

➔ TODAY'S VERSE

Ephesians 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Bill Crask smile? "My wife, Carla," said the 74-year-old Noblesville resident, who was found in 2021 showing his car at Central Indiana Vintage Vehicles 30th Father's Day Car Show at Forest Park in Noblesville. He was sitting by his yellow and black 1968 Dodge Charger RT. "It's identical to the one I originally bought brand new in 1968." He bought this show car in 2008 after searching for a car just like the one he had. He recalled, "My first new car." He said his first car looked just like his current one. "It's identical to that," he said. Crask drives the car often. "We go out and cruise." He also has a 1963 Nova SuperSport convertible. At the car show, he was able to see a lot of friends and make a lot of new ones. He was born and raised in Noblesville and graduated in 1967 from Noblesville High School. "My parents were born and raised here. My grandparents were born and raised here. My great-grandparents on my mom's side were born and raised here." He has two brothers, Gary Crask, who writes books and his own screenplay, and Jim Crask, a retired school resource officer and police officer, who lives out of state. He and his wife have three kids and seven grandkids between them. After high school, he went to trade school and did an apprenticeship. He is retired from American Heating Systems of which he was one of the co-owners. What else? He likes to golf. This year's free Father's Day Car Show is 9 a.m. to 2:30 p.m. Sunday at Forest Park. Read more about the upcoming show in the Betsy Reason column in The Times.

And Another Few Things...

1. LANE RESTRICTIONS - 116th St. between Eller Rd. and River Rd. (Br. 160)

Please be advised, beginning on or after Monday, June 12, 116th Street between Eller Road and River Road (Br. 160) will be under lane restrictions for bridge joint replacement. The estimated project completion date is Friday, June 16. Lane restrictions will be in place daily from the hours of 9am thru 3pm. Flaggers will be in place throughout this process, so we ask that you use extreme caution while driving through this area.

The TIMES

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The Flying Toasters To Headline Noblesville 4th Of July Festival

The city is actively preparing for a magnificent 2023 Noblesville Fireworks Festival and has announced details for the free events taking place on Tuesday, July 4 - beginning at 4 p.m. with the Stars & Stripes Forever Parade through Downtown Noblesville. The Noblesville Fourth of July parade, festival, and fireworks display is the longest continuously running celebration in Central Indiana and an annual tradition in Noblesville since 1997.

"We are excited to observe our bicentennial during another spectacular Fourth of July celebration," Mayor Chris Jensen said. "This is always a fun day for my family and our residents and this year will be even more special as we celebrate 200 wonderful years in our community. This event wouldn't be possible without the support of a dedicated team of volunteers, employees, sponsors, and partners."

The day kicks off 30 minutes earlier this year with the annual Fourth of July Parade through downtown Noblesville at 4 p.m.

Participants are encouraged to incorporate the city's bicentennial theme into their parade entry. Registration to participate in the parade is \$25 (nonprofits are not charged) and entries must be submitted by June 23. Forms are available at www.NoblesvilleFireworksFestival.com.

The free Fireworks Festival will take place at Forest Park from 6 p.m. to 10 p.m. The event will include traditional park amenities such as shelters, shade and playgrounds, including the newly remodeled south playground; along with festival attractions like inflatables, a trackless train, balloon twisters and face painters in the Kids Zone. The Teen Zone also will have age-appropriate inflatables, Spyder bungee jump and a rock wall. For adults, there will be axe throwing and a beer garden. The Flying Toasters will perform on the main stage from 7:30 p.m. to 9:30 p.m. The festivities will culminate with the annual fireworks show, which will begin at 10 p.m.

In addition to all the events

planned, Forest Park also features a limited VIP section where families and friends can purchase tables for the evening. These tables offer up-close seating to the live music performance, an exceptional view of the fireworks, and a great meeting place to safely gather and eat in between activities.

VIP table groups may bring in their own food and drink, participate in a table-decorating contest, and get access to separate VIP restroom options. Tables seat eight people and cost \$160. Registration will open to the public at 8:30 a.m. Monday, June 12 online at www.NoblesvilleFireworksFestival.com. Funds received for VIP section accommodations help defray costs of hosting the community event.

For more information about sponsoring or donating to the holiday activities, contact the Noblesville Parks Department at NoblesvilleParks.org or 317-776-6350. More information regarding the events is available at www.NoblesvilleFireworksFestival.com.

The Daily Almanac

Sunrise/Sunset
RISE: 6:16 a.m.
SET: 9:18 p.m.

High/Low Temperatures
High: 74 °F
Low: 54 °F

Today is...

- Call Your Doctor Day
- Sewing Machine Day
- World Softball Day

What Happened On This Day

- 2002 The United States withdraw from the Anti-Ballistic Missile Treaty.
- 1971 The New York Times publishes the Pentagon Papers.
- 1950 South Africa implements the Group Areas Act.

Births On This Day

- 1884 Gerald Gardner English occultist
- 1865 W. B. Yeats Irish poet, Nobel Prize laureate

Deaths On This Day

- 1918 Grand Duke Michael Alexandrovich of Russia
- 1645 Miyamoto Musashi Japanese swordsman, author



Photo provided by Rhonda Parker Taylor

The daughter of Noble Industries founders, Rhonda Parker Taylor of Noblesville says her family's values taught her to work hard and not give up. "Crossroads," a book that she wrote more than 20 years ago, she finally published this year.

Noblesville Author Draws From Noble Family Values



BETSY REASON
From The Editor's Desk...

she wasn't a good student in English, reading or writing. She struggled with McGuffey Readers. And the phonetic concepts escaped her as a child.

But she was still drawn to

Rhonda Parker Taylor wanted to write a book to prove to herself that she could.

For many, like Parker Taylor, writing is a difficult task.

Growing up, a powerhouse in the financial community who is forced to fulfill her civic duty and be a juror in a murder trial involv-

books, mostly encyclopedias, where she could read about the world, daring young women and journeys away from her small hometown of Noblesville.

So, writing became about telling a story that was within her.

And that's what she did in her book, "Crossroads," a suspense novel set in Indianapolis in the early 2000s and released earlier this year. The story is a journey into the life of fictional character, Paris Pennington, a powerhouse in the financial community who is forced to fulfill her civic duty and be a juror in a murder trial involv-

➔ See BETSY Page A6

The Fishers Police Department Is Seeking Re-Accreditation

The Fishers Police Department is seeking its sixth re-accreditation through the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA). Administered by CALEA, accreditation requires agencies to comply with state of the art standards in four basic areas: policy and procedures, administration, operations, and support services. Accreditation is a four-year process during which the police department must adhere to strict international guidelines of policing and organizational practices. Compliance Service Members conduct electronic reviews of policies and procedures to verify compliance every year for four years. At the end of the fourth year, an assessor visits the agency to conduct interviews and review day-to-day operations of policies and procedures. In May, FPD successfully completed the fourth electronic review. The onsite visit will be held from June 19-21.

According to Chief Ed Gebhart, "The CALEA Accreditation process provides ongoing external review of the Fishers Police Department to ensure that strategic, operational, and tactical operations of the organization stay current with best practices in law enforcement. By being accredited, we send a message that the Fishers Police Department is committed to legitimate delivery of law enforce-

➔ See POLICE Page A6

Food, Fun, And Fireworks Return To Grand Park Sports Campus



The City of Westfield is excited to announce that Westfield Rocks the 4th, presented by Citizens Energy Group, will be held on Tuesday, July 4th, at Grand Park Sports Campus from 3 until 10 p.m.

Westfield Rocks the 4th features food, music, and fun for the entire family. Guests can enjoy food and drinks from food trucks, free concerts, and a beautiful fireworks display. Endless Summer and The Fun Factor Band will take the main stage. While the event is free to attendees, the Kids Zone area requires wristbands, which can be purchased online or at the

➔ See ROCKS Page A6

➔ INSIDE TODAY

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➔ HONEST HOOSIER

This from a reader - lawmakers want to give 20-somethings forgiveness for college loans because the kids couldn't understand the loan documents they signed . . . but they want to give elementary students the power to change their gender?



➔ TODAY'S QUOTE

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."
-Helen Keller

➔ TODAY'S HEALTH TIP

When you read a food label, make sure you determine how many servings are in the package. 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.



➔ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

70 AIR SWELLA WINDS COOL	54/74 SUNNY NEW'S STRONG	57/75 PARTLY SUNNY WINDY	58/82 WARMER PARTLY SUNNY	58/82 WARMER PARTLY SUNNY	60/82 SUNNY WINDY	63/75 WINDY PARTLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN

Indiana American Water Breaks Ground For \$30 Million Water Treatment Facility In Sheridan

Indiana American Water today joined local and state officials, community leaders and project partners to break ground for a new \$30 million water treatment facility in Sheridan, Ind. The project will improve water quality, safety, efficiency, and system reliability while also adding additional capacity in this fast-growing Central Indiana community. "Sheridan is already a vibrant and dynamic community that has a lot going for it," said Indiana American Water President Matt Prine. "The lifeblood of any great community is high-quality drinking water, and these investments will support the

Town as they encourage growth while staying true to the area's agricultural heritage." The new treatment facility will include filtration to better remove iron and manganese from the area's groundwater source, replace the existing backup power generator, and add new pumping equipment and a 500,000-gallon finished water storage tank. "We appreciate the investments Indiana American Water is making in our community to improve our local water and wastewater infrastructure," said Sheridan Town Council member David Kinkead. "As we look to the future, these types of investments

greatly enhance the quality of life for existing residents and businesses and also allow us to grow and thrive in the years ahead." The plant will nearly quadruple treatment capacity to provide approximately 2 million gallons of filtered drinking water per day and is being constructed so it can be easily expanded as future demand requires additional capacity. According to Prine, "The project will also allow the company to switch from using chlorine gas at the facility to a much safer liquid form of chlorine known as sodium hypochlorite to produce chloramines that disinfect

water during the treatment process. "We are committed to incorporating efficiency, sustainability and safety components into our operations and facilities," said Prine. "Over the last several years, we have already converted nearly half of our water facilities around the state to this much safer form of water disinfection and have plans to invest approximately \$30 million to convert the remainder of our water and wastewater treatment facilities over the next five years." The new treatment plant includes construction of a new bulk storage facility, including several large

storage tanks and feed equipment to utilize sodium hypochlorite for the water treatment disinfection process and Liquid Ammonia Sulfate to generate the chloramines used in the water distribution system. The facility also includes robust chemical containment and storage safety features to mitigate the risks associated with any accidental spills or discharges. The project is utilizing a design-build concept, bringing together construction and design professionals in a collaborative effort to enhance the quality of the finished project and to control project costs more effectively. The design

team of Gannett Fleming and Reynolds Construction is designing and constructing the new treatment facility, which will be placed in service during the fall of 2024 with final completion by the end of next year. Indiana American Water acquired the Sheridan water and wastewater systems in December 2018 and has already invested more than \$12 million in its local infrastructure, including \$10 million to upgrade the town's wastewater treatment facility. The company serves approximately 2,500 customers, or a population of more than 3,000 residents in Sheridan.



Have a nice, safe and happy summer!

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Note: There is currently construction at 146th St. & Allisonville Rd.

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THE TIMES

Update from Washington, D.C.



VICTORIA SPARTZ
Guest Column

Spartz Honors Our Fallen Heroes

This week, as we honor and remember the brave heroes who

stormed the beaches of Normandy 79 years ago, Rep. Spartz spoke on the house floor to share a memorial service note from LTC David Strysko to his fallen brother-in-arms Master Sgt. Benjamin Franklin Bitner.

Judiciary Highlights

On Wednesday, the House Judiciary Subcommittee on Immigration Integrity, Security, and Enforcement held a hearing examining the Department of Homeland Security's policies that violate the law and incentivize illegal immigration.

House Takes on Administrative Overreach

This week, the House Judiciary Subcommittee

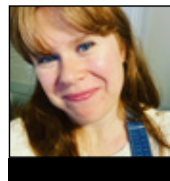
on the Constitution held a hearing on "Government Litigation and the Need for Reform" to address activist federal agencies using "sue and settle" tactics to impose regulations on American businesses and taxpayers. Rep. Spartz introduced H.R. 3446, the Sunshine for Regulatory Decrees and Settlements Act earlier this year to stop abusive practices.

Military Academy Nominations Open

Rep. Spartz is pleased to announce that she is now accepting military academy nominations, giving aspiring young leaders in our district the opportunity to pursue a prestigious education and serve in our nation's armed forces.

- 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.

Creating A Summer Tablescape For Warm Weather Entertaining



LINDSAY ROSA
The Curious Closet

For those summer barbecues and dinner parties ahead this summer, setting the table before those

plates of homemade potato salad, grilled pork chops, dripping watermelon and pie fill the table can be a great way to set the mood and invite warm conversation to your summer soiree. Your table setting is a simple way to incorporate easy elegance that won't blow away and can be easily packed up in your picnic basket after the fireworks.

To start, you can use a picnic basket to pack all your tableware and linens. This serves a great way to keep your dinnerware all together for an impromptu picnic or get together. Easy storage in your back seat or trunk make transporting easy and clean up simple. Once you've taken out your linen or cotton table cloth at your gathering, have children or friends help you set the table.



It's a great starting place to meet new family friends and neighbors as well. Your table linens are a great backdrop for sparkling vintage glassware and ceramic dishes. A family heirloom or antique store find can be a great conversation starter too.

Next, layer your table linen with crisp linen place mats and napkins to continue the theme of simplicity and relaxed elegance. Add your silverware and ceramic dishes from home as well. Adding some vintage or antique drinking goblets to your table can be added by shopping your china cabinet or a neighborhood yard sale this season. Glass shades of amber, green,



party is over. Lastly, add a scented candle for added freshness for your party. Diptyque's baies scented candle or La Jolie Muse's sandalwood and patchouli candle offer warm summery fragrance to your gathering. Most importantly to note, it's the people that come to your table that are the most important part of your tablescapes. Cheers!

- Noblesville native and college writing instructor Lindsay Rosa is back writing for the Times on all things design and lifestyle. As your personal style guide, Lindsay will bring her fashion writing expertise to you each month. When she's not writing, you can find Lindsay on her bicycle, gardening, baking, volunteering with local museums, and writing her legal book series for children.

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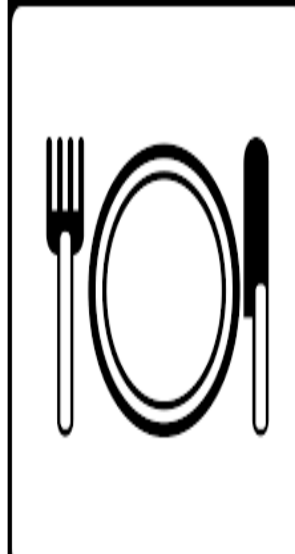
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Photos courtesy of Mercedes

2023 Mercedes-EQS 450+ SUV Travels Far From Plugs With Panache To Spare

Like many of you, I'm slowly getting used to driving electric vehicles. Running in the city, where chargers are plentiful, I have no concerns. But, my recent mission was to drive from Indianapolis, Indiana to Danville, Illinois and back to visit my grandmother with enough extra range to pick up lunch and make it home with miles to spare. Fortunately, I had the 2023 Mercedes-EQS 450+ SUV at my disposal. No need to worry.

I checked before driving to my grandma's. There is no DC fast charger in Danville, Illinois, and the fastest commercial charger was at the Ford dealer. Tapping into her garage outlet would take days, so I wanted to avoid that! When I noticed the car was using less range than predicted on the drive over, I was able to de-stress with some left-lane shenanigans returning to Indy.

Range is listed at 305 miles, but I was seeing more like 320-340 miles. Good advice is to set the

2023 Mercedes EQS 450+ SUV Five-passenger, RWD Crossover
Powertrain: Li-Ion batteries/motors
Output: 355hp/419 lb.-ft.
Suspension f/r: Air Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: regen disc/disc
Driving range: 305+ miles
0-60 mph: 6.5s
Recharge (10-80%): 30m
Economy (comb): 97 mpg-e
Assembly: Tuscaloosa, AL
Base/as-tested price: \$104,400/113,865

adaptive cruise close to 70 mph and relax. It's not slow given a system output of 355 horsepower and 419 lb.-ft. of torque. With my foot fully extended, it ran 0-60 mph in a respectable 6.5 seconds, but I could do without the faux engine rumble.

The EQS' neat trick is the DYNAMIC switch that configures the powertrain for quick get-aways in Sport mode, wafting cruising in Comfort mode, and ultimate range with a stiff accelerator in Eco mode. Plug into a DC fast charger to replenish 10-80% in

31 minutes, but my 240v home charger topped off in 12.5 hours.

Accompanying all of this technology is an amorphously sleek package that casts grilles and stand-up ornaments to the past. The front is dominated by a wide black panel with center star flanked of multi-pixel LED headlamps. Step to the side and you realize it is a very large car riding atop a thick battery pack. There's a connection to the CLS four-door coupe in its window profile, and 21" wheels mount meaty

LIKES

- Gorgeous interior
- Ample range
- Intuitive infotainment

DISLIKES

- Amorphous styling
- Lofty price
- Useless running boards

tires, but a swoopy swath of LEDs across the hatch signify this one banished gasoline.

I remember when Mercedes interiors wore simple buttons and analog gauges with white and orange markings, but that's history. Now, flatscreen gauges and the infotainment screen dominate the dash. It takes a minute to learn how to pinch and expand functions, but it's easy to access navigation, Apple/Android connectivity, and the saturating Bernemster 3D audio system when you do. Ambient lighting with 64 color choices provides an ethereal glow to the personalized cabin.

It's clearly an S-Class with exquisite stitched coverings and soft leather seats with heat, ventilation, and massagers up front. Unlike the old Zebrano wood,

ours was paneled in thin strips of walnut separated by aluminum to give the feel of a yacht deck. Four-zone automatic climate control keeps everybody comfortable – even under the enormous panoramic sunroof.

Out on Eisenhower's Autobahn, it was a joy to drive. The air suspension lends the iron sponge feel so common in older Mercedes sedans as its three tons are clearly present. Though big, four-wheel steering allows the vehicle to maneuver more like a compact. Just flick the turn signal to let the car safely change lanes autonomously. Should a lapse happen, adaptive cruise with lane-centering steering, blind spot warning, lane keep assist, and automatic emergency braking stand by.



CASEY WILLIAMS
Auto Reviews

Driving an EV long distances can cause anxiety, but there was no need to stress. The American-built EQS450+ completed its mission profile with panache, performance, and parade to spare. A very S-Class base price of \$104,400 or \$113,865 as-tested rivals the Tesla Model X, GMC Hummer, Audi Q8 e-tron, and upcoming Cadillac Escalade iQ.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey.

Pence Faces An Arduous Tight Rope To White House



BRIAN HOWEY
Howey Political Report

Throughout nearly two and a half centuries, more than a dozen Hoosier men have looked into a mirror and beheld a future president. Only two — grandfather and grandson Presidents William Henry Harrison and Benjamin Harrison — ended up living in the White House for a combined total of four years and 30 days after defeating incumbent presidents.

One Hoosier, Socialist Eugene Debs of Terre Haute, ran for president in 1920 while living at the Atlanta Federal Penitentiary after being convicted of sedition. The only 20th Century major party nominee, Republican Wendell Willkie of Rushville, lost to President Franklin D. Roosevelt in 1940, only to be considered for vice president four years later for a term in which FDR would only live for six weeks. Another favorite Hoosier son, U.S. Sen. Evan Bayh, ran for three weeks before bowing out in late 2006, only to become a finalist for Barack Obama's 2008 ticket, losing out to Joe Biden at the 11th hour.

This week, former Indiana congressman, governor and U.S. vice president Mike Pence joins the ranks of perceived Hoosier presidential timber. Will he join the Harrisons with a legacy address of 1600 Pennsylvania Avenue? Or will he be discarded into the historical dustbin, joining the esteemed personages of Ned Hannegan, Charles

Fairbanks, Paul McNutt, Birch Bayh, Richard Lugar, Vance Hartke and Pete Buttigieg?

Being Hoosier can be tough, particularly if you're running for president. In 1976, U.S. Sen. Birch Bayh dropped his bid as long-shot Jimmy Carter jelled, saying, "I just got tired of being everybody's second choice." In 1996, Sen. Lugar was reduced to being a "fleck on the screen," vanquished there by skeptical media. Lugar's campaign never had a chance, with the Oklahoma City terror attack reducing his City Market campaign launch to an afterthought.

In 1999 Dan Quayle became what Howey Politics Indiana described as the "first political victim of the internet" after he couldn't escape his veep past. Now Mike Pence will try despite coming into this race between a rock (Never-Trumpers view him as a sycophant toady for most of his term) and a hard place (Trumpers see him as a traitor to their lost cause).

On his 64th birthday on Wednesday, Pence pledged to thread a historically narrow needle, finally announcing the pursuit of his life's goal, the American presidency. In a campaign video, he conjured the leadership of Abraham Lincoln and Ronald Reagan, never mentioning his former boss, President Donald Trump, who now leads the 2024 GOP field by a 30% margin.

In Iowa, Pence directly confronted Trump and the Jan. 6 insurrection. "Jan. 6 was a tragic day in the life of our nation," Pence said. "President Trump's reckless words endangered

my family and everyone at the Capitol. But the American people deserve to know on that fateful day, President Trump also demanded I choose between him and our Constitution. Now voters will be faced with the same choice. I chose the Constitution and I always will.

"President Trump was wrong then and he is wrong today. I kept my oath to the Constitution of the United States," Pence continued. "I had hoped he would come around to my role that day. That was not to be. The Republican party must be the party of the Constitution of the United States. I believe that anyone who puts themselves over the Constitution should never be president of the United States, and anyone who asks someone else to put them over the Constitution should never be president of the United States again."

On Ukraine, Pence reminded voters that Trump called Russian President Putin a "genius" after the invasion began in February 2022. Pence said, "I know the difference between a genius and a war criminal." He called the Ukraine war "America's fight."

He then trained his sights on the Democratic incumbent, saying, "Our country's in a lot of trouble," accusing "President Joe Biden and the radical left" of weakening America "at home and abroad."

Pence will run on his advocacy of a national abortion ban, backing Ukraine in its war with Russia, increasing military spending, going back to his free trade roots,

and stoking a series of social issues involving transgender students, and reining in drag shows before children.

Pence kicked off his campaign in Iowa instead of his home state of Indiana, hoping to galvanize his support among influential evangelical voters there that could lead to a breakthrough. In 2020, South Bend Mayor Pete Buttigieg won the Democratic Iowa caucuses by concentrating on small town and rural voters.

At this early stage, Pence does not appear to be gathering support among fellow Hoosiers. There were no endorsements from the state's congressional delegation. House Speaker Todd Huston has signed on to help Pence gain support among the Republican General Assembly supermajorities and spoke on his behalf at the Iowa kickoff.

The Pence brain trust is counting on several elements to thread his needle. He needs Trump to face additional indictments in the Mar-a-Lago top secret document case (with grand juries currently meeting in DC and Florida), the Jan. 6 insurrection case, and the Georgia "find me 11,800 votes" case.

Pence believes that Gov. DeSantis will fade, barring a last-minute personality transplant.

It will be a tough and unprecedented tight-rope walk.

-The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.

A Father's Day



CARRIE CLASSON
The Postscript

It's time to be thinking about Father's Day—even if all we do is think about it. The woman who suggested Father's Day in 1909 was named Sonora Smart Dodd. She was raised, along with her five siblings, by her father after her mother died in childbirth. The idea took a long time to catch on, and didn't become a national holiday until Richard Nixon was in the White House. If you're thinking it's too bad that Ms. Dodd wasn't around to see her dream fulfilled, you'd be wrong. She was just 90 years old. At age 92, she was honored for her idea.

I always have trouble finding a card that seems appropriate for Father's Day. My dad's eyesight isn't great, but even if the cards were easier to read, there wouldn't be much worth reading. Father's Day cards are all about fishing or drinking or playing golf, and my dad isn't big on any of those activities. But even if I found a card, the holiday is hard to celebrate.

This year, I'm seeing my dad right before Father's Day. "We're going to miss Father's Day!" I told him. "That's fine!" he said. He didn't sound disappointed at all. Missing Father's Day meant we'd have less of a chance to wrestle the restaurant check away from him. He sounded like he hoped we might forget to get him a present as well. But that doesn't mean I won't be thinking about him because I always am—whether I know it or not.

My dad's advice, my dad's way of solving problems, of taking care of business is so ingrained in me that I'm not sure I know where he leaves off and I begin. It doesn't seem like my dad's way of looking at the world, it

just seems like the way the world should be looked at—if I take the time to be thoughtful and don't rush out and do something stupid.

My dad would say that every plan needs "belt and suspenders." What will I do if something falls through? What's the next move?

The lesson in this way of thinking is that a person can do virtually anything they want to do as long as they take the time to think it through. My dad might argue mightily against something I wanted to do (and he has), but he'd never tell me not to do it. He'd just want to make sure I'd covered all the angles.

The result is that I've done things that, at first glance, might seem improbable or risky but, because I'd given them the "belt and suspenders" test before I started, were not nearly as precarious as they seemed. I can't imagine a more valuable lesson to have learned young. I can't imagine a better teacher than my dad.

My dad now lives in the house he planned for many years before his retirement and built almost entirely by himself with the help of his Uncle John. He always has a project in progress. He's going to turn 90 next year, and he would tell you he has slowed down, and perhaps he has, but if you just met him, you'd never guess.

I will be celebrating Father's Day this year—maybe early, maybe late, certainly over the telephone at the very least. I'll try to tell my dad how important he has always been to me—how every major decision of my life has been guided by him, how every decision I ever make will continue to be. And how much I love him.

Happy Father's Day. Till next time, Carrie

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

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The Dangers and Treatments Of Lyme Disease



JOHN R. ROBERTS, M.D.
Hamilton Health

Warmer weather means we have to start thinking about tick-borne illnesses like Lyme disease. Many people are aware of



Photo courtesy of John Roberts

the association between tick bites and Lyme disease, but few know exactly what Lyme disease is or what causes it. The number of cases in Indiana has shown a steady increase from 23 cases in 2000 to 340 in 2020. Montgomery County typically has 1-2 cases a year, while Hamilton County has been seeing 5-6 cases a year over the last few years.

Lyme disease received its name in the late 1970s when a number of children around Lyme, Connecticut developed arthritis. The actual disease has been described since the early 1900s. It is mostly found from Virginia up through Maine on the east coast as well as Wisconsin and Minnesota with sporadic cases elsewhere. When a case does occur in Indiana, the news spreads rapidly, sometimes inciting panic. We see about 85 percent of infections in the spring and summer with the remainder in the fall.

Ticks do not actually cause the disease, though they do carry the organism that does, the spirochete *Borrelia burgdorferi*. Spirochetes are bacteria that have a corkscrew shape. Another common misconception is that any tick can spread *B. burgdorferi* infection, when in fact only *Ixodes (deer)* ticks carry the organism. The accompanying photo shows a deer tick on a fingernail – they are very small.

The *B. burgdorferi* organism primarily infects field mice and white tailed deer during its life cycle. Humans are innocent bystanders when we wander into deer habitat. The ticks lie in wait on the tips of grasses and shrubs and crawl onto us as we brush by. They then crawl about until they find a nice tender spot where they attach and begin to feed on the host's blood.

The risk of contracting *B. burgdorferi* is very

small unless the tick has been attached and feeding for two to three days. Not everyone will develop clinically significant Lyme disease if they are infected.

Lyme Disease has three stages. The first two stages are termed "early infection" and the third is called "late infection." The signs and symptoms are quite different during each stage.

Stage 1 consists of signs near the point of attachment of the tick. A characteristic rash usually develops called erythema chronicum migrans (ECM). The rash is red (erythema), lasts for a few weeks (chronicum) and tends to enlarge or migrate with time (migrans). Patients may also have fever, fatigue and headache.

Stage 2 involves more systemic signs and symptoms. This stage can involve virtually any tissue, but signs and symptoms usually develop in the joints, nervous system and heart. Two-thirds of people develop arthritis that can occur in various joints and may migrate from joint to joint. Weakness as well as numbness and tingling may occur in the nerves of the face and elsewhere. Infection of the heart can cause rhythm problems.

Step 3, or late infection, can present up to a year after the organism invades the body. Approximately ten percent of people develop chronic arthritis, usually of the knee. They can also develop infections of the brain and spinal cord and severe chronic malaise and fatigue can also occur.

Testing for Lyme is not always straightforward. Antibodies against the organism may be found in the bloodstream but can be falsely positive or negative. Therefore, it's important to not test

persons who don't have signs or symptoms of Lyme Disease. The CDC recommends that anyone with a positive test have it confirmed with a more specific antibody test called a western blot. People with neurologic symptoms may require a spinal tap to look for infection.

Treatment for Lyme disease is fairly straightforward. Most people are prescribed the antibiotic doxycycline. The length of treatment varies based on the stage and extent of infection. Some people with severe involvement may require hospitalization, usually in those who develop heart problems.

Simple steps can be taken to reduce your risk of contracting Lyme disease. Even though Lyme disease is rare in Indiana you should consider covering up when you're around plants. This includes wearing a long shirt and pants as well as a hat.

You should do a full body check for ticks after you've been in the woods and apply insect repellent with at least 30 percent DEET when going outdoors. Always be on the lookout for the signs and symptoms of Lyme disease if you have found a tick attached to your body.

Removal of ticks can be tricky. You need to get a fine pair of tweezers and grasp the tick's head as close to the skin surface as possible and pull slowly and gently upward until the tick lets go. You should then wash the skin with alcohol or soap and water. You should save the tick in alcohol in case it's needed for identification. If you can't remove the tick, call your health professional.

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

Clear-Air-Turbulence Is On The Rise, Along With Green House Gases

EARTHTALK

Dear EarthTalk: Is global warming creating the increase in turbulence on airplane flights?

Air turbulence is defined as a sudden change in the speed, direction or air pressure in the atmosphere. Turbulence can cause abrupt changes in the motion of an airplane, ranging from small bumps to violent jolts that cause significant damage to aircrafts and injury to passengers. Air turbulence has increased rapidly in the last few decades. It is now the main cause of in-flight injuries and is estimated to cost the airline industry over \$500 million annually.

The main causes of air turbulence are storms, jet streams—the bands of strong winds in the upper atmosphere—and mountains. In such cases, pilots can anticipate turbulence from pre-flight weather reports, sophisticated radar equipment and warnings from other pilots. But there is another kind of turbulence pilots have to contend with known as "clear-air turbulence," which has no visible cause and cannot be detected by radars. This makes clear-air turbulence very perilous since pilots cannot warn passengers to buckle up and avoid injury. Clear-air turbulence is becoming more frequent; scientists and meteorologists predict

that it will double in frequency between 2050 and 2080.

At the source of the rise in clear-air turbulence is global warming. As carbon emissions increase, greenhouse gases trap more heat in the troposphere (the layer closest to the Earth's surface) instead of letting it rise into the stratosphere. This is causing a rising temperature difference between the two atmospheric layers, which in turn is causing large disruptions in the circulation patterns of atmospheric winds. These abrupt changes in the speed and direction of winds—known as "wind shear"—play a big role in creating the atmospheric disturbances that cause clear-air turbulence.

Although clear-air turbulence can occur at all levels of the troposphere in which airplanes cruise, they are most likely at the altitudes where the jet streams flow. Meteorologists have found that jet streams are experiencing 15 percent more wind shear than they did 40 years ago.

Can anything be done to avoid clear-air turbulence? Pilots could avoid flying in the four jet streams that circle the earth, and could limit flying through regions known to have high clear-air turbulence. The industry could invest in aircraft designs that improve aircraft stability and develop technology to detect clear-air turbu-

lence. But pilots fly in the jet stream to shorten flight times and use less fuel.

Thus, taking these steps will lead to longer flights, higher costs, more fuel consumption and carbon emissions, further increases in global warming and more turbulence, not less.

A better solution is to tackle rising clear-air turbulence at its source: by reducing global warming. Among other things, governments should accelerate policies that mitigate climate change such as carbon taxation, and provide incentives for clean energy adoption. Businesses should speed up investment in clean-energy products, services and infrastructure. And ordinary people should reduce their consumption of fossil-fuels by conserving energy, using public transit, recycling and participating in citizen science projects that mitigate climate change.

CONTACTS: Professor Paul Williams, International expert on air turbulence and climate change, www.port.ac.uk/school-of-biological-sciences/staff/john-mcgeehan.html; Petition to Stop Global Warming, <https://preserve.nature.org/page/81465/petition/1?locale=en-US>.

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📍 BETSY From Page A1

ing the death of a 15-year-old. But when Pennington takes the job as the jury foreman, whose name is mistakenly made public, her life begins to be picked apart as people around her start dying. Parker Taylor said she had an idea for the plot before she started writing, and she chose the scene of the crime, too. "I had Chapter One ingrained in my head. All I had to do was write it down. I worry about the mechanics after I get the story and dialogue crafted," she said.

Parker Taylor, whose book is endorsed by Golden Globe-nominated actress Mariel Hemingway, will sign copies this Saturday in Chicago and locally, on June 24, at the Barnes and Noble at River Crossing in Indianapolis.

The book is the product of "passion, determination and commitment," she said. "It took me a year to write and 20 years to introduce it." Yes, she wrote the book in 2000 but finally got it published this year.

This column is about her life that inspired her to write the book.

She was born in Noblesville in 1964 and will turn 59 this fall. She is the second youngest of five children, the daughter of the late William and Anita Parker, who founded a steel manufacturing company that we know today as Noble Industries. Her sister, Brenda Parker, her best friend, is executive vice president of Noble Industries. Her brother, Gary Parker, is executive consultant of manufacturing. And her brother, Greg Parker, is president of Noble Industries.

Parker Taylor spent her childhood in a two-story home surrounded by cornfields and cows in the Craig Highlands neighborhood, attended Prairie Baptist Church and Heritage Christian School, from where she graduated in 1983.

Through Noble Industries and her parents' entrepreneurial spirit, the Parkers learned to dedicate themselves to work, family and community. All of the Parker children, she said, were taught to work hard. Most of the kids gained their job experience by working at Noble Industries or for grandparents, Kenneth and Louis (Marrow) Hanna's Ken-Lo Cafeteria (839 Conner St., where NobleMade gift shop is today, according to Hamilton County historian David Heighway).

Here's just a little more background about her family. Her grandfather, Julian Hanna, born in 1871, was a Noblesville physician specializing in eyes, ears, noses and throats. But before that, he was a schoolteacher in Clarksville. He wanted to go to medical school, so the local farmers took up a collection and sent him to Indiana University, and his wife, Pella, took in laundry to help him pay his way. Parker Taylor's kin are the Bakers and Marrows found in the Quaker records in the Westfield Public Library.

Parker Taylor's first job was bagging plastic furniture feet while watching TV and bending steel and working a punch press at Noble Industries (which was started in 1968, making metal aquarium stands part time in a 300-square-foot barn, founded in 1969 and incorporated in 1970, and has since grown to 60 employees and a 110,000-square-foot facility). During high school, she worked at Payless Shoes and Arby's in Noblesville.

After graduating high school, she earned a certification in 1984 in Fashion Merchandising in Bauder College, Arlington, Texas. Then, she returned to Indiana.

Then several years later, she decided to go back to school.

In 2000, she earned a bachelor's degree in Business Science Management; in 2004, a master's of Business Administration from Indiana Wesleyan University; and in 2010, a doctorate in Management and Leadership from University of Phoenix. (In her career, she has mentored students and young professionals, was a National College campus director and professor, co-director of an advertising agency and worked for a student loan management company. In between, she worked in the human resources department of Noble Industries. Currently, she is director of operations for Intelligent Solutions training, developing, academic research and business writing services)

Her writing started through academics. "I was a business student who had to write paper after paper."

After writing her book, a publisher in 2000 backed out of a deal with her because she wasn't interested in the business part of the industry.

Brenda Parker asked her sister: "What are you afraid of?" Her sister said, "For it to succeed, you must make yourself vulnerable to disappointment." So Parker Taylor started looking for another publisher who also assisted with the marketing. Mind-Stir and Seacoast walked her through much of the process.

Her two family mottos: "If it is meant to be, it is up to me," and "Every day is great."

She has stuck with those mottos.

Writing, for Parker Taylor, is about telling a story with a lesson learned. In "Crossroads," she used Proverbs' lessons on anger, fury and envy as the motivations for the crime.

After her book was finally published, her first book signing couldn't have gone better. "I was blessed by so many people coming out to support me and the book," she said. "I can't wait to host another one. What I loved about the book signing was it was a time to socialize and fellowship with like-minded people."

Her next signing is 2-4 p.m. Saturday at the Barnes and Noble in Skokie (Chicago), Ill. The next local signing is 1 p.m. to 3 p.m. June 24 at Barnes and Noble at The Shops at River Crossing, 8675 River Crossing Blvd., Indianapolis. She's also done at least three podcasts about the book.

While she loves to travel, to cook and all things outdoors, writing a book has always been on her bucket list.

What makes her smile is "life and people."

She is inspired by her family and good friends, creating characters like them in her book. "I've been lucky to have lifelong friends that push me to be a better person and to live to my full potential," Parker Taylor said.

She has great support from her spouse, Dana Taylor. "My husband assists me in staying in balance because, much like the main protagonist in 'Crossroads,' I tend to be a workaholic."

Remember when Parker Taylor shared how she struggled academically in school? Well, she had a special Heritage Christian School teacher, Mrs. Donley, who offered to tutor her over the summer between her junior and senior years. "At the end of the summer, I offered to pay her for the tutoring from the money I made working at Arby's. She would not take a dime. I passed the test. Without her, none of this would have ever happened to me."

-Betsy Reason writes about people, places and places in Hamilton County. Contact The Times Editor Betsy Reason at betsy@thetimes24-7.com.

📍 ROCKS From Page A1

event; wristbands are \$10 each for ages four and up. "Citizens Energy Group is pleased to once again be the presenting sponsor of Westfield Rocks the 4th," said Citizens Energy Group President & CEO Jeffrey Harrison. "Citizens is proud to provide safe and reliable water, wastewater, and natural gas services to the residents of Westfield."

This year's new event is the addition of carnival games to the Kids Zone area, which features prizes for all participants and a kid's watermelon eating contest. The Kids Stage returns with music and magic all evening.

"Westfield Rocks the 4th gets bigger and bigger each year. We love to welcome residents and visitors to this special community event to celebrate the Fourth of July holiday," said Kayla Arnold, Director of Westfield Welcome. "We hope you can join us for what is sure to be another spectacular year."

Sign-ups for the Frank's Franks Hot Dog Eating Contest are available online now. The Kid's Wa-

termelon Eating Contest is a first come, first served walk-up registration. Both are free to participants. Limited preferred parking can also be purchased in advance for \$15 or on-site if still available.

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Hot Dog Eating Contest | 7:15 p.m.
The Fun Factor Band | 8 - 10 p.m.
Fireworks Display | Approximately 10 p.m.

Kids Stage Entertainment
Mik the Music Man | 3 - 6 p.m.
Kids Watermelon Eating Contest | 6 p.m.
Magic Show | 6:45 - 7:15 p.m.
Mik the Music Man | 7:15 - 8 p.m.
Magic Show | 8 - 8:30 p.m.
Mik the Music Man | 8:30 - 10 p.m.

📍 POLICE From Page A1

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TUESDAY

Health and WELLNESS

Tuesday, June 13, 2023

A7

AI-Driven Mobile Health Algorithm Uses Phone Camera To Detect Blood Vessel Oxygen Levels

You may already use your smartphone for remote medical appointments. Why not use some of the onboard sensors to gather medical data? That's the idea behind AI-driven technology developed at Purdue University that could use a smartphone camera to detect and diagnose medical conditions like anemia faster and more accurately than highly specialized medical equipment being developed for the task.

"There are at least 15 different sensors in your smartphone, and our goal is to take advantage of those sensors so people can access health care outside of a doctor's office," said lead researcher Young Kim, professor and associate head for research in Purdue's Weldon School of Biomedical Engineering. "To the best of our knowledge, we believe that we demonstrated the fastest hemodynamic imaging in existence, using a commercially available smartphone."

While a smartphone camera is convenient, it captures measurements of only red, green and blue wavelengths of light in each pixel, limiting its medical utility. Hyperspectral imaging can capture all wavelengths of visible light in each pixel and could be used to detect a variety of skin and retinal conditions and some cancers. Researchers are exploring hyperspectral imaging health care applications,

but most of the work is aimed at improving specialized equipment, which is relatively bulky, slow and expensive. By pairing deep learning and statistical techniques with their knowledge of light-tissue interactions, Purdue researchers are able to reconstruct the full spectrum of visible light in each pixel of an ordinary smartphone camera image. The patent-pending approach, from a lab with expertise in mobile health, could improve access to health care.

As reported in PNAS Nexus, the team tested its method against commercially available hyperspectral imaging equipment when gathering information about the movement of blood oxygen in volunteers' eyelids, in models meant to mimic human tissue, and in a chick embryo. Results show the smartphone camera produced hyperspectral information more quickly, more cheaply and just as accurately as those captured using specialized equipment. The smartphone approach can produce images in a single millisecond that would take conventional hyperspectral imaging three minutes to capture.

Kim said the work reported in PNAS Nexus focused on building the smartphone hyperspectral imaging algorithm rather than specific applications. But in other studies, the team has used its approach to measure blood

hemoglobin for tissue oximetry and inflammation. Kim's lab used a computational approach that the researchers have dubbed "hyperspectral learning."

The process begins with a smartphone camera on an ultra-slow-motion setting that produces video at about 1,000 frames per second. Each pixel in each frame contains information for red, green and blue color intensity. The information is fed through a machine learning algorithm that infers full-spectrum information for each pixel. That is used to produce the measurements of blood flow, particularly of the amount of oxygenated and deoxygenated hemoglobin in each pixel. These hemodynamic parameters can also be used to produce images and video that show oxygen saturation in their subjects over time.

As with conventional machine learning, the team trains its algorithms on a data set, feeding it smartphone images and the corresponding hyperspectral images and fine-tuning the algorithm until it can predict the correct relationship between the two data sets. But by building the algorithms with equations derived from tissue optics — an approach sometimes called "informed learning" — the researchers require a far smaller training data set.

And whereas conventional hyperspectral

imaging equipment must gather massive amounts of data, limiting either the spectral resolution or temporal resolution, the team's approach begins with video files that are hundreds of times smaller than hyperspectral imaging files, allowing them to maintain a high standard on both fronts.

"Usually there's a trade-off to collect this information in an efficient manner. But with our approach, we have high spatial and spectral resolution at the same time," said Yuhyun Ji, first author and a graduate student in Kim's lab, which is currently working on applying this method to other mobile health applications, such as cervix colposcopy and retinal fundus imaging.

Kim disclosed his innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for a patent to protect the intellectual property. Industry partners interested in further developing or commercializing the innovation should contact Patrick Finnerty, senior business development manager, PWFinnerty@prf.org about 2019-KIM-68586.

"MHealth hyperspectral learning for instantaneous spatio-spectral imaging of hemodynamics" was produced with support from the National Institutes of Health and the Ralph W. and Grace M. Showalter Trust.



CareSource Launches Dental Home Model For Providers And Members In Indiana

CareSource, a nationally recognized managed care entity, recently announced the launch of Indiana's first dental home program for Indiana Medicaid members and providers. The model will formally pair 175,000+ CareSource members with a dental provider, who is responsible for coordinating their dental care. This innovative model ensures a member's oral health care is managed in a comprehensive, accessible, culturally competent and family-centered way, by a trusted, licensed primary dental provider.

The dental home model will encourage and support positive and lasting relationships between dentists and patients through regular access to dental care for members and their families. Members of the Hoosier Healthwise and Healthy Indiana Plan programs will have the option to select any Indiana Medicaid-enrolled dental provider or have one chosen for them by CareSource based on claims history, family history and/or geographic location.

"It can be a struggle to know where to begin when it comes to locating and selecting dental providers," said Dr. Kimberly Koch, market dental director for CareSource Indiana. "We are thrilled to bring the dental home model to our Hoosier

members and help them build strong relationships with their dentists while placing a greater focus on the importance of preventative dental care."

Research on the use of the dental home model has pointed to several member benefits. In 2015, a study published by Health Affairs showed higher rates of preventative dental care. This innovative model ensures a member's oral health care is managed in a comprehensive, accessible, culturally competent and family-centered way, by a trusted, licensed primary dental provider. The dental home model will encourage and support positive and lasting relationships between dentists and patients through regular access to dental care for members and their families. Members of the Hoosier Healthwise and Healthy Indiana Plan programs will have the option to select any Indiana Medicaid-enrolled dental provider or have one chosen for them by CareSource based on claims history, family history and/or geographic location.

"Proper access to dental care is essential, particularly for children," said Dr. Koch. "This enhancement is just one of the many ways in which CareSource is making lasting differences in our members' lives."

For more information on CareSource's dental care or to learn more about the dental home model, visit: <https://www.caresource.com/in/providers/education/patient-care/dental/medicaid/>.

The Connection Between Your Heart And Kidneys

(Family Features) While people may think about heart disease and kidney disease as two different health problems, there are many links between them.

Kidney disease affects roughly 1 in 7 (15%) American adults, according to the American Kidney Fund.

Having chronic kidney disease (CKD) means that you're more likely to get heart disease. The reverse is also true: Heart disease can cause CKD. In fact, heart disease is the leading cause of death among people on dialysis, which is a life-saving treatment for people in kidney failure.

To learn more about the link between kidney disease and your heart, consider these facts from the American Kidney Fund:

Your heart and kidneys rely on each other to function well. When you have kidney disease, your heart must pump harder to get blood to your kidneys, which can cause stress on your heart. This extra stress can eventually lead to heart disease. Addi-

tionally, if your kidneys are damaged, they can't filter blood as well as they should, leaving extra fluid and waste in your blood, which can damage other organs - including your heart.

When you have heart disease, your heart cannot pump blood through your body as well as it should. Heart disease includes heart or blood vessel problems such as coronary artery disease, blood clots, heart attacks or problems with your heart's muscles, valves or heartbeat. Your heart makes up for this by holding onto more salt and water, putting pressure on your veins. This extra pressure on your veins can ultimately damage your kidneys, leading to kidney disease.

Kidneys help regulate blood pressure and create red blood cells. In addition to filtering blood, healthy kidneys also produce a hormone that helps regulate your blood pressure. The kidneys also produce erythropoietin, which signals the body to make more red blood cells to carry oxygen

through your body. When the kidneys can't make erythropoietin, it can lead to anemia and heart problems.

Potassium plays a major role in kidney and heart health. Potassium controls muscle contractions, including those in the heart. Unbalanced potassium levels can lead to risk of heart disease or heart failure - the most fatal heart issues associated with kidney disease.

Patients with kidney disease, including those not yet on dialysis, can have issues with potassium. The loss of kidney function can result in the inability to filter potassium. When this happens, it causes extra potassium in the body, a condition known as hyperkalemia, or high potassium. Hyperkalemia often does not cause symptoms until heart health has already worsened and can lead to a heart attack if not diagnosed and treated.

Many patients discover they have high potassium due to a minor heart issue, but the chronic condition must be treated continuously through medicines

called potassium binders. The medicine works by sticking to the potassium in your body, which is then removed through feces. This prevents some of it from being taken into your blood and building up.

Prevention of both heart and kidney disease starts with preventing and managing the conditions that cause them. Keeping diabetes, high blood pressure and anemia under control can help prevent them from getting to the point of causing kidney or heart disease. When found early, you can manage the conditions through lifestyle changes, such as:

- * Following a kidney-friendly and heart-healthy eating plan
- * Being active daily
- * Avoiding use of tobacco products
- * Lowering stress levels

For more information on the kidney-heart connection, especially potassium in the body, talk to your doctor and visit KidneyFund.org/BeyondBananas, an education campaign from the American Kidney Fund and AstraZeneca.

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Witham Health Services Hosting Blood Drive

Witham Health Services will host a blood drive on Wednesday, June 21, 2023, at our Lebanon campus. Witham has a long history of support for the Versiti Blood Center of Indiana and participates in quarterly corporate blood drives allowing Witham employees to give back to the community in the convenience of their workplace. The blood drives are also open to the public.

Just this week, Versiti Blood Center of Indiana issued an emergency appeal for blood donations. With less than a day's supply of available blood, communities throughout the state face a potential crisis as hospitals may not have the blood needed to treat patients.

Heading into the summer months, Versiti has seen a drastic drop in scheduled appointments, with nearly 2,500 open appointments over the next seven days. 25 percent of their blood collections come from their high school and college partners, meaning that when it's summer vacation, those community blood drives are not happening. Unfortunately, the need

for blood does not take a summer vacation. While Versiti anticipates this dip every year, the situation is compounded by the fact that they are also seeing fewer first-time donors walking through the doors, which is adding to an already dangerous situation.

Potential donors must be at least 17 years old (16 years old with parental consent form signed), weigh a minimum of 110 pounds and be in good general health. Donors must also present a picture I.D., such as a driver's license. Donations are welcome from all community members, not just Witham employees. The blood drive location is at the hospital's main campus located at 2605 N. Lebanon Street. Please enter through the North Pavilion, Entrance A and follow directions to the North Pavilion Conference Rooms. Interested donors are encouraged to go online to schedule <https://bit.ly/WithamHospital-BloodDrive-6-21>. Walk-ins are also welcome. For additional information please call 485-8120.

Cooking Clean

A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of "My Kitchen Rules," who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

"There is a lot of misinformation about cooking with gas in the news," Sheremet said. "It's important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove."

Because ventilation when cooking is key, it's important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That's because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

"Chefs, and parents like me, prefer gas for a variety of reasons," Sheremet said. "My son, Atlas, is often in the kitchen when I'm cooking, and we know sometimes kids don't listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off."

Learn more about cooking with propane and find recipes from Sheremet at Propane.com/ChefDean.

DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

Do:

- Follow the manufacturer's installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

Don't:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

Salt

- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small saute pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde