs. Scheuermann was a 1965 graduate of Columbus Senior High School and went on to receive a B.A. in Philosophy from Ripon College in 1969. She married Gary Scheuermann on September 13, 1969. She was deeply committed to her faith.

Mrs. Scheuermann enjoyed volunteering, traveling, having lunch and playing cards with her friends. She loved spending time with her grandchildren, watching them play sports or showcasing their musical talents.

The Scheuermann family wishes to express heartfelt gratitude for the love, care and prayers provided to Mrs. Scheuermann as she courageously battled cancer; they are especially grateful to the staff at Premiere Hospice.

Survivors include her two sons Kurt (Noriko) Scheuermann and Charles (Aimée) Scheuermann; four grandchildren Keshin, Makoto, Michinobu and David; and brother Barney (Wilma) Quick.

In addition to her parents, she was preceded in death by her husband Gary Scheuermann.

Services are scheduled to be held at 11 a.m. on Saturday, August 27, 2022 at Northminster Presbyterian Church, 1660 Kessler Boulevard East Drive in Indianapolis, with the Rev. Carol McDonald and the Rev. Ruth Moore-Chadwick officiating. Visitation is scheduled to be from 9 a.m. until the time of the service.

Memorial contributions may be made to Riley Children's Foundation, 30 S. Meridian Street, Suite 200, Indianapolis (www.rileykids.org) or Hillsdale College, 33 E. College Street, Hillsdale, Michigan 49242, (<http://www.hillsdale.edu>) attn: The Gary E. Scheuermann Endowed Scholarship.

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



Mary Lynn 'Chris' Tate

June 26, 1960 - August 4, 2022

Mary Lynn 'Chris' Tate, 62, of Noblesville, passed away on Thursday, August 4, 2022 at Riverview Health in Noblesville.

She was born on June 26, 1960 in Glendale, California.

Ms. Tate was a talented artist who loved photography and cross stitch. She won prizes at the Hamilton County 4H Fair for her cross stitch works. She liked to write and was proud to have one of her poems published. She appreciated the simple things in life, a beautiful sunset or the sights and sounds of nature. Ms. Tate was known by family and friends to have a keen sense of humor. She will be missed.

Survivors include her parents General Bob & Mary (Stone) Tate; brother & sister-in-law Robert & Liz Tate, and nephew Benjamin.

Visitation is scheduled to be held from 5-7 p.m., with services scheduled to begin at 7 p.m., on Friday, August 19, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Pastor Paul Ernst will officiate.

To honor Ms. Tate's love of her cats and dogs, the family requests that memorial contributions be made to Humane Society for Hamilton County, 10501 Hague Road, Fishers (www.hamilton-humane.com).

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



Photo courtesy of Community First Bank

Taylor Davis (left), CFB Assistant Branch Manager and Korbin Cruea (right) CFB Mortgage Loan Originator presents Adriann Young of the Noblesville Schools Education Foundation with a check for \$500.



Photo courtesy of Community First Bank

Taylor Davis (left), CFB Assistant Branch Manager and Korbin Cruea (right) CFB Mortgage Loan Originator presents Adriann Young of the Noblesville Schools Education Foundation with a check for \$500.

Community First Bank Supports Westfield, Noblesville Teachers with \$5,500 in Grants

Community First Bank (CFB) has donated \$5,500 to support teachers and their classrooms for the 2022-23 school year.

Community First Bank will be partnering with the Westfield Education Foundation and the Noblesville Schools Education Foundation in Hamilton County to offer three teacher mini-grants. The bank also supports teachers in Marion and Howard Counties.

Robb Blume, President and CEO of Community First Bank, said, "We have continued to witness the way that teachers pivot and persevere through challenges to still give their very best to their students, and our team would like to honor and support the work of these educators. One of our core beliefs is that we must be actively involved in making our communities better places to live, and this partnership is a way that we get to continue to live that out."

Local winners from the 2021-22 CFB-funded grants were Atieno Boyd and Heather Young's "Your Future is Bright" grant (Miller Success Academy), Jennifer Sawa's "Lunch Bunch Book Club" grant (Wash-

ington Woods Elementary School), and Erin McKinney's "Getting Interactive" grant (Westfield High School). Teacher grant applications for 2022-23 are now open to Westfield and Noblesville staff, and winners will be selected in the fall.

Through community partnerships, the Foundations can provide resources that will enrich and enhance teaching and learning in the local schools and promote lifelong learners. Community First Bank encourages other local businesses to join them in partnering to support teacher grant programs.

Community First Bank (CFB) was chartered in 2003 in Kokomo, Indiana and is committed to keeping outstanding customer service, local decision-making, and relationship-building at its core. The locally owned and operated bank currently has branches in Indianapolis, Kokomo, Westfield, and Noblesville. CFB has been named as one of the Best Places to Work in Indiana for 8 consecutive years by the Indiana Chamber of Commerce. Additional information can be found at www.CFBIndiana.com.

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Photo courtesy of Hamilton County Parks & Rec

The "Be Naturally Curious" trailer team (from left to right): Bruce Oldham and Amanda Smith of HCPR, Mark LaBarr of Duke Energy, Mark Kipp and Kathy Kipp of Vector Sign Solutions, and Chris Stice of HCPR Director.



Photo courtesy of Hamilton County Parks & Rec

Mark LaBarr, Government and Community Relations Manager for Duke Energy (right), is recognized for Duke Energy's funding support by Chris Stice, HCPR Parks Director, on stage during the final concert of the Cool Creek Concert Series.

Hamilton County Parks Takes Nature Education Programming on the Road

Hamilton County Parks and Recreation (HCPR) has officially introduced its latest educational resource – an enclosed trailer that functions as a nature center on wheels. Courtesy of funding provided by the Duke Energy Foundation, the unique project was put in gear back in 2017, but temporarily stalled during the pandemic.

Mark LaBarr, Government and Community Relations Manager for Duke Energy was instrumental in securing a portion of the funds in the early stages of the project that contributed to the purchase and complex interior build-out of the trailer. The 34' long trailer was officially introduced to the public at Cool Creek Park, during the parks department's final concert of its summer concert series in the park.

LaBarr, who attended the trailer's launch ceremony, says that he is pleased that the trailer will advance the S.T.E.M. and environmental education initiatives established by Duke Energy, intended to benefit the entire community.

HCPR Parks Director Chris Stice states "This trailer will allow our Superintendent of Natural Resources and Education, Amanda Smith and her staff, to literally take the highly regarded Cool Creek Nature Center nature education programming on the road."

Aptly themed "Be Naturally Curious!" the trailer not only offers park staff the ability to engage visitors of all ages walking through its interior "learning space," but also features a large stage deck that lowers,



Photo courtesy of Hamilton County Parks & Rec

Hamilton County Parks' latest teaching resource, the "Be Naturally Curious" mobile nature center, is a specially-outfitted, 34' long enclosed trailer that will allow parks naturalists to provide nature education programming at park events throughout Hamilton County. Presentations can be made inside the trailer or outside on a stage that can be lowered for group gatherings.

permitting educational and entertaining presentations to be made to large groups in an outdoor setting.

Both the interior and exterior graphics of the trailer were designed to serve as an extension

of the nature education programming by inviting interactivity, whether parks staff is present or not. The challenging application of the vinyl graphics to the entirety of the trailer's surfaces was



Photo courtesy of Hamilton County Parks & Rec

Amanda Smith, Superintendent of Natural Resources and Education for HCPR, addresses a group of inquisitive youths during an informal wildlife presentation. The naturalist's interpretation is typical of the type of programming that will take place in (and around) Hamilton County Parks' newly completed "Be Naturally Curious" nature education trailer.

undertaken by Vector Sign Solutions, a local sign resource in Noblesville.

The Be Naturally Curious trailer will be utilized at county parks events throughout the year. Details regarding

its "tour schedule" will be found online by visiting the parks department's web site at MyHamiltonCountyParks.com, on Hamilton County Parks' Facebook page or by calling (317) 770-4400.

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2022 Flix and Float Schedule

 <p style="font-size: 0.8em;">June 18th Moana G</p>	 <p style="font-size: 0.8em;">June 24th Finding Nemo G</p>	 <p style="font-size: 0.8em;">July 1st Jumanji PG-13</p>
 <p style="font-size: 0.8em;">July 16th Waterhorse G</p>	 <p style="font-size: 0.8em;">July 22nd Encanto G</p>	 <p style="font-size: 0.8em;">July 30th The Shallows PG-13</p>
 <p style="font-size: 0.8em;">August 13th The Goonies PG</p>	 <p style="font-size: 0.8em;">August 20th Dog PG-13</p>	 <p style="font-size: 0.8em;">September 3rd Top Gun PG</p>

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

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Meyer Najem Adds Development and Real Estate Services to Catalogue of Offerings

Meyer Najem has added development and commercial real estate services to its offerings.

For 35 years, Meyer Najem has provided clients with construction projects. Adding development and real estate services allows Meyer Najem to offer multiple upfront services to clients - services which will help clients take an idea on paper and turn it into a real project before construction ever kicks off.

"We are thrilled to provide a turnkey solution for the entire process," said Tim Russell, Meyer Najem's President.

Meyer Najem's leadership has selected a well-respected and nationally known real estate services team that is led by President of Development & Real Estate Services, Keith Konkoli and EVP of Development & Real Estate Services, Travis



MEYER NAJEM CONSTRUCTION

Tucker.

Konkoli is a seasoned real estate executive with deep industry relationships and experience in all facets of real estate development and operations. He has an impressive history of senior leadership with publicly traded real estate investment trusts Welltower (WELL), and Duke Realty (DRE).

Tucker is a real estate entrepreneur with more than 20 years of experience in commercial real estate, specializing in the medical office sector in public and private operating platforms. Travis spent 15 years at Duke Realty as Vice President of Healthcare Leasing. While in his role, Travis led the healthcare leasing division

of Duke that at the time, had \$8.5 billion of industrial and healthcare assets.

Meyer Najem's development and real estate services encompass site selection, real estate purchase due diligence, financing, legal and accounting services, investor relations, leasing, and brokerage.

Meyer Najem was founded over 35 years ago by Anthony Najem and Karl Meyer. Meyer Najem serves clients in the healthcare, municipal, commercial, senior living, and multi-family sectors. By combining innovative construction techniques with technology, they bring growth and strength to communities across the country.

Lake and River Enhancement Program Helps Fund Improvement of Local Bodies of Water



Hamilton County is due to receive funding to improve Stony Creek and Morse Reservoir as part of the Indiana Department of Natural Resources' (DNR) Lake and River Enhancement (LARE) program. The county will receive \$40,000 to improve stream design for Stony Creek and \$100,000 for sediment removal in Morse Reservoir.

A total of twenty Indiana counties will receive funds for improving local bodies of water, thanks to \$1,291,900 in grants awarded by DNR Director

Dan Bortner through the LARE program.

The grants will cumulatively fund projects benefiting seven lakes and 17 rivers and streams across Indiana. Most of the projects aim to improve water quality by addressing sediment and nutrient inputs into lakes and streams. Improved water quality helps maintain sustainable fish and wildlife populations as well as improve recreational opportunities in Indiana.

One new wetland construction and one

wetland enhancement project will be completed with this round of grants, creating around 25 acres of wetlands. Wetlands have many beneficial functions including flood retention, water filtration, and providing critical habitat for a variety of birds, amphibians, and reptiles.

LARE grants are funded through the annual LARE fee paid by boat owners when they register their watercraft with the Bureau of Motor Vehicles. This user-funded program benefits boaters all over the state. The grants allow for the completion of projects that would be difficult for local organizations to fund on their own. Grants are awarded on a competitive basis, and local sponsors share a portion of the cost.

The list of projects by water body, county, project type, and grant award can be found at lare.dnr.IN.gov.

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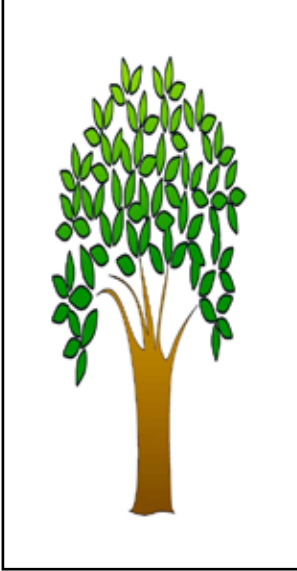
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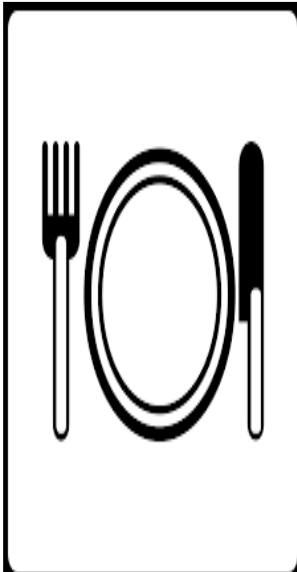
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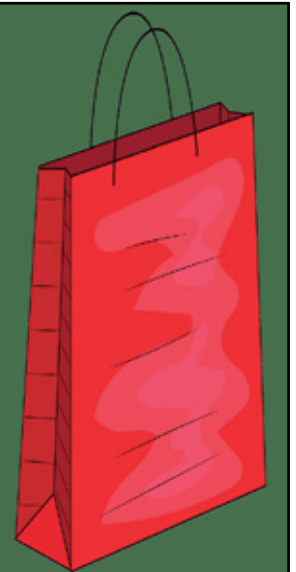
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Photo courtesy of Nissan

2022 Nissan Frontier Pro-X Goes Farther than Expected

Not every pickup truck must be four-wheel-drive. When I was growing up too long ago, my father owned four successive Chevy pickups, in snowy Indiana, and not one had four-wheel-drive. They rode better, handled better, delivered better fuel economy, and still had enough ground clearance to handle hunting duties. That said, none of my dad's trucks looked as cool as the 2022 Nissan Frontier PRO-X.

Even without four-wheel-drive, the PRO-X comes with all of the off-road kit. The new brawnier body is fronted by a black grille, 17" black wheels with grippy off-road tires, steel step plates, and side bars. Strings of LEDs light up the front and rear while spray-in bedliner and a household power port are ripe for weekend toil and play. Look underneath

to see front skid plates. It looks like the most trail-worthy pickup ever to roll out of a Nissan factory.

The larger body enables a roomier five-passenger cabin that looks like it can be hosed out before a night at the opera. Stitched dash coverings kiss a large touchscreen for controlling the 10-speaker Fender audio system, navigation, and media – made easier with wireless phone charging, Wi-Fi hotspot, Apple CarPlay and Android Auto connectivity. Heated leather front seats, heated leather-wrapped steering wheel, power sunroof, and dual-zone automatic climate control are primo on-trail or off.

Wherever power is sent, the 3.8-liter V6 dishes out a healthy 310 horsepower and 281 lb.-ft. of torque – not a lot for a full-size pickup, but

plenty for a compact. It connects to the rear axle through a 9-speed automatic transmission. When kicked, it takes some time for the transmission to get its act together, but moves out when it does. And, you can move up to 6,470 lbs. of camper, boat, or side-by-side. Fuel economy is rated 18/24-MPG city/highway – a couple of digits better than 4x4 versions.

No matter the pavement condition, Bilstein shocks absorb all the rough stuff while providing a reasonably settled ride. The wider track improves handling, but those meaty off-road tires will do little to improve lateral maneuvers. You may still think four-wheel-drive is necessary for inclement weather and off-roading, but with today's advanced traction and stability control systems, you can go surprisingly

2022 Nissan Frontier PRO-X Five-passenger, RWD Pickup

Powertrain: 3.8-liter V6, 9-spd trans
Output: 310hp/281 lb.-ft. torque
Suspension f/r: Ind/Solid axle
Wheels f/r: 17"/17" alloy Brakes f/r: disc/disc
Must-have features: Style, Simplicity
Towing: 6,470 lbs
Fuel economy: 18/24 mpg city/hwy
Assembly: Canton, MS
Base/As-tested price: \$28,690/\$44,220

far without powering all the corners. And to make your journey as safe as possible, our truck came with automatic emergency braking, adaptive cruise, rear cross path detection with auto brake, and lane departure warning.

So, what don't I like? Despite some nice stitching, there's a lot of plastic inside. Handling is about what you expect for a heavily-tired compact pickup, which means it leans and bounces.

There's plenty of power, but gas mileage is no match for \$5 gasoline. Step into the throttle and it takes seemingly forever for the 9-speed transmission to dial the right cog. Still, none of this would keep me from buying one.

Going back to the Datsun days, Nissan has long (sometimes too long) built one of the most popular compact pickups. Beefy styling, comfy interiors, and more



CASEY WILLIAMS
Auto Reviews

space for all you love and carry make it a much better truck. Whether you get four-wheel-drive or not is up to you, but the PRO-X goes further than expected. A base price of \$28,690, or \$44,270 as tested, makes it tough competition for the Toyota Tacoma, Honda Ridgeline, Chevy Colorado, Ford Ranger, and GMC Canyon.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

At Least Two Degrees Rosacea and What You Should Know

They call the impossibly complicated screen I am looking at a "dashboard," which I do not find reassuring at all. It would be nice not to associate my ignorance of technology with crashing some out-of-control machine into a ravine, although, as I think about it, that is very much how it feels.

Learning new technology is a bear. I don't care what they say.

I understand the need to play with it, get familiar with the functions and learn in a less-than-linear fashion. But less-than-straightforward learning often leads me to travel in circles—I do the same thing again and again, and discover that I have learned nothing at all.

This is what I have been doing of late.

The goal is simple: I'm going back to some of "The Postscripts" from early on and making videos of them to post on my website and YouTube channel. I thought it would be a fun way for new readers to enjoy old columns. But I had to wade through a forest of fear and insecurities first—and I'm not home yet.

First, there are the required hours of staring at my face on the screen.

I was a stage actor before I started writing, where we take lots of photos but do not film the work. The result is that I know more or less how to position my face when a camera is in the vicinity to keep from looking completely ridiculous.

Video is different. My face is in constant motion on video. I stop the video midframe and see that I have an expression on my face that I did not know I was capable of making. It is never flattering. It is always grotesque.

"Do other people move their faces that much?" I wonder. I don't think so. This is fear No. 1: having an abnormally mobile face.

Fear No. 2 is what to do

with all this captured footage of my grotesque face contortions. Now we're back at the "dashboard," aptly named as I prepare for a crash landing.

The tutorials drone on and on about how to achieve an effect I would never dream of trying and merrily speed over the section where they explain, "This is how you can actually see what you are working on!" That would be nice to know.

There are dials and buttons and functions and reams of information about this video, less than five minutes long. There are special effects and filters I will never use, editing tricks I will never need and multilayering track capabilities that are totally superfluous to what I am doing. And, on every control, there is a long list of measurements I am supposed to understand to achieve the desired result. I suddenly feel that I am about two years old.

There is a story told about me when I was two. I got up on the bathroom scale and declared, "I'm going to see how tall I am. Oh!" I announced confidently, "Two degrees!"

I'm not sure I ever got over the feeling that measurements are not intuitive in the least.

But I am back at it today. The dashboard is all in shades of black and gray. I'm sure this is to make it look more intimidating and serious. We couldn't have a candy-colored dashboard with little animated mascots helping me along the way.

By the end of yesterday, I had done what a typical video editor would accomplish in approximately 15 seconds. It felt like a tremendous accomplishment.

I think I progressed by at least two degrees.

Till next time,
Carrie

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



JOHN R. ROBERTS, M.D.
Hamilton Health

The comedian W.C. Fields once said, "I never drink water; that is the stuff that rusts pipes." This referred to his penchant for drinking alcohol. So what do alcohol and W.C. Fields have to do with this week's topic of rosacea? Read on.

Rosacea is a common skin condition usually found on the face, which can be a great source of consternation. It is a disease with various clinical presentations. These can include redness, flushing, coarse skin, and bumps and pustules resembling acne. It may also present with visible spider-like superficial blood vessels called telangiectasias.

The condition is found three times more often in women and usually presents between 30 and 60 years of age. It is also more common in fair-skinned people of Europe-

an and Celtic origin, also being known as the "curse of the Celts."

The diagnosis of rosacea is made on clinical grounds (i.e. signs and symptoms). There has to be a persistent rash on the central part of the face for at least three months to qualify as rosacea. Classifying rosacea is important in determining the best treatment.

The exact cause of rosacea is not well understood, though there are numerous factors that likely play a role. The flushing associated with rosacea is thought to be due to the increased number of blood vessels that are close to the skin surface as well as the increased sensitivity of the vessels to heat. Sun exposure may play a role based on the location of the rash though some studies refute this.

Skin inflammation is a major finding in rosacea. Demodex, a species of skin mite, may also play a role in the development of an inflammatory reaction though studies are somewhat conflicting. Free radicals in the skin produced by various biochemical reactions can also cause damage.

There are four subtypes of rosacea based on clinical findings, likely the result of how a particular patient responds to

various biologic factors and triggers. The first is the erythematotelangiectatic type. Its main signs and symptoms are central facial flushing, often with burning or stinging. The redness usually is not found around the eyes. The involved skin can be rough with some scaling.

The second type of rosacea is the papulopustular type. This is the most common type, typically found in middle-aged women. It presents with redness of the central part of the face with small red bumps (papules) that have small pustules on top of them.

The third type is the phymatous type. This presents with severe thickening and irregular contours of the skin of the nose, chin, forehead, ears and/or eyelids. W.C. Fields suffered from this type that caused his distinctive enlarged nose, known as a rhinophyma.

The last subtype of rosacea is the ocular type. It can present with signs that may be present for years before the skin manifestations develop. Patients can develop inflammation of various structures of the eyelids and coverings of the insides of the lids. Symptoms can include burning eyes, dryness, light sensitivity or the sensation of a foreign body

in the eye.

There are various triggers that can worsen flushing in rosacea. These include stress, alcohol, spicy foods, hot drinks, wind, topical skin products, caffeine, exercise, hot or cold weather and hot baths or showers.

The first goal of treatment is to identify a patient's triggers so that he or she can avoid them (alas, W.C. Fields could not). Daily use of broad-spectrum sunscreen (protection from UV-A and UV-B) is recommended for all patients. Sufferers should also avoid astringents, toners, menthols, waterproof cosmetics that require solvents for removal, camphor, and products containing sodium lauryl sulfate.

Some types of rosacea respond to topical medications including antibiotics and acne agents. Oral antibiotics may also be used. Mild cases can be masked with creams containing green pigments. Laser surgery aimed at reducing blood vessels are the mainstay of treatment. Surgery, dermabrasion or laser treatments may also be used to reduce excessive skin.

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

relax & enjoy

THE TIMES

Obituary deadline
 The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.
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State: Be Award of Kids' Online Activity

Indiana Attorney General Todd Rokita has an important warning for parents related to their kids' internet usage. Technology is a great learning resource, but it can also expose children to inappropriate and dangerous activities online.



Attorney General Todd Rokita

There are very few privacy settings and pornography is easy to find. Most posts are public and cannot be made private.

• **WhatsApp** – WhatsApp is a popular messaging app allowing users to text, send photos, make calls, and leave voicemails worldwide. This app makes it easier for predators to message children without parents knowing.

• **YouTube** – YouTube is a video sharing app that may not be age appropriate for kids. Inappropriate content can be found using innocent search terms, but with parental controls, this can be avoided.

• **YouTuber** – YouTube is a video sharing app that may not be age appropriate for kids. Inappropriate content can be found using innocent search terms, but with parental controls, this can be avoided.

New apps are always available, so Rokita offers a few tips to help parents monitor their child's online activity:

• **Keep the computer or laptop in a common room of the house, not in a child's bedroom.**

• **Utilize parental controls available from internet service providers or use blocking software. Some may be accessed by going to "Settings" on your device.**

• **Always maintain access to a child's online account and monitor text, email, and other message inboxes.**

• **Familiarize yourself with computer safeguards, like firewalls, anti-virus software, effective passwords, and secure websites and ask if they are being utilized at school, the library, and at friends' homes.**

• **Never automatically assume that what a child is told online is true.**

If you believe you or your child were targeted online by a predator, please contact your local police department. If you believe you were the victim of an online scam, please file a complaint at indianaconsumer.com or call Rokita's office at (800) 382-5516.

USDA to Begin Accepting Applications Sept. 6 for ReConnect Program Round 4 Funding

U.S. Department of Agriculture (USDA) Rural Development State Director for Illinois Betsy Dirksen Londrigan yesterday announced that the Department will begin accepting applications on September 6 for funding to expand access to high-speed internet for millions of people in rural America nationwide.

"Connectivity is no longer a luxury, it's a necessity – especially in remote areas of the state where distances and travel time to and from work, school and health care can be substantial," Dirksen Londrigan said. "According to USDA's 2021 'Rural America at a Glance' report, only 72% of rural residents and only 63% of rural residents in persistent poverty counties had moderate- or high-speed broadband available. The internet is vital to our growth and continues to act as a catalyst for Illinois prosperity. From the farm to the school, from households to international markets, connectivity is driving positive change in our communities."

USDA is making the funding available under the ReConnect Program, which received new funding from President Biden's Bipartisan Infrastructure Law. On

September 6, the Department will begin accepting applications for up to \$150 million in loans, up to \$300 million in loan/grant combinations, and up to \$700 million in grants.

The application deadline is November 2.

USDA has made several improvements to the ReConnect Program for Round 4. Collectively, they increase the availability of funding in rural areas where residents and businesses lack access to affordable, high-speed internet. These include:

• **Allowing applicants to serve areas where at least 50% of households lack sufficient access to high-speed internet.**

• **Adding a funding category for projects where 90% of households lack sufficient access to high-speed internet. For applications submitted under this category, no matching funds will be required.**

• **Waiving the matching funds requirement for: (a) Alaska Native Corporations, (b) Tribal Governments, (c) projects proposing to provide service in colonias, (d) projects proposing to serve persistent poverty counties and (e) projects proposing to provide service in socially vulnerable communities.**

• **Additionally, to en-**



sure that rural households that need internet service can afford it, all awardees under this funding round will be required to apply to participate in the Bipartisan Infrastructure Law's Affordable Connectivity Program (ACP). The ACP offers a discount of up to \$30 per month towards internet service to qualifying low-income households and up to \$75 per month for households on qualifying Tribal Lands.

Background on ReConnect Program

To be eligible for ReConnect Program funding, an applicant must serve an area where high-speed internet service is not available at speeds of 100 megabits per second (Mbps) (download) and 20 Mbps (upload). The applicant must also commit to building facilities capable of providing high-speed internet service at speeds

of 100 Mbps (download and upload) to every location in its proposed service area.

For additional information, see page 47690 of the August 4 Federal Register.

To learn more about investment resources for rural areas, visit www.rd.usda.gov/il or contact the nearest USDA Rural Development office.

Rural Development provides loans and grants to help expand economic opportunities, create jobs and improve the quality of life for millions of Americans in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, tribal and high-poverty areas. For more information, visit www.rd.usda.gov/il.

DNR Monitoring Fish Kill at Clear Lake in Steuben County

DNR fisheries biologists visited Clear Lake on Aug. 4 after receiving reports from residents of numerous dead fish. Several species of fish were affected, including rock bass, bluegill, redear sunfish, pumpkinseed, warmouth, crappie, bullheads, and bass. Biologists estimated approximately 500 dead fish

were between the North and Big basins.

Due to recent weather, this fish kill is likely being caused by natural events. Hot weather, warm water temperatures, and calm (i.e., no wind) days lead to low levels of dissolved oxygen in the water. Without dissolved oxygen, fish are unable to breathe and can die rapidly



ly and in large numbers.

Biologists will continue to monitor the lake in case the situation changes.

While the threat to pub-

lic health is considered very low at this time, DNR always recommends common sense when recreating in natural waterways, especially during periods of hot weather.

For more information on safe water recreation, visit the Center for Disease Control website at cdc.gov/habs/prevention-control.html

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BETSY From Page A1

million Prairie Pathways capital campaign that's already reached 76 percent, or \$11.4 million, of its fundraising goal.

The three new projects -- that will provide "broader, deeper, bolder experiences" to better serve visitors and members -- were announced at a press conference on Friday morning at Conner Prairie, a living history museum in Fishers that welcomes more than 400,000 visitors annually.

Dave Kinard, Conner Prairie member and campaign chair, said the project would not be possible without critical stakeholders, members of our community and amazing staff and volunteers and board members, and those who have donated so generously to the campaign with more than 60 campaign gifts to date for the project.

Philanthropists Jay and Nancy Ricker, founder of Ricker's Convenience stores in Anderson and who were in attendance Friday morning, have donated the lead gift of \$3.5 million to the four-year Prairie Pathways Campaign, which kicked off in 2019, with a goal of \$15 million.

"Nancy and I feel very strongly that you should give back to the areas where you made your money," Jay Ricker said. "Conner Prairie really stuck out in our minds." (The Rickers in 2017 gave \$500,000 to Conner Prairie to help renovate the Chinese House, an historic venue for private events on the property.)

The Rickers' gift for the current Prairie Pathways Campaign is part of their overall \$5 million commitment to Conner Prairie. Commitments of \$1 million or more have also been received from Allen Whitehill Clowes Charitable Foundation, Steve and Sandy Hageman, Nina Mason Pulliam Charitable Trust and an anonymous donor.

Norman Burns, Conner Prairie CEO of seven years, recalled how Jay Ricker, the incoming chair of Conner Prairie and part of the search committee to find a CEO, seven years ago flew to Richmond, Va., to talk to Burns about the future of Conner Prairie. Burns on Friday morning officially announced the projects which, he said, will ensure that Conner Prairie will be "a place where the doors are always open to a diversity of voices and limitless experiences for generations to come."

The traditional welcome center will transform into a "Museum Experience Center" that will for the first time be able to have open storage and showcase the museum's 27,000 artifacts, plus, being a Smithsonian affiliate, will offer traveling exhibits on loan from the Smithsonian, as well as artist exhibits.

The newly renovated museum center will broaden the story-telling at Conner Prairie, said Andrew Bradford, vice president and chief advancement officer at Conner Prairie.

take place in a phased approach, he said. "The front-entry portion, that will be re-imagined, and the back exit-portion as you go out onto the grounds, will be the first two pieces of construction," Bradford said. "And then as we remodel the inside, that will become the second phase of all of this. It's staged in such a way that we hope to be able to keep most of our experiences open, certainly all of the outdoor experiences will stay open while we're under construction."

He said ticketing will move out to the Symphony gates to get people onto the grounds. "From a staffing perspective, as we transition all of these spaces -- we have a strong work-from-home policy right now -- we'll continue to look at how people can achieve their work in a different environment than they're used to today." Employees might work from home or Conner Prairie may bring in temporary office space during the expected 18 months of construction renovations.

The renovation won't just be in the area that guests visit. "We are considering every aspect, every inch of this Museum Experience Center," Bradford said, confirming that Conner Prairie youth volunteers' space will also be part of the remodel.

"Our youth interpreters are not only going to experience a new entry sequence for themselves, but they're also going to get an entirely new space," he said. Currently, youth volunteers (and adult interpreters) enter at the side of the building into an unseen, almost underground-like, part of the museum center. The new Youth Leadership Institute will "give them the space that they deserve."

Bradford said, "These youth are critical to us being able to deliver our mission to guests on a daily basis, and they don't have the adequate space they need today. We're actually carving out more square footage for the youth volunteer program so they can have adequate space to convene, to learn, to do research and to prepare for their daily work."

The larger, newly renovated area will give the youth volunteers "our acknowledgement of their hard work," Bradford said. The entrance to Conner Prairie will also be updated. "From the very moment you come off of Allisonville Road, it will be an entirely different experience," he said. Imagine a new drive and new paths to get guests from their vehicles into the building, integrating natural landscapes.

The entry experience will be totally new with a newly remodeled lobby and Welcome Center. The building will be totally gutted and renovated, and guests will be delivered, not to the back of the 1859 Balloon Voyage exhibit but instead directly into the Prairietown experience.

Last year, he said,



The Times photo courtesy of Betsy Reason

Philanthropist Jay Ricker, founder of Ricker's Convenience stores in Anderson and who was in attendance Friday morning for the Conner Prairie capital projects announcement, has donated the lead gift of \$3.5 million to the four-year Prairie Pathways Campaign, which kicked off in 2019 to raise money to enhance Conner Prairie visitors' experiences.

Conner Prairie signed another six-year agreement with the Reynolds family, owners of Reynolds Farm Equipment, for a \$1 million investment in the Balloon Voyage experience that will go through 2027. (The balloon envelope only has a six-year life span.)

Why make all of these improvements to Conner Prairie, which is already a gem in the community?

Bradford said while funding will go into the Promised Land as Proving Ground exhibit, there would also be investments in 1836

Currently, the last day of the outdoor season is Oct. 31. "Starting in November through March, there is no 1836 experience at Conner Prairie," he said. "We are a museum that operates on a year-round basis today, but we don't give an historical experience inside right now. That's only available out on the grounds. In the winter months, when we close down, our guests are eager to continue engaging with us, but we don't have a product to give them. Renovating and expanding this entire space will allow us to build those exhibits, those galleries, those hands-on experiences that they love out on the grounds but inside of the space during the winter months."

Currently, there is about 6,000 square feet of programming space and will transition to more than 25,000 square feet of programming space.

The open atrium area with skylight, that was originally used for weddings and special events, and currently Conner Prairie hands-on exhibits, will be closed in and become two separate floors with more gallery exhibits and hands-on experiences. The current banqueting and catering space will stay the same. Friday's news conference took place in Conner Prairie's Overlook Room, which was formerly a restaurant that was open for Sunday brunch and special occasions.

Bradford talked for a bit about the 27,000 artifacts, of which there are "almost none" currently on exhibit. In the newly renovated museum center, he said, "We will have the opportunity to put a curated collection on display each and every day." The collections currently are stored underground and have their own tempera-

ture and lighting controls and security system.

"Nobody gets to see them. This new space is going to create a collections gallery. A part of our collections will become viewable to the general public through a glass display. We still have to protect those things, so you won't be able to necessarily touch and feel them, but we'll have a digital display board that will allow you to find out more information about each collection piece if you're interested," Bradford said. Some items will have reproductions that allow hands-on experiences out on the grounds.

He said Eli Lilly (who in 1934 and then president of the pharmaceutical company Eli Lilly and Co, bought the 111-year old structure William Conner House) wanted to restore the house and build the village around it. Bradford said, "Eli Lilly wanted to teach history in a way that books could not."

The preschool is still going strong, in its third year, with half-day programs, inspired by Montessori models.

A new Spark!Lab opened Saturday and provides a space where young inventors will be encouraged to create, innovate, collaborate and solve problems. A new Habitat experience, which opens in September, showcases unique habitats through the gardens and landscapes of Conner Prairie.

Remaining Symphony on the Prairie concerts include One Night of Queen with Gary Mullen & the Works, Aug. 19; The Fab Four: The Ultimate Beatles Tribute, Aug. 26; The Phil Collins experience, Aug. 27; Master Blaster: A Tribute to Stevie Wonder; Sept. 2, Master Blaster: A tribute to Stevie Wonder and Super Diamond: the Neil Diamond tribute; The Springsteen Experience: A tribute to the boss; and Here Come the Mummies, Sept. 4.

The Jupiter Flight Balloon Festival, Indiana's largest balloon festival, will be Sept. 9-11 celebrating a weekend of innovation, with live music, food, bounce houses and a balloon race. The Apple Store will also be open the Friday during the balloon festival. Also, Smithsonian Free Day is Sept. 17, with Conner Prairie open free to the public. See ya there!

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

MARLOWE From Page A1

Before digital data was invented, one of the things that used to make house / dog sitting worthwhile was watching cable television. I looked forward to seeing the shows that only city folks could get. The area where I lived was too remote for the big cable companies to serve, so we were left with only the shows our local provider, Duncan's Auto Body and Cable, could offer.

Duncan didn't have any television industry experience, but he discovered that his brother's reupholstery shop backed right up to the downlink satellite dishes outside the cable company in the neighboring town. A set of well-placed jumper cables and a few spools of coaxial wire could provide limited programming.

It wasn't long after settling back in the recliner this week that I realized the joys of multi-channel programming are over. Gone are The Sopranos, Mad Men, and Breaking Bad. Now we have 90-Day Fiancé, 1,000 Pound Sisters, and Caught in the Act: Unfaithful.

It isn't enough that these reality shows are voyeuristic and exploitative. My biggest issue with them is that they are just telling the same old stories. I heard this one years ago.

It was commonly known in my small town that Mr. and Mrs. Peyton were having issues. Some said there was even a pool started so people could wager on when the breakup finally occurred. Mrs. Peyton had even threatened to move back in with her mother in Phoenix.

One day, while getting her hair done at Mabel's, Mrs. Peyton suggested that she might just go south, if only for a little break. She mentioned to Mabel that, because of

scheduling issues, she had a four-hour layover that might give her time to sightsee.

"I'm so looking forward to seeing Austin," she said.

Well, beauty shops being the noisy, gossipy places they are, it wasn't long before the whole thing got out of hand.

Juanita Fisher, under the dryer after her wash and set, only heard part of the conversation. Immediately she thought the worst. Mrs. Peyton had something going on with Austin Melton. Austin Melton was notorious. The town gigolo purportedly made more "deliveries" in one day than our milkman.

She couldn't wait to tell her husband when she got home.

By the time Mr. Peyton left the feed store the following morning, the news was all over town. Enraged, he raced his pickup truck down Pennsylvania Street to the bowling alley where Austin Melton headquartered. He walked up to the man, and without saying a word, punched him with all his might, squarely on the jaw.

Unfortunately for Mr. Peyton, three of Austin's sons happened to be standing there, too, and pummeled Mr. Peyton mercilessly. When Mr. Peyton came to in the hospital, Mrs. Peyton was by his bedside.

"I'm so sorry the way I've treated you these past years. I love you," he said. "Promise me you'll never go back to Austin."

"Austin?" Mrs. Peyton said. "Austin's in Texas." "Good! I guess I showed him a thing or two."

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

HERITAGE From Page A1

addition to our management team."

Nickel Plate Express is a program of the Nickel Plate Heritage Railroad, a charitable nonprofit that operates the historic Arcadia Depot and offers entertainment and educational excursions on historic train equipment out of Forest Park, Noblesville. The 12.5 miles of Nickel Plate track is owned by the Hoosier Heritage Port Authority and runs from Noblesville through Cicero and Arcadia to Atlanta, Ind., in northern Hamilton County.

For information about



Jake Garvey

the variety of NPX excursions -- from the Superhero Express to special dining experiences and holiday-themed rides in 2022 -- visit nickelplate-express.com.

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TUESDAY

In The Kitchen

DAY

Tuesday, Aug. 16, 2022

A8

Kid-Friendly Recipes to Power Through School Days



Cheeseburger Turnovers

FAMILY FEATURES

A menu of filling, delicious recipes is just what your family needs to make each school day a successful educational adventure. Satisfying lunch and dinner ideas can give loved ones the fuel they need while delicious desserts provide motivation for growing minds to get homework finished before enjoying a treat.

When weeks get hectic due to busy schedules, these recipes offer simple solutions to make cooking easier while limiting time spent in the kitchen. Start with a lunch that's as easy to make as it is to pack in a lunchbox, recharge in the evening thanks to a veggie-forward main course and satisfy everyone's sweet tooth with a chocolaty favorite to round out the day.

Keep your family full and energized each school day with more recipe ideas at Culinary.net.

Make School Lunches a Breeze

There's a lot to remember when sending your student off to school each morning, from backpacks and school supplies to last night's homework. Don't forget one of the key ingredients to a successful day: lunch.

These Cheeseburger Turnovers provide the energy little learners need to power through their afternoon lessons. One winning idea to make the week easier is to prep a full batch of these easily packable, kid-friendly handhelds Sunday night so you've got lunch ready for each day.

To find more school day recipe inspiration, visit Culinary.net.

Cheeseburger Turnovers

- 1 pound ground beef
- 1/2 cup onion, chopped
- 2 tablespoons ketchup

- 1 tablespoon mustard
- 1 can flaky biscuits
- 1 cup shredded cheese
- dill pickle slices, halved
- 1 egg, beaten

Heat oven to 375 F.

In large skillet, cook ground beef and onion until beef is thoroughly cooked and onions are tender. Drain. Stir in ketchup and mustard.

Separate biscuit dough. On ungreased baking sheet, flatten biscuit dough to form 6-inch rounds. Spoon beef mixture onto one side of flattened dough. Sprinkle with cheese. Top with dill pickle half. Fold dough over filling. With fork tines, press dough edges to seal. Cut two slits in top of dough to release steam. Repeat with remaining dough, beef mixture, cheese and pickles.

Brush each turnover with egg wash.
Bake 18-22 minutes, or until deep golden brown.



Lentil Bolognese with Veggie-Based Penne

A Perfect Pasta for School Nights

Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this Lentil Bolognese with Veggie-Based Penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, Kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes.

Lentil Bolognese with Veggie-Based Penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

Toppings:

- fresh basil
- Parmesan cheese
- red pepper flakes

Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.

Cook penne according to package directions. Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.

A Heaping Serving of Homework Motivation

Heading back to school doesn't have to mean forgetting the fun of warm weather treats. Once the homework is done and you've enjoyed dinner with loved ones, turn your attention to a dessert that tastes like it was prepared by a professional baker.

This S'mores Skillet starts with a sweet brownie base made with Domino Light Brown Sugar and is then infused and topped with traditional s'mores ingredients. Just combine in a skillet then bake – or grill for that familiar outdoor feel – until warm and gooey.

Find more dessert ideas to sweeten up back-to-school season at DominoSugar.com.

S'mores Skillet

Prep time: 30 minutes
Cook time: 10 minutes
Servings: 6

- 8 tablespoons unsalted butter
- 3/4 cup semisweet chocolate chips, divided

- 2 ounces unsweetened chocolate
- 1/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup Domino Light Brown Sugar
- 1 teaspoon pure vanilla extract
- 1 cup mini marshmallows, divided
- 6 graham crackers, roughly crumbled, divided

Preheat oven or grill to 350 F.

Place medium heat-proof bowl over medium saucepan simmering with water. Add butter, 1/4 cup chocolate chips and unsweetened chocolate; melt. Remove from heat and allow mixture to cool 15 minutes.

In small bowl, whisk flour, baking powder and salt.

In large bowl, mix eggs, sugar and vanilla. Add chocolate mixture and mix until well combined. Stir in flour mixture. Add 1/4 cup chocolate chips, 1/2 cup mini marshmallows and three graham crackers to batter.

Pour mixture into 8-inch skillet. Top with remaining mini marshmallows, chocolate chips and graham crackers. Grill or bake 10-12 minutes. Remove from grill. Cool 10 minutes and serve.



S'mores Skillet

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TUESDAY

Health and WELLNESS

Tuesday, Aug. 16, 2022

A10

FSSA Announces Pilot Program in Indiana County Jails

The Indiana Family and Social Services Administration's Division of Mental Health and Addiction today announced the launch of a pilot program designed to engage incarcerated individuals with mental health and substance use disorders with certified peer professionals and wraparound services.

The Integrated Reentry and Correctional Support program (IRACS) provides peer-driven, Sequential Intercept Model (SIM) support for inmates with mental health and substance use disorders upon arrival at one of the five Indiana county jail pilot sites. SIM provides a comprehensive picture of how individuals with mental health and substance use disorders encounter and move through the criminal justice system, aiming

to divert them away from the justice system into treatment.

"The first three steps an individual takes upon exiting the justice system are often the most important steps they will take in their recovery journey," said Douglas Huntsinger, executive director for drug prevention, treatment and enforcement for the state of Indiana. "Regardless of how an individual ended up in the justice system, how they move forward matters. By providing access to peers and wraparound services while individuals are incarcerated, we intend to reduce recidivism and future involvement in the justice system."

The IRACS program is a collaboration between DMHA, Indiana Forensic Services and the Indiana Recovery

Network, programs of Mental Health America of Indiana, and is being launched at Blackford, Daviess, Dearborn, Delaware, and Scott County jails. Inmates booked at each of the five jails will be evaluated as potential IRACS support clients, resulting in treatment and formal support for identified clients.

Forensic peer teams are stationed at each jail and consist of a certified program supervisor, certified peer support, resource peer navigator, reentry peer, and peer engagement coordinator, all employed by the Indiana Recovery Network's regional recovery hubs. These teams work within the jail settings and collaborate with correctional, pre-trial and nursing staff and all community providers to support incarcerated individuals

during their time in the program. Jail staff will receive special training to support IRACS personnel and incarcerated clients.

Using the IRACS Recovery Engagement Pathways, peers will walk alongside each identified client and provide responsive support and resources relevant to their needs. These pathways are reentry-focused and can change as their legal process develops and sentencing is established.

"The engagement pathways allow forensic peer teams to meet individuals as soon as they enter through the door of the jail and provide one-on-one support at a critical moment when meeting someone, where they're at, can make all the difference," said Jayme Whitaker, vice president of forensic services at Mental Health Amer-

ica of Indiana. "With the vision and funding provided by state leadership and the strong local collaborations in all five pilot counties, the IRACS forensic peer teams are meeting people at some of their hardest moments and ensuring they have someone to walk alongside them, every step of the way."

The IRACS program is funded through June 2023 by Recovery Works, Indiana's voucher-based system to support partnerships between the justice system and mental health and addiction treatment providers. Each of the five pilot sites has received a grant of up to \$500,000 to build their teams and the infrastructure necessary to support a full-spectrum reentry process that collaborates with community partners outside the jail to ensure

continuity in care upon release.

At the conclusion of the pilot program, data gathered will be reported by the participating sheriffs to FSSA for evaluation. If proven successful, the State of Indiana is committed to expanding the IRACS program to more Indiana county jails within the next three years.

"I want to thank the state of Indiana, local government and health officials, and all the volunteers who have made the IRACS program possible in Delaware County," Delaware County Sheriff Tony Skinner said. "We have been hit especially hard with substance use and untreated mental illness for the past several years and this program is exactly what our community needs to help us stem the tide and begin recovering."

Five Reasons to Have Your Eyes Checked: Blurry Vision isn't One of Them

As we age, our eyes are increasingly susceptible to a number of ocular conditions. One such condition – Age-Related Macular Degeneration (AMD) – impacts nearly 22 million people in the U.S. alone. This disease causes the blurring of an individual's central vision and is typically caused by the aging of the macula – the part of the eye responsible for the sharpness of vision. It is the leading cause of vision loss for older adults.

The unfortunate reality

of AMD is that 30% of eyes diagnosed with the disease could have been treated if diagnosed early. But 78% of patients do not seek treatment until their vision is irreversibly damaged.

Dr. Mohamed Abou Shousha, an ophthalmologist at the University of Miami's Bascom Palmer Eye Institute, and founder and CEO of the vision technology company, Heru, shares five risk factors that could indicate the presence of this condition.

1. Your age

As the name suggests, aging is one of the leading causes of AMD. In fact, AMD impacts 1 in 8 adults over the age of 60. As you age, it is important you ask your doctor to test your eyes for indicators of AMD.

2. Family history
If a family member has been diagnosed with AMD, it is likely you could be as well. Studies have shown that if you have a close relative, such as a sibling or parent, you are 15-20% more likely

to develop AMD.

3. Overweight? Smoke?

If you are overweight and smoke, you have key risk factors that make you especially vulnerable to the disease.

4. Your eyes do not adjust to the dark

Dark adaptation is a measure of the time it takes for your eyes to adjust when moving from bright lights to areas with dim lighting. If adjusting to the dark takes longer for you than normal, it could be an indicator of

AMD.

5. You have difficulty seeing at night

If you notice difficulty driving at night, have trouble seeing pedestrians walking along underlit streets, or fail to notice that final step on the staircase, this could indicate the presence of AMD.

"Most individuals suffering from AMD do not know they have it until the disease has progressed significantly," said Dr. Abou Shousha. "Early detection is a key to preventing perma-

nent vision loss and that can easily be done with regular eye examinations, coupled with healthy living."

The American Optometric Association (AOA) recommends an annual eye exam for adults 65 years and older and every two years for adults 18-64 years of age. Those intervals could change based on risk factors and on the recommendation of a physician.

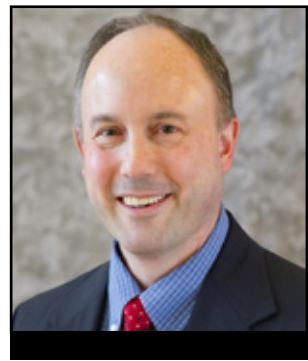
To learn more about Heru, visit www.seeheru.com.

Signs of A Concussion and Treatment to Follow

I see a number of patients each year who have suffered a concussion. Usually this is an athletic injury, but it is commonly seen in others as well. Concussions have always been a part of sports, particularly those involving high-energy impacts including football, wrestling, soccer, lacrosse, and basketball. Intensive research, along with lawsuits including the one the NFL Players Association brought against the NFL, are causing research to move rapidly to help get a firmer grasp on how to prevent and manage concussions.

A concussion is a trauma-induced alteration in mental status that usually does not involve a loss of consciousness and does not have to be a result of a blow to the head. In fact, only ten percent of concussions are associated with a loss of consciousness.

Concussions are the result of soft brain tissue moving violently inside the bony skull. It is important to realize that this



JOHN R. ROBERTS, M.D.
Hamilton Health

movement can result in varying degrees of microscopic injuries to brain tissue, the majority of which do not show up on radiologic imaging studies like CT or MRI scans.

Concussions alter the ability of brain cells to use energy to communicate. The brain's demand for energy exceeds what can be delivered, resulting in the many concussion signs (observable by others) and symptoms (what the athlete perceives). The injured brain is at increased risk of additional injury, sometimes catastrophic, until this mismatch of energy supply and demand

is resolved.

Concussion signs may include appearing dazed, stunned, or confused. Observers may note the person is moving clumsily, saying nonsensical things, or exhibiting mood changes such as aggression or sadness. It may cause amnesia, either retrograde (forgetting what happened before the injury) or anterograde (forgetting events after the incident – a more concerning symptom).

Most sufferers usually report a headache. Other common symptoms may include nausea, dizziness, balance problems, blurred or double vision, light or noise sensitivity, "brain fog," concentration or memory problems, fatigue and changes in sleep patterns.

Athletes who sustain a concussion should be immediately removed from the contest or practice until they are evaluated by a certified athletic trainer, coach, or physician who has received training in concussion management. This is especially critical

in younger athletes who are likely more susceptible to potential severe neurologic injury if they are allowed to return to competition before recovering from a concussion.

Although a patient's signs and symptoms may appear to resolve, often the brain has not recovered completely. There are subtle neurologic changes that often can't be picked up by doing a medical history or physical examination.

Computerized neurocognitive testing such as ImPACT, has enhanced our ability to manage concussions more effectively. These tests are more objective and, most importantly, can assist us in getting athletes back on the field more safely. Typically, athletes take a baseline examination at the start of the season and repeat the test at varying times following a concussion. Athletes are usually kept out of competition until their physical exam is normal and their test returns to their baseline. All NFL and NHL

teams and most colleges utilize neurocognitive assessment software. Thankfully, its use has filtered down to the high school level in most areas. While not infallible, most doctors consider these tests to be a standard aid in the management of concussions. However, it is important to note that these tests are but one tool in determining a patient's readiness to return to normal activity. Concussion is a clinical diagnosis that requires an assessment by a clinician with experience in concussion management.

We are constantly searching for tools to aid in the diagnosis and management of concussions. Some of my patients have brought the "concussion blood test" to my attention. These questions have originated from headlines such as this one from the New York Times: "Concussions Can Be Detected With New Blood Test Approved by FDA." Unfortunately, this is inaccurate.

The test was developed to detect two proteins released into the blood-

stream that indicate there is bleeding in the brain, not to aid in the diagnosis of concussion. The test will be used primarily in emergency rooms to determine if a patient needs a CT scan to evaluate for bleeding in the brain.

There are steps that can be taken to help reduce the risk of suffering a concussion. It is critical to teach players to wear properly fitted safety gear and instruct them on proper technique, especially tackling in football. Prevention of falls is also important in non-athletes as well.

Everyone should understand the potential serious nature of even a "minor" concussion. Athletes in particular need to be taught to report their own or their teammates' symptoms or signs immediately.

More information may be found at www.cdc.gov/TraumaticBrainInjury/

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

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