

TODAY'S VERSE

Isaiah 12:2 Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Jeremy Luna smile? "Inside of school, it's my students. I love hanging out. My job is being a disciplinary/attendance guy, but I really enjoy connecting with the kids..." said the 48-year-old Noblesville resident of his job as Dean of Students at Noblesville High School. He was easily spotted using a megaphone while supervising the crowd during the final regular-season home NHS boys varsity football game in 2021 at Beaver Materials Stadium. Why does he use a megaphone? "Humor, levity, but mostly crowd control. It's hard when there's 700 kids; it's hard to yell loud enough. So this thing helps me, at least get their attention, maybe not control them but get their attention." Luna was born and raised in Muncie and graduated in 1993 from Wapahani High School, then played college baseball and studied elementary education at University of Central Missouri. "I loved baseball, so I went wherever I could go to keep playing." He even played baseball in the college world series twice. "Then we decided we wanted to move back (to Indiana) and be close to family, so we moved back here," and he became an assistant principal. They moved about 15 years ago to Noblesville, where he is Dean of Students, overseeing "attendance, discipline, school culture, making sure the kids do what they're supposed to do most of the time."

And Another Few Things...

1. Spartz Letter

Yesterday, Congresswoman Spartz sent a letter to President Biden, Secretary Blinken, Secretary Austin and General Milley urging them to improve efficiency and volume of direct lethal aid to Ukraine, implement P2P (point to point) logistics to the frontline, and establish an advisory and oversight joint task force in collaboration with the U.S. Embassy in Ukraine for distribution of financial aid to address high risks of incompetency, corruption, infiltration and abuse of power in the Ukrainian government. "Last week, I visited Ukraine for the 7th time since the war started and was very impressed with our new diplomatic team in Ukraine", Rep. Spartz said. "However, the Biden Administration has to take some urgent actions for our strategic mission to succeed and save Ukrainian lives".

See the full letter online at https://spartz.house.gov/sites/evo-su bsites/spartz.house.gov/files/evo-media-document/Spartz Letter_8.22.2022.pdf.

2. Halloween at CPA

Halloween lovers can get into the spirit Oct. 22 at the Palladium when the Center for the Performing Arts presents One Dark Night ... A Rock Symphony of the Macabre.

Conceived as "a terrifying orchestral exploration of all things evil and dark from the world's greatest composers," One Dark Night is a classical/rock stage extravaganza assembled around electrified arrangements of spooky masterworks by composers such as Beethoven, Mozart, Chopin and Prokofiev.

Classically trained rock guitarist Neil Zaza, known for his viral YouTube videos, leads a six-piece band, accompanied by vocalists, costumed actors, narration and multimedia clips from classic horror and monster films to create an immersive seasonal experience. Tickets starting at \$25 will go on sale at 10 a.m. Friday, Aug. 26.

3. Job Opportunities

The Indiana Chamber of Commerce is launching the Talent Resource Navigator enabled by a \$2.5 million investment by the Lilly Endowment. The Talent Resource Navigator is a first of its kind platform that offers the convenience of one-stop shopping for education and job training opportunities. Supported by on-demand customer service and technical assistance, the Navigator intentionally guides and connects individuals and employers with a tailored set of talent development resources based on each user's identified needs and selections.

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Photo courtesy of Nathan Fulton

Peter Fulton, 20, Fishers, sings "Heaven's Light" from "Hunchback of Notre Dame" on Sunday at the Indiana State Fair's Pioneer Village Opry House, winning second place in Overall Vocal in the 2022 Indiana State Fair Youth Talent Contest.

Peter Fulton Loves Singing to Others

20-Year-Old Wins 2nd Overall Vocal at Indiana State Fair



BETSY REASON The Times Editor

Peter's Fulton best advice for young singers?

"When you're performing, don't focus on sounding 'good.' Focus on telling the audience a story. If you try to sing perfectly, you'd be putting too much pressure on yourself. But if you try to tell a story, you'll be letting the lyrics do the work for you, and you'll leave the audience with something to think about," said the 20-year-old Fishers resident, a former Hamilton County 4-H'er who has competed in the 4-H Fair's Talent Show for 10 years.

"Singing is a nice outlet. The more opportunities I get to sing in front of an audience, the better. It feels fulfilling," he said.

On Sunday, Fulton won second place Overall Vocal in the Indiana State Fair's Senior Division of the 2022 Youth Talent Contest, with his song, "Heaven's Light" from "Hunchback of Notre Dame." He was also named first place in Male Vocal Solo. He qualified to compete at the State Fair after being named Hamilton County Youth Talent Show Grand Champion for Vocal Solo in the Senior Youth Division at the 4-H Fair in July. Sunday's State Fair competition was on stage in the Pioneer Village Opry House at the Indiana State Fairgrounds. There were 14 contestants in the Senior

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Inaugural Advancing Noblesville Awards

The public has been invited to submit nominations for the inaugural Advancing Noblesville Awards to be presented this November. On what is sure to be a celebratory evening, the community will gather to recognize innovation, excellence, leadership and spirit of service in Noblesville.

So many businesses, individuals, and organizations contribute

so much to the city's vibrancy. The Noblesville Chamber of Commons need your help in discovering those hidden stories of innovation, excellence and extraordinary service. Perhaps even a self-nomination for your business or organization is in order.

The Noblesville Chamber

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Hamilton County Hires New 911 Center Director

Hamilton County has hired Michael Hubbs as the County's new Executive Director of Communications. Hubbs has served as the Director of the Marion County 911 Center in Indianapolis since 2014.

"This is a once in a lifetime career opportunity," Hubbs says. "Hamilton County's 911 Center is highly regarded within the industry as one of the best. Its dispatchers are second to none. It will be a true honor to work alongside folks who are just as passionate about helping people as I am."



Michael Hubbs

Having dedicated his life to law enforcement, Hubbs has worked as a 911 dispatcher, an Indiana State Trooper, a com-

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Andretti Global Plans \$200M Headquarters Facility in Fishers

Andretti Global, the parent company of Andretti Autosport, announced plans today to establish its universal motorsports headquarters in the City of Fishers, enabling increased innovation and creating up to 500 new jobs by the end of 2026.

"Indiana has long been the racing capital of the world, and Andretti Autosport's commitment to growth here will only further cement our state's leadership position in Motorsports and STEM-related pursuits,"

said Governor Eric J. Holcomb. "This new campus will not only bring new, exciting employment opportunities and serve as a asset for one of our fastest-growing communities, but it will also show just how much this living legacy, one of the most globally iconic brands known, continues to invest in the future of our great state."

"I am excited to celebrate this legendary racing family of en-

See ANDRETTI Page A8

A Night of Make-Believe



JOHN O. MARLOWE With The Grain

Close your eyes. Wait a minute! What am I thinking? That won't work. How are you going to read the rest of this experiment if your eyes are closed? Let's start again.

Make-believe that your eyes are closed.

That's better! And it is a perfectly acceptable preamble to what's coming next. Because from this point on, we are only dealing with the imaginary.

I want you to imagine that you are something that you are not.

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Sylvia Hoefler
Jane Konrad
Donald E. Wethington

The Times appreciates all our customers. Today, we'd like to personally thank GLEN BOUGHER 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 QUOTE

"The man on top of the mountain didn't fall there." - Vince Lombardi

TODAY'S HEALTH TIP

Walking at least six miles per week can help reduce age-related memory loss.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S JOKE

How do you keep the Detroit Lions out of your front yard? Put up goal posts!

7 DAY FORECAST: TUE 59/83, WED 62/84, THU 65/87, FRI 66/87, SAT 66/89, SUN 68/90, MON 70/90



Spartz: Anti-Police Rhetoric Must Stop and We Have to Support our Police Officers on the Frontlines Daily



REP. VICTORIA SPARTZ
Congresswoman, IN-5

Amidst an ever-changing news cycle, I remain extremely concerned about rising anti-police sentiment across our country. Baseless claims of institutionalized police violence, oppression and incompetence avoid a simple and undeniable truth – strong and well-funded police departments make our communities safer. An Obama Administration report confirmed this, concluding that a 10% increase in the size of a police force leads to as much as a 10% reduction in crime. The bipartisan takeaway is clear – the most important way we can increase public safety is by increasing support for our police, men and women who serve on the frontlines every day to protect us.

An alarming consequence of the anti-police narrative in our country is that it is now more dangerous than ever

to serve as a police officer. The numbers confirm this – in 2021 there were 73 officers murdered nationwide in the line of duty, and as of August 18, 2022, 42 officers have been tragically killed this year. Historic numbers pale in comparison to what we are seeing today.

One of these tragedies occurred in my district in July, when Elwood, Indiana Police Officer Noah Shahnavaz was murdered while conducting a routine traffic stop. Noah dedicated his life to serving and protecting his country and community, spending five years in the military before joining the Elwood Police Department last year.

I recently had the privilege to meet with Noah's incredible parents and learn about their son. His father, Matthew, shared a story with me that truly reflects Noah's character.

Matthew, like many parents, did not understand Noah's "gaming" habit, encouraging him to spend his time more wisely. After Noah's tragic and untimely death, an unknown friend from Canada came through the visitation line, sobbing. Noah had befriended him online, talked him through a difficult time, and prevented him from

taking his life. Noah's parents were stunned – they had no idea Noah had saved someone's life while online. It turns out, he had helped multiple people with their mental health struggles in this way.

We must remember that it is individuals like Noah who are placed in danger when anti-police attitudes are peddled by those in power, and we must continue to back our police departments for the support they provide and the safety they uphold. A strong, well-funded police department is the backbone of a safe community and free republic, and I am committed to using my position in the United States Congress to fully support our men and women in blue.

Thank you to the Elwood Police Department for their extreme professionalism and continuing to protect every single person's constitutional rights even during the most trying of times.

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

Indiana Facing 125 Degree Days, Severe Rain Events



BRIAN HOWEY
Howey Political Report

This past month, Indiana was bookended by two "thousand year" floods, coming in St. Louis and eastern Kentucky, in which at least 37 people were killed. This comes on the heels of a July 6 rainfall event in Fort Wayne that yielded nine inches, as well as a June 13 derecho that snapped hundreds of utility poles.

Then there was the Clear Lake fishkill up in Steuben County that DNR characterized as a "natural event" caused by extreme heat.

We better be getting used to it.

According to Axios, in the past month, floods, heat waves and wildfires across the U.S. have killed dozens and reshaped entire communities from Kentucky to northern California. "This summer has demonstrated again and again that our infrastructure isn't sufficient to withstand today's changed climate, let alone what's on the horizon," Axios extreme-weather expert Andrew Freedman writes.

Even more severe temperatures are expected to hit a swath of the country stretching from northern Texas and Louisiana to Illinois and Indiana, both Axios and the Washington Post reported. First Street's analysis found that tens of millions more people living in this region are likely to see a heat index above 125 degrees by mid-century. The group calls this area an "extreme heat belt."

In the 2018 Indiana Climate Change Impacts Assessment report compiled by researchers from Purdue, IU, Notre Dame, Ball State and the Midwestern Regional Climate Center, they reported:

Indiana has already warmed 1.2°F since 1895. Temperatures are projected to rise about 5°F to 6°F by mid-century,

with significantly more warming by century's end.

The number of extremely hot days will rise significantly in all areas of the state. In the past, southern Indiana averaged about seven of these days per year, but by mid-century this region is projected to experience 38 to 51 extremely hot days per year.

Average annual precipitation has increased 5.6 inches since 1895, and more rain is falling in heavy downpours. Winters and springs are likely to be much wetter by mid-century, while expected changes in summer and fall precipitation are less certain.

"Heavy precipitation and flooding ... is likely to increase the frequency of floods in Indiana. Over the last half century, average annual precipitation in most of the Midwest has increased by 5 to 10%," the report said. "During the next century, spring rainfall and average precipitation are likely to increase, and severe rainstorms are likely to intensify."

Averaged across the entire state, historically, an extreme rain event occurs when more than 0.86 inches of rain falls in a day. Since 1900, the number of days per year with extreme rain has been increasing by 0.2 days per decade on average. However, most of that increase has occurred since 1990.

The Indiana climate study added that the occurrence of extreme heat events is projected to rise substantially.

"Our analysis shows that the state's average hottest temperature of the year is also projected to rise. Over the last century, the average hottest day of the year was 97°F," the report explained. "By mid-century, the hottest temperature of the year is projected to be about 8°F higher than in the past three under both emissions scenarios. Elevated high temperatures can create challenges for roadways and pavement as the risk of warping and buckling during the hottest times of the year increases. The roadway materials used historically may be inappropriate for these new temperatures."

"Summers in Indiana will increasingly feel like

those we associate with Mississippi, Arkansas, and other states to Indiana's southwest," researchers said. "Winters will feel more like those recently seen in Pennsylvania, New Jersey, and Maryland."

Earlier this month, the federal government announced plans to give Indiana up to \$177 million over the next five years to make its transportation infrastructure resilient to things like flooding and extreme heat.

U.S. Department of Transportation said the funding from the federal infrastructure law can be used to either adapt existing or build new transportation infrastructure. It can also be used for green infrastructure — like rain gardens — to reduce flooding and protect aquatic life in waterways nearby.

That \$177 million seems like a lot, until you consider how much the total adaptation will cost.

There's another way to look at the coming climate crisis. While Evansville and New Albany and points south will be baking at the end of this century, Michigan City, Portage, Valparaiso, South Bend, Elkhart and Angola could become "climate refuge" destinations, particularly if the Atlantic and Gulf of Mexico coasts flood due to sea level rise, sending a diaspora into the Great Lakes.

The World Bank estimates that more than 140 million people could become internally displaced by the climate crisis in coming decades, including 13 million Americans by 2100, according to a report by Matthew Hauer's research published in the journal Nature Climate Change.

We've seen this kind of population shift before, when 2.5 million moved from the Dust Bowl during the Great Depression, and approximately 1.4 million Black southerners moved north or west in the 1940s during the Great Migration that came in three waves between 1900 and 1970, followed by 1.1 million in the 1950s, and another 2.4 million people in the 1960s and early 1970s.

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

Lt. Gov. Crouch, IHEDA Announce Changes to "My Community, My Vision" Initiative



Indiana Housing & Community Development Authority

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority (IHEDA) today announced the revamp to the My Community, My Vision (MCMV) program, which connects high school students across Indiana to each other and to their neighborhoods, towns, and cities.

"Maintaining strong and viable communities is important to the future of Indiana, and we need future leaders to begin thinking about their own vision for their city or town," said Crouch. "My Community, My Vision invites these future decision makers to share their ideas and plans with local officials. By their involvement, student leaders will learn about the planning process and the collaborative efforts required to create an even more vibrant community."

In collaboration with the Indiana Philanthropy Alliance (IPA) Youth Council program and the Association of Indiana Municipalities (AIM) Mayoral Youth Council program, five selected cohorts of students across the state will participate in four months

of workshops, planning, and fundraising for a place-based community project they would like to see come to life in their town or city.

Utilizing the features of IHEDA's crowd-granting CreatiNG Places program, students who successfully strategize, plan, and raise a fundraising goal of between \$5,000 and \$50,000 towards their community project will receive a matched grant from IHEDA.

High school youth council groups, alongside their foundation or local unit of government sponsor, will work throughout the semester to determine a project, craft a budget, develop a fundraising goal and strategy, and raise the needed funds for all materials during a thirty-day fundraising campaign. Throughout the semester, students will be required to participate in three in-person workshops hosted by IHEDA, where they will learn about place-based community development, project planning, fundraising strategies, and stakeholder engagement. Each workshop will prepare students to brainstorm



Lt. Gov. Crouch

and reach their project goal, as well as provide networking and leadership opportunities. In the final workshop, students will present their work and success to their peers and Indiana's community development leaders.

Local units of government and community foundations interested in having their AIM or IPA youth council participate in the My Community, My Vision program should apply to IHEDA. The full application, including checklist of additional documents, is now available on the IHEDA website at <https://www.in.gov/iheda/placemaking-indiana/my-community-my-vision/>. Applications are due to IHEDA Nov. 7, 2022 with selected teams to be announced Nov. 30, 2022. The selected teams will officially kick off with a workshop event on Jan. 21, 2023.

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2022 Flix and Float Schedule

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 July 16th Waterhorse G	 July 22nd Encanto G	 July 30th The Shallows PG-13
 August 13th The Goonies PG	 August 20th Dog PG-13	 September 3rd Top Gun PG

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

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Holcomb Leads Trip to Asia to Strengthen Economic, Academic Partnerships

Indiana Gov. Eric Holcomb is in Taiwan to kick off an economic development trip in Taiwan and the Republic of Korea. The trip will include visits with Taiwanese and South Korean government officials, business leaders and academic institutions to further strengthen Indiana's economic, academic and cultural connections with Taiwan and South Korea.

"I couldn't be more energized to spend this week building new relationships, reinforcing long time ones and strengthening key sector partnerships with Taiwan and South Korea," Holcomb said. "This week marks my second trip to South Korea as Governor, and I am also proud to be the first U.S. governor to visit Taiwan since before the COVID-19 pandemic. I'm committed to building an economy of the future with these global partners who are helping propel Indiana forward by creating tomorrow's businesses, today."

The trip to Taiwan comes on the heels of two recent semiconductor industry announcements in Indiana including

Taiwan-based MediaTek, as well as the recent signing of the federal CHIPS Act, placing a focus on strengthening Indiana's technology microelectronics ecosystem. The delegation will focus on strengthening Indiana's economic and academic partnerships and reinforcing the state's commitment to innovation, as well as committing to working together to build the economy of the future on an international scale.

"The unprecedented economic progress Indiana has secured this year doesn't happen without like-minded partners here and around the world," said Indiana Secretary of Commerce Brad Chambers. "A shared commitment to innovation and collaboration is key to continuing our success, and I'm thrilled to spend the week strengthening that collaboration with our friends in Taiwan and South Korea."

The delegation includes Indiana Economic Development Corporation staff, Purdue University Dean of College of Engineering Mark Lundstrom and Chief of



Governor Eric Holcomb

Staff Alyssa Wilcox. The group will visit Taiwan over two days, during which they will meet with business leaders, academic leaders and government officials. The group will then travel to Seoul for two days, returning to Indianapolis on Saturday. Lundstrom will return to Indiana after departing Taipei, and Purdue University president-elect Mung Chiang will join the delegation in Seoul after the first days of the new academic year on Purdue campus.

"Purdue University is delighted to be invited as part of the state of Indiana's delegation led by Governor Holcomb and Secretary Chambers," Chiang said. "Boilermakers have

long-standing academic partnerships with institutions in Taiwan and South Korea, and we look forward to attracting tech companies and jobs to the hard tech corridor in the Hoosier state."

Indiana is home to more than 1,050 foreign-owned business establishments, representing more than 40 countries and territories —

including 10 from Taiwan and 12 from South Korea. In 2021, 47 foreign-owned businesses committed to locating or growing in Indiana. Together, these firms plan to invest \$3.55 billion in Indiana, creating jobs with an average wage of \$29.57 per hour and accounting for 14 percent of the total new jobs committed in 2021.

Holcomb is the first U.S. governor to visit Taiwan since 2019 and the first Indiana governor to go to Taiwan in 17 years. This marks Holcomb's 12th international economic development trip as governor. The cost of the trip is being paid through private donations to the Indiana Economic Development Foundation.



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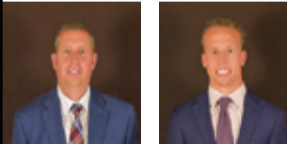
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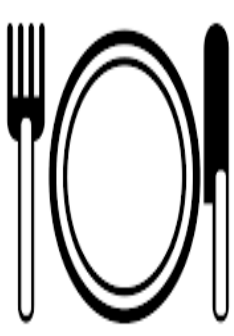
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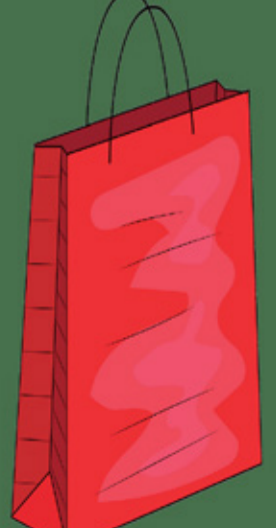
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Photos courtesy of Kia

2023 Kia Sportage Hybrid is the 'Tweener for Aspiring EV Fans

When I recently drove the Kia EV6 electric crossover, I suggested it was a car from 2030 available today. But I realize not all of you are ready to make the full journey to the future and still worry a lot about driving range. I get it, and may have a better choice that takes you to say, 2027, but not all of the way to the next decade. It's the 2023 Kia Sportage Hybrid.

Judging by all of the looks from other drivers and my dog-walking neighbors, the Sportage's new suit hints at electric and gets attention. It is distinctive with boomerang driving lamps, small LED headlamps, and wide satin silver accent beneath the hood edge. Curvaceous fenders and detailed satin window trim over 18" wheels beautify side glances. Around back, the EV6' futuristic

curved rump with arching lamps remain. It is quite a looker.

More of that EV6 style is found inside with twin angled screens for gauges and infotainment that includes navigation plus Apple CarPlay and Android Auto connectivity. A wireless phone charger keeps everything humming. I enjoy details like the rotary gear selector, panoramic sunroof, heated front seats, and heated leather-wrapped steering wheel.

Details impress. I could drink the contrasting blue trim that adds a classy touch. When did cars quit having colors other than gray, beige, and black anyway? Check the touch pad and knobs for the audio system. Press a spot and they convert to climate (volume/tuning become temp adjustments). It seems a bit much, but

most people set and forget temperature, so it works better than imagined.

Being a Kia, safety was a priority. Automatic emergency braking, lane centering steering, lane departure warning, and rear occupant detection are on the menu – as are rear cross path detection and safe exit assist that uses the blind spot system to prevent passengers from stepping into traffic. I only wish adaptive cruise and a head-up display had been included to fully match the EV6 I enjoyed so much.

It's not just about looks as the Sportage Hybrid is at least partly an electric car. The powertrain mates a 1.6-liter turbo-charged four-cylinder gas engine with batteries and motors to generate a combined 227 horsepower and 258 lb.-ft. of torque. Unlike most hybrids with

2023 Kia Sportage Hybrid 5-passengers, AWD Crossover

Powertrain: 1.6-L T4, hybrid
Output: 227 hp/258 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: Regen disc/disc
Must-have features: Style, MPGs
Fuel economy city/hwy: 38/38-MPG
Assembly: Gwangju, Korea
Base/as-tested price: \$25,990/33,860

continuously variable transmissions, the Sportage uses a traditional 6-speed automatic for a more normal driving feel. It feels peppy at almost any speed, carried on a wave of turbo and electric torque, while delivering an impressive 38/38-MPG city/highway.

As complicated as all that sounds, it's a very peaceful vehicle to drive. The steering and suspension are the right balance between firm handling and a compliant ride.

With weight down low in the chassis, you can toss it into a corner, but is also happy soaking up long miles of Interstate or rough city streets too. The Drive Mode Selector adjusts performance on a continuum from spirited Sport to efficient Eco.

Given the Sportage spends a significant part of its existence routing power from batteries to motors, it is the perfect 'tweener for aspiring EV fans. It's not an EV6, but it is a joy to drive, artful



CASEY WILLIAMS
Auto Reviews

to operate, and a good choice for many families headed for the future.

It's also an incredible value. A base Sportage costs \$25,990, but this one came to just \$33,860 loaded for bear. Competition includes the Ford Escape Hybrid, Toyota Corolla Cross Hybrid, Honda CR-V Hybrid, and similar Hyundai Tucson Hybrid.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

Marta, Me and Piccolina



CARRIE GLASSON
The Postscript

I was walking down an old street in an old part of San Miguel de Allende, Mexico.

Brightly colored wooden doors lined the streets. There was no indication from the outside what might be within. It could be a courtyard filled with flowers and a fountain, or a small business, or somebody's kitchen. It is always a mystery what is behind these doors, and so, when one is open, naturally I look inside.

Last week, a door was open, and I saw a few items of clothing for sale, so I stepped inside. That's when I met Piccolina.

"Who is this?" I asked.

"That is Piccolina," a woman at a sewing machine answered in Spanish.

Piccolina was a fat little puppy with blue eyes and black-and-white spots. She was delighted to meet me, and I was delighted to meet the woman with the sewing machine because I had a square tablecloth that I wanted to be round. I had thought of bringing it back home with me to the States to do the alteration, but that seemed like a lot of heavy fabric to haul back-and-forth when, the odds were, I would run into someone like Piccolina's mother. And now I had.

I explained my tablecloth situation as best I could, and it was clear from the woman's nodding and pantomimed gestures that she understood the project. I agreed to bring it the next day.

"And then I get to see Piccolina!" I thought.

"Where is Piccolina?!" and the little dog came running, and the woman, whose name was Marta, also came running. I handed off my tablecloth, and we agreed on a price that seemed like far too little for the work involved.

A few days passed, and

I came back. The floors had just been mopped, and Piccolina was not being allowed on the floors until they were dry. She was being held by a young relative of Marta's and this made her unhappy, which she indicated by chomping down on my finger when I went to greet her.

"Oh, no! Piccolina!" Marta said. She didn't think Piccolina should be biting the customers, but they were just puppy bites, and the customer had been asking for it.

The tablecloth was not finished because Marta was proposing something more complicated—and prettier—than I had envisioned.

"Fine!" I said, even though I wasn't entirely sure what she was saying. I promised to return in a few days.

"And then I get to see Piccolina again!" I thought.

The next time I arrived, the tablecloth was finished, with a fringe all around the edge that transitioned from one color to another, with a mixture of the two colors in between. It had taken a lot of thread-pulling and time, and I paid Marta more than she had asked for and I said goodbye to Piccolina.

But not for good. Yesterday I stopped by, even though I had no business with Marta.

"Piccolina, where are you?" I called, and she was easy to find because she was waiting at the doggy gate that Marta had installed.

"Piccolina has a gate!" I said.

"Piccolina has been running onto the street!" Marta tut-tutted.

The street is quiet and cobblestone, so I don't think Piccolina was in much danger, but I also imagine Marta got tired of running outside to retrieve her.

"You are a naughty little dog!" I informed Piccolina, and Marta agreed.

You can tell friends things like this, and we are all friends now—Marta and me and Piccolina.

Till next time,
Carrie

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

Pink Eye; Cause, Treatment and Prevention



JOHN R. ROBERTS, M.D.
Hamilton Health

Now that schools are back in session, the incidence of "pink eye" will likely start to pick up. This is a very common condition that accounts for over 30 percent of patient visits for eye problems.

Conjunctivitis is the medical term for "pink eye." The conjunctiva is the continuous connective tissue membrane that covers the inside of the eyelids. It then folds back on itself to cover the front of the eyeball up to the edge of the cornea where the white part of the eye (sclera) meets the colored part of the eye (iris).

The purpose of the conjunctiva is to provide a barrier to keep infectious organisms from entering the sensitive eye tissue. Conjunctivitis occurs when there is an irritation or breakdown of this defensive layer, a change in the normal organisms inhabiting the eye, or trauma that breaches the membrane.

There are a number of causes of conjunctivitis. The most common are bacteria, viruses, allergies, fungi, parasites, and

chemicals. These irritants cause varying degrees of redness, discharge, irritation and perhaps even pain on exposure to bright light (photophobia).

It can be difficult to determine the exact cause of conjunctivitis unless a doctor has special equipment. Ophthalmologists and optometrists use microscopes called slit lamps that can help differentiate the cause. A slit lamp is the instrument that you rest your chin on where the doctor sweeps a bright light across your eye.

Doctors without slit lamps can sometimes get clues to the cause of the inflammation. For instance, people who have had a recent cold are more likely to be suffering from a viral conjunctivitis. Viruses are also more common from early spring through late fall. Bacterial conjunctivitis is more common in the winter and spring. Patients can usually recall an exposure to something that might cause a chemical or allergic conjunctivitis.

The symptoms of conjunctivitis can be quite variable. Most cases result in some type of eye discharge that results in matting of the eyes, particularly in the morning, when the eyelids may be stuck together. Patients may describe cloudy vision and itching, burning or a gritty "dust in the eyes" sensation.

Bacterial conjunctivitis usually comes on fairly rapidly, has minimal pain, and may have some associated itching. There

is often thick discharge that may be yellow or green. Staph and Strep are the usual causative organisms. More serious bacterial organisms include Chlamydia and Neisseria gonorrhoeae, the organism responsible for gonorrhea. These latter two bacteria can lead to severe scarring and blindness, particularly in infants.

Viral conjunctivitis typically starts more slowly than bacterial types and usually is not painful. The discharge is generally more watery and does not result in as much matting of the eyelids. It usually lasts a week or longer and is transmitted like the common cold – through sneezing, coughing, touching infected surfaces and also through contact with contaminated swimming pools.

Adenoviruses are the most common cause of viral conjunctivitis. Varicella virus that causes shingles, and is a member of the herpes virus family, can cause very serious eye infections. These viruses can infect the surface of the cornea and cause scarring and loss of vision.

Allergic conjunctivitis is also very common. The hallmark of this type of irritation is itching along with watery discharge and burning. There is often associated sneezing. There is usually a history of exposure to some known allergen.

Treatment for conjunctivitis is based on the cause. Most cases will

resolve on their own with time and don't have any lasting effects. However, most people don't want to wait it out.

Since it is often difficult to tell whether the infectious agent is bacterial or viral, most doctors choose to treat a presumed infection with antibiotic eye drops or ointments. Drops are nice since they don't interfere with vision. Ointments are more soothing and allow the medication to be in contact with the conjunctiva longer, but can temporarily cloud vision.

Local treatment with cool compresses can also be soothing. Most schools and daycares prefer children to be treated for at least 24 hours before they return.

Allergic conjunctivitis can be an ongoing problem as long as the offending agent comes into contact with the eye. The person should avoid the allergen if possible. In addition to cool compresses, over the counter antihistamine eye drops such as Naphcon A (naphazoline/pheniramine) can also be helpful.

There are steps you can take to help prevent conjunctivitis. Wash your hands frequently. You can also use hand sanitizer, but it is not as effective. Also, don't share eye drops or washcloths with people who have colds or eye infections.

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



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TUESDAY

In The Kitchen

DAY

Tuesday, Aug. 23, 2022

A9

HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

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

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

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

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

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

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

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

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

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran

Servings: 4-6

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

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

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top. Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

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

Preheat oven to 350 F.

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

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

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

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

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

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

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

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

Preheat air fryer to 350-360 F.

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

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

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

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

Serve warm.

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



Jalapeno Bacon and Salsa Biscuit Bites

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TUESDAY

In The Kitchen

Tuesday, Aug. 23, 2022

A10

Tackle Tailgate Menus with Fast, Flavorful Foods

Sweet and Spicy Bratwurst Subs

Recipe courtesy of Aramark
Servings: 8

Kimchi:

- 1 1/2 cups green cabbage, cut into thick strips
- 1/4 cup water
- 4 teaspoons white vinegar
- 1 tablespoon gochujang paste
- 2 teaspoons fish sauce
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced, peeled ginger root
- 1/2 cup daikon radish strips
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion

Mango Slaw:

- 2 cups shredded green cabbage
- 1/3 cup diced mango chunks, thawed from frozen
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion
- 1/4 cup red bell pepper, cut into thin strips
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons minced, peeled ginger root
- 2 tablespoons white vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon minced garlic

Spicy Sesame Mayonnaise:

- 1/3 cup mayonnaise
- 1 tablespoon sriracha
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons seasoned rice wine vinegar

- 8 bratwursts (4 ounces each)
- 8 hoagie rolls (6 inches), split

To make kimchi: Place cabbage in microwavable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well.

In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage, daikon, carrot and onion; toss to coat. Cover and chill.

To make mango slaw: Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.

To make spicy sesame mayonnaise: Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.

Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F.

Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw.

FAMILY FEATURES

While they may not strap on helmets and head to the field for kickoff, football fans often feel like they're as much a part of the game as the players themselves. When the team is in the locker room laying out the game plan, scores of fans are fueling up with tantalizing tailgate foods.

In fact, many tailgaters believe food is the most important aspect of the pregame festivities, and one trendy way to feed your crowd is with small plates, appetizers, samplers and innovative sides that feature a variety of flavors like these ideas from the experts at Aramark.

An easy hack for your next game day meal can be a recipe you prepare at home before heading to the stadium. The toppings are what set these Korean-inspired Sweet and Spicy Bratwurst Subs apart. Just make the crunchy kimchi, bright mango slaw and spicy sesame mayonnaise up to two days ahead of time so grilling the bratwursts is all you need to do before kickoff.

As tailgate grub continues to trend toward easy and quick, Sweet Heat Foil Packets provide another no-mess, single-serve solution. Load up individual packets with shrimp, chicken, andouille sausage and favorite veggies then head to the game and grill on-site for a hot meal to fire up your fellow fans.

Find more game day recipe inspiration by visiting Aramark's Feed Your Potential website, fyp365.com.



Sweet Heat Foil Packets



Korean Bratwurst Subs

Sweet Heat Foil Packets

Recipe courtesy of Aramark
Servings: 8

- 1/2 cup cold butter, diced
- 1 cup diced yellow onion
- 1 cup diced, peeled potatoes
- 1 cup diced, peeled carrots
- 1 cup diced red bell pepper
- 2 cups diced skinless, boneless chicken breast
- 16 extra-large shrimp, peeled, deveined and tails removed
- 8 teaspoons Cajun seasoning
- 1 cup diced pineapple
- 1 cup andouille sausage, cut in half and sliced
- 8 frozen mini corn cobs, cut in half (16 pieces)

- 1 cup sliced green onion
- salt, to taste
- pepper, to taste

Heat grill to medium. Place eight 18-by-18-inch squares heavy-duty aluminum foil on work surface.

On half of each foil square, evenly layer butter, onions, potatoes, carrots, red bell peppers, chicken, shrimp, seasoning, pineapple, sausage, corn cobs and green onions.

Fold foil in half over filling. Fold edges of foil tightly toward filling to seal packets.

Place packets on baking sheet. Grill 15 minutes with lid closed until chicken and shrimp are cooked through. Season to taste with salt and pepper.

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TUESDAY

Health and WELLNESS

Tuesday, Aug. 23, 2022

A11

IHIE, IDOH Partner on Advancements in Healthcare for Hoosiers, to Present at National Health Data Conference

Indiana Health Information Exchange (IHIE), one of the largest health information exchange networks in the U.S., and the Indiana Department of Health (IDOH), are partnering on advancements in healthcare for Hoosiers and will present together at the Civitas Networks for Health Annual Conference Aug. 21 to Aug. 24 in San Antonio, Texas. Through their partnership, IHIE and IDOH want to make advancements in public health such as improving maternal and infant outcomes and diabetic care and continuing to collaborate on COVID-19 vaccination efforts.

"While IHIE has supported public health throughout its 18-year history, we're now working more actively with the state," said John Kansky, president and CEO of IHIE. "We appreciate the engagement of IDOH

leadership, which will enable us to have more impact on health of Indiana citizens."

IHIE and IDOH will present on an emerging concept in healthcare – health data utilities (HDU) – which are organizations that serve the health data or analysis needs of its state, both the private sector, such as healthcare providers, payers and employers, and state government. They will focus on how HDUs must have cooperative relationships with the state government and any other sector they serve. There are many organizations that exist around the country, including IHIE, that resemble the HDU model, so IHIE and IDOH will explore how they can benefit patients, healthcare organizations, the government and taxpayers.

"While we embrace the many gains in public

health over the last century, future advancements depend on our ability to leverage data with a public health focus," said Dr. Lindsay Weaver, chief medical officer at IDOH. "The Indiana Department of Health and IHIE share a vision for using data to inform work in health equity and disease surveillance, and we look forward to a continued collaboration that will enhance the delivery of public health services to Hoosiers."

The four-day conference will include nationally recognized healthcare thought leaders and bring together peers from across the country to connect, share experiences and learn – together. More information about the conference can be found here. To learn more about Indiana Health Information Exchange, visit www.ihie.org.

IHIE was founded in 2004 as a health informa-

tion exchange that enables hospitals, physicians, laboratories, pharmacies, payers and other health service providers to avoid redundancy and deliver faster, more efficient, higher quality healthcare to patients in Indiana.

Today, by making information available to more than 50,000 healthcare providers in Indiana and neighboring states, we deliver services that make a real difference in health and healthcare. For more information, visit www.ihie.org.

The Indiana Department of Health was formed as the State Board of Health in March 1881. Its mission is to promote, protect, and improve the health and safety of all Hoosiers, helping them to achieve their optimal health regardless of where they live, work, or play. For more information, visit www.health.in.gov.

Rosacea and What You Need to Know

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

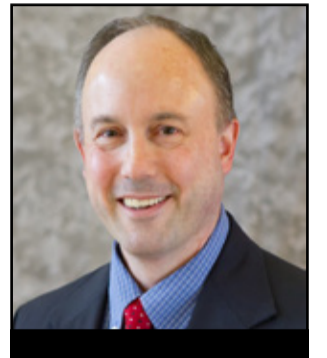
The diagnosis of rosacea is made on clinical grounds (i.e. signs and symptoms). There has to be a persistent rash on the central part of the face for at least three months to qualify as rosacea. Classifying rosacea is important in determining the best treatment.

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



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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.

American Heart Association Introduces Eight Heart Heroes as Part of Kids Heart Challenge Campaign

More than 150,000 elementary students in Indiana will be encouraged to "Be the Torch" for better health by a new cast of characters that are part of the American Heart Association's Kids Heart Challenge campaign.

Eight heart heroes, characterized as dragons, each represent a positive trait that aligns with the school-based initiative aimed at improving students' health while raising life-saving donations for the American Heart Association, a global force for healthier lives.

This year's Heart Heroes are:

Frankie – Frankie, our tour guide, helps our heroes cruise through worldwide adventures by using good listening ears and respecting everyone's ideas.

Hydro – Hydro makes sure to drink plenty of water every day and even helps clean up trash from lakes and ponds on weekends.

Marley – Marley loves moving to music! Skate-

boarding, running, playing soccer and helping in the garden are other ways Marley stays active.

Dream – Dream knows that sleep makes us all feel and think better and always tries to get at least 10 hours of sleep every night.

Hearty – Hearty's torch brings light and warmth – a symbol reminding us all to be the Torch by being kind and helping others.

Breeze – Breeze loves to fly, enjoying how clean air feels on the face and in the lungs. Breeze does NOT like to breathe polluted air or secondhand smoke. Say NO to tobacco and vaping!

Finn – Finn loves learning about your heart and saving lives. He's created Finn's Mission so he can share what he's learned with you.

Baxter – Being considerate of others' feelings and opinions makes the world go round. Baxter keeps a gratitude journal and makes time for self-reflection every day.

These heroes will be

intertwined into the Kids Heart Challenge™ campaign that engages over 350 elementary schools and 150,000 students in Indiana. Through the challenge, students will learn healthy habits including staying active, drinking water, getting plenty of sleep and saying no to tobacco and vaping. They will also take part in online challenges that teach habits like kindness and gratitude.

"One of the most exciting parts about launching the Kids Heart Challenge every year is learning who the new Heart Heroes are going to be" said Kathy Staton, the physical education teacher at Bunker Hill Elementary School in Franklin Township in Indianapolis. "It's exciting to see our students connect with these characters, and the American Heart Association does an incredible job in bringing it all to life."

The Kids Heart Challenge™ is rooted in proven science which has shown that kids who are regularly

active have a better chance of a healthy adulthood[1]. In addition to improved physical health, the benefits of physical activity for children include better grades, school attendance and classroom behavior. Physical activity can also help kids feel better, improve mental health, build self-esteem, and decrease and prevent conditions such as anxiety and depression.

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1.

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