⇒ TODAY'S VERSE

Psalm 19:14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.



FACES of **HAMILTON COUNTY**

People who call our community their own. What makes Steve Costlow smile? "I have five granddaughters and two grandsons. They all make me smile," said the 75-year-old Noblesville resident. What's special about turning 75? "It makes you look at your past and all the good things you did. It also lets you look to the future and dream about all the good things you can still do." He and his wife, Dale, have been married 55 years. Steve is a 1966 Sheridan High School graduate whose father, James Benjamin Costlow, fought in World War II in the U.S. Navy as a rear gunner for a Curtiss Helldiver, a dive-bomber aircraft. He likes to attend the Veterans Day Ceremony each year in downtown Noblesville, in remembrance of his dad. He volunteered for about 18 years for Noblesville Babe Ruth and got one of the fields, Logan Field at Forest Park, named after granddaughter, Logan A. Costlow, who died in 2002, at age 5. He has two children, Mark Costlow and Jody Costlow. He said, "I am just blessed to be here and have all the friends I have." He is often found showing off his 1976 Chevy C10 350 engine/350 transmission (pictured above at Red Bridge Park Labor Day car show) with new rims and tires during parades and car shows. You might find him this Sunday at the Central Indiana Vintage Vehicles Father's Day Car Show from 9 a.m. to 2:30

And Another Few Things...

p.m. at Forest Park in Noblesville.

1.Million Tree **Initiative Exceeds** 900,000 mark

Governor Eric J. Holcomb, in his 2020 State of the State Address. charged the Indiana Department of Natural Resources (DNR) with planting 1 million trees during the next five years.Blaine Erwin (left) and Ted Maslanka, Clif Bar volunteers, plant at Greene-Sullivan State Forest April 25. Thanks to the efforts of the DNR Division of Forestry and its partners, that once-lofty goal is well within sight. This spring, 253,400 seedlings were planted on DNR properties, bringing the four-year planting total to 964,900.

2. ROAD CLOSURE -Saville Road (146th **Street Project)**

Please be advised, beginning on or after Thursday, June 22, 2023, Saville Road at 146th Street will be closed to all thru traffic for construction of a new frontage road. The estimated roadway reopening date is Friday, July 7, 2023. Local traffic will continue to have access to their homes and are encouraged to use Rosebud Drive for access to 146th Street.

3. State of the County Luncheaon

We continue our 'State of' Series with our annual State of the County Luncheon. This year's theme "The Way We Were" will complement our celebration of Hamilton County's Bicentennial. There is a lot happening around Hamilton County and you will not want to miss this chance to be fully updated and in awe of the progress in our county! Join us for this valuable update and information

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Boomer Bits

Ask Rusty – Will Work Earnings Affect My Social Security At Age 80?

Dear Rusty: I am 80 years old, and I receive monthly Social Security benefits, but I'm thinking about returning to work. At this age, am I limited in how much income I generate without affecting my benefit? If so, how much can I earn without affecting it? Signed: Spry Octogenarian.

Dear Spry Octogenarian: Since you have already reached your full retirement age (FRA) for Social Security's purposes, you can earn as much income from working as you like without your monthly Social Security payment being affected. Social Security's earnings test applies only to those who collect benefits before reaching their full retirement age, which is somewhere between age 66 and 67, depending on year of birth.

However, although the earnings test will not apply to you, it's important to know that Social Security benefits are subject to income tax if your annual combined income from all sources (also known as your "Modified Adjusted Gross Income" or



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Social Security Matters

"MAGI") exceeds certain thresholds. Your income tax filing status is an influencing factor - if you file as a single and your MAGI is more than \$25,000, or if you file as "married/jointly" and your MAGI is more than \$32,000, then 50% of the SS benefits you received during the tax year becomes part of your overall taxable income. And if your MAGI as a single filer is more than \$34,000 or, as a married filer more than \$44,000, then up to 85% of the SS benefits you receive during the tax year becomes part of your overall taxable income at your standard IRS income tax rate. Thus, returning to work may result in Social Security benefits unexpectedly becoming taxable income.

For complete clarity, your "MAGI" is your regular Adjusted Gross Income

(AGI) on your income tax return, plus 50% of the Social Security benefits you received during the tax year, plus any other non-taxable income (except Roth IRA withdrawals) you may have had.

So, while your earnings from working at age 80 (and beyond) will not affect your monthly Social Security benefit payment, you may - depending on your total income or "MAGI" find that your Social Security benefits will become taxable if your combined income from all sources exceeds the above thresholds. And if your benefits will become taxable, you may wish to consider having income taxes withheld from your monthly Social Security payments, which you can do by submitting IRS form W-4V to your local Social Security field office.



Sunrise/Sunset **RISE:** 6:16 a.m. **SET:** 9:20 p.m.

High/Low **Temperatures** HIGH: 83 °F LOW: 55 °F

Today is...

- Dog Dad's Day • National Apple Strudel Day
 - World Croc Day

On This Day in History

- **1972** The arrest of five White House operatives sets off the Watergate scandal.
- 1928 Amelia Earhart becomes the first woman to fly across the Atlantic. • 1885 The Statue of Lib-
- **Births On This Day** • 1980 Venus Williams American tennis player

erty arrives in New York

• 1898 M. C. Escher **Dutch** illustrator

Deaths On This Day

- 2012 Rodney King American victim of police brutality
- 1996 Curt Swan American illustrator

Congressman Rich McCormick M.D. **Opines On The Biden Presidency**

By John Grimaldi

Congressman Rich McCormick [R-GA] was a Marine pilot, an Emergency Room doctor and now he is a "Republican warrior in Congress." In a recent appearance on the AMAC Better For America podcast, he discussed a wide range of political issues with host Rebecca Weber, CEO of the Association of Mature American Citizens, including government spending, health care issues, President Biden's open Mexican border and the state of Social Security.

The Fiscal Responsibility Act that President Biden signed into law is intended to avert a debt default and set government spending limits for two years. McCormick was one of 71 members of Congress who voted against the spending bill and he told Weber that whatever savings are to be had under this new law, it doesn't stop the president from using an executive order to override the legislation's limitations, which are based on just 11% of the budget. The president," still continues to have privileges that are out of check. So, any meager savings we might have can

be overridden by an executive order and that was my red line" when it came time to vote on it.

Noting that health care is a big-buck share of the budget, Representative McCormick went on to praise the introduction of the Helping Everyone Access Long Term Healthcare [the HEALTH Act]. It offers a solution that would help provide healthcare services for low-income individuals and families and help Medicaid and Children's Health Insurance Programs (CHIP) save on costs. The legislation would let doctors and other healthcare workers offer free care services for the needy in exchange for a charitable tax deduction. McCormick explained that some doctors don't accept Medicaid because it doesn't pay its bills.

The HEALTH Act "allows doctors to see people who are basically impoverished, people who are on Medicaid, people who need help. It basically is a tax credit that lets us continue to see patients. What we want to do is serve patients and do what is right. But if you're doing it at a larger payer mix than you

See JOHN Page A6

Prioritizing Your Health Now That The Public Health Emergency Is Over

(StatePoint) With the national COVID-19 Public Health Emergency officially over, medical experts say it's time to address the health challenges that may have been neglected during -- or created by -- the pandemic.

"Making time for you and your family's preventive medical care and investing in your mental health is essential right now," says Jack Resneck Jr, MD, president of the American Medical Association (AMA). "As you settle into old routines or find new ones, you may be feeling overwhelmed, anxious, afraid or depressed. Give yourself permission to express these emotions, while taking steps to get needed care."

For better health and wellness, the AMA offers these tips:

1. Stay connected: According to the U.S. Surgeon General, the health consequences of isolation include a 29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Spending time with loved ones,

friends or community groups can quickly have a positive impact on mental and physical health.

2. Practice self-care: Getting regular exercise, practicing gratitude and getting enough sleep are all forms of self-care that can improve mental health. Check out the National Institute of Mental Health's resources, which include ideas for better understanding what causes your symptoms and what coping techniques might help you manage your mental health.

3. Know the signs: Feelings of hopelessness or irritability, loss of interest in hobbies and activities, and decreased energy or appetite can all be signs of depression. If you are experiencing signs of a mental health condition, speak to your primary care physician or a psychiatrist. Be aware of the 988 Suicide & Crisis Lifeline, a national hotline available 24/7. Anyone experiencing a suicidal, substance use or mental health crisis

See HEALTH Page A6

INSIDE TODAY

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HONEST HOOSIER

This from a reader on the ills of health insurance. We live in a country where you are penalized if you don't buy health insurance. And the same government that does that offers it free to people who are in our country illegally.



TODAY'S HEALTH TIP

You can't spread poison ivy, oak or sumac to another person once you have washed with warm soap and 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 QUOTE

"If I had a flower for every time I thought of you, I could walk through my garden forever." -Alfred Tennyson

TODAY'S JOKE

What did one boat say to the other boat? Up for a little row-mance?



OBITUARIES **David Winfield Brogdon**

The Times appreciates all our customers. Today, we'd like to personally thank **KERWIN & CHERYL KAUFMAN** for subscribing!





WEEKEND, JUNE 10-11, 2023



The Times photo by Betsy Reason Noblesville Schools spent about \$10,000 on new signage for Noblesville High School.

New NHS Signage Helps Us Navigate

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BETSY REASON From The

Being Editor's Desk... that I picked up my daughter often this past semester at Noblesville High School, due to her extracurricular choir activities, I noticed a new sign that directs visitors to the right to go to the school's main entrance and auditorium at Gate 1 and drop off/pick up

Gates 3 and 4. Another

arrow directs visitors to

the left for Athletics and

Deliveries to Gate 33. The district this spring added six directions signs at the high school that are visible as visitors enter from Cumberland Road, Monument Street or Field Drive.

The signs help parents with all of the drop-off and pick-up logistics.

If anyone has ever dropped off or picked up their students at NHS, they know the drill. Turn into the driveway farthest to the north on Cumberland and follow the traffic that snakes through the Gate 1 parking lot. Sometimes, when traffic is heavy, the traffic police officer routes cars to the roundabout at Cumberland and Field Drive before entering the driveway, and traffic backs up

And while picking up or dropping off never seems fast or fun, these new signs are helpful, particular to new fami-

around the roundabout.

Why all of the new signs now and not soon-

"As you know, the high school is a large building with thousands of community visitors throughout the year, said district spokesperson Marnie Cooke. "As we added Beaver Stadium to campus and are now adding athletic and academic additions, it became more important than ever to assist visitors with navigating the NHS campus.

The signs cost the district about \$10,000, Cooke said.

In 2021, the district spent \$80,000 for a giant "N" art sculpture, celebrating school colors of black and gold, at the roundabout at Cumberland and Field Drive.

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



Photo courtesy of Noblesville Chamber

Pictured left to right: Thorpe Miller, Chamber Board Chair, Foundation Board Member, IMCU AVP of Marketing; Maggie Hoppel; Jillian Cooke.

Noblesville Network News

The Advancing Noblesville Chamber Foundation is proud to recognize our two Post-Secondary Scholarship recipients, Maggie Hoppel and Jillian Cooke.

Maggie Hoppel has been accepted Butler, Depauw, & IUPUI. She will continue her education with a focus in English and pursuing a double major in Journalism. She is a National Scholastic Gold Medal winner for her writing and one of eight Gold medal winners, out 300,000+ students in the United States who competed for the honor. Among her academic achievements, Hoppel has been involved with numerous extracurricular activities and community engagement and volunteerism.

Jillian Cooke plans to continue her education at Indiana University, Bloomington where she will study pre-law and public policy. Cooke has served in several noteworthy roles, including:

President, Editor, and Appreciation Chair of the Kiwanis Key Club, the Miller Mentors, Varsity Show Choir, and Conservation Club.

Cooke also contributed greatly to the Noblesville Chamber as our 2022-23 Student Intern. "Jillian began her internship during our peak event season where we execute our largest fundraising activities, as well as State of the City and State of Schools events, economic development tours, and a community awards program. During this hectic period, she took responsibility for key aspects of each event. While tackling her tasks, Jillian demonstrated well developed skills of time management, flexibility, and teamwork, along with quality attributes of initiative, dependability, and responsibility. Her positive impact was evident on the outcome of each event." - Bob DuBois, President & CEO of the Noblesville Chamber.

Pure Pharmacy Expanding To Fishers, Plans 50 New, High-Paying Jobs By 2027

Firm joins the growing list of life science companies along the Fishers I-69 corridor.

Fishers, Ind. -- Today, Pure Pharmacy executives announced their plans to expand to Fishers, Indiana, including investing more than \$2.5 million in capital and increasing their employee count by 50 by the end of 2027 to grow their capacity. The new jobs will focus on the compounding, compliance, dispensing, and support areas of the company.

"We are very excited to expand our operations to Fishers and appreciate the support that the city has given us," remarked Ryan Haves, co-owner of Pure Pharmacy.

Pure Pharmacy, a compounding pharmacy that focuses on health, wellness, and innovative therapies, is part of the rapidly growing health and wellness sector, valued at \$3.4 trillion.

"It's incredible to see the life science innovation that is happening

in Central Indiana right now," said Fishers Mayor Scott Fadness. "With the addition of Pure Pharmacy, Fishers' I-69 corridor is competing across the life science industry in new technologies and the momentum is just getting started."

The life sciences and biotech industries in Fishers have grown exponentially since 2020 with \$750 million of investment and nearly 2,000 jobs established or committed to in the next 3 years.

Pure Pharmacy is a sterile and non-sterile compounding pharmacy that opened in late 2019. The pharmacy offers innovative therapies and excellent service to patients with a variety of needs. The company posts job opportunities on Zip Recruiter.

The new compounding facility will be located at the Patch Development building under construction at 96th Street and Masters Road.

For more information, visit fishersecondev.com.









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Experts Seek To Mitigate Negative Effects Of Dry Weather On Cattle Feeding, Outline Solutions

An impending drought caused by lower-thanaverage rainfall in the spring and summer seasons could result in inadequate forage yield for cattle in parts of Indiana.

A timely publication from Purdue University Extension, Agronomy and Animal Sciences titled "When Forages Are in Short Supply Because of Drought" outlines key management and feeding practices available for producers to reduce the negative consequences of low forage supplies. The publication is free and can be downloaded from the Purdue Extension website.

The authors – Keith Johnson, professor of agronomy and Extension forage specialist; Ron Lemenager, professor of animal sciences and Extension beef specialist; and Nick Minton, Extension beef systems specialist offer a methodical analysis of the factors driving drought and a checklist to navigate the various impacts on herd health, including nitrate poisoning.

By discussing 18 vital producer tools in the article - such as providing supplemental feeding, known as creep feeding, to calves to obtain near normal weaning weights – the authors seek to help ensure cow production.

Lemenager says, "We had a warm spell in February across much of the state and forages broke dormancy, and then it turned cool again, which set the growth curve back until early May."

He details his



Photo courtesy of Purdue by Keith Johnson

Cattle graze during drought in 2012.

experiences speaking with producers across the state, saying: "Many have experienced drier than normal weather. Coupled with usual or above average summertime temperatures, many are concerned about the possibility of lingering droughtlike conditions. I'm hearing stories of first-cutting hay yields being anywhere from 30% to 90% of normal."

The Extension specialists highly recommend that producers scout their pastures to see what forage is truly available for grazing. They share that the cool-season grasses have set seed heads, and from the road there appears to be adequate growth, but the leaf material available for grazing may be inadequate to support normal animal performance.

Lemenager adds, "Producers need to avoid overgrazing, which will negatively affect plant regrowth and total tonnage of forage for the remainder of this grazing season."

Offering feed insights, Johnson explains,

"Unfortunately, there are no cheap, easy fixes for beef producers who have both short pastures and limited hay supplies. Good management means beef producers should develop and implement a strategy that specifies what to do with pastured animals and where winter feed supplies will come from, long before the last blade of grass or bale of hay disappears."

Minton elaborates, "Taking the approach of just feeding them some form of concentrated feedstuff may be an unwise approach provided continued elevated feed prices even in the presence of a strong cattle market. Know what it will cost to produce a pound of gain or to maintain body weight before filling the feed bucket."

-Writer/Media contact: Ashvini Malshe, 765-496-7480, malshea@purdue. edu, Source: Keith Johnson, 765-427-2775, johnsonk@ purdue.edu, Agricultural Communications: 765-494-8415; Maureen Manier, Department Head, mmanier@purdue.edu

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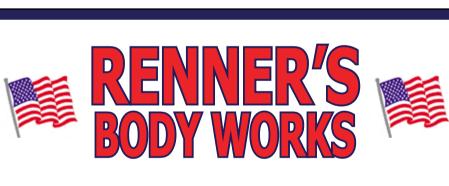


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Thanks for reading The Times!

Registration Open for INAgLaw's Workshop - Estate & Succession Planning for the Family Farm

Registration is now open for the 10th annual Indiana Agricultural Law Foundation's Estate & Succession Planning for the Family Farm workshop. The program will be held via webcast and will be free of charge for all attendees. Family farmers and attorneys are encouraged to join on Thursday, July 20, from 9 a.m. to 12:15 p.m. Eastern Time.

"It's essential that families work together to create their succession plans before they're needed," said Mark Thornburg, INFB executive director of legal affairs. "This program is designed to encourage family members to begin the conversation of transitioning the farm to the next generation, which requires a great deal of planning and communication.

The 2023 session topics and speakers include:

•Estate Planning 101. Presented by John Colin, attorney, Simpson Colin LLC.

•Four Ways to Lose the Family Farm. Presented by Dan Gordon, partner, Gordon & Associates,

•Bringing the Next Generation into the

Farming Operation. Presented by Matt Folz, partner, Dobbs & Folz, LLC.

•Health Plans for the Family Farm. Presented by Steve Allen, manager, Indiana Farm Bureau Health Plans.

"The session topics provide practical information regarding the tools of estate planning as well as current developments in the field," explained Thornburg. "A unique aspect of the programming is an emphasis on facilitating communication and understanding family dynamics."

The virtual workshop is open to anyone interested in understanding the importance of estate and succession planning to their business. Participants will walk away with valuable tips for getting started. Attendees also will have time to ask questions after

each presentation. Registration for the event is required. Attendees may register at www.infb.org/events or www.INAgLaw.org through Tuesday, July 18. The program is approved for 3.3 CLE credits for attending attorneys.

Discover Madison, And Other Wonderful Indiana Spots

By Nikki Kelly Indiana Capital Chronicle

I have taken my fair share of shots at the "IN Indiana" slogan and the recently unveiled but underwhelming road signs that encourage visitors to discover Indiana.

But I got a reminder this past weekend that we Hoosiers need to keep discovering our own state.

Born a Buckeye, I moved to Indiana in 1996 and quickly fell in love with Fort Wayne. I moved to Indianapolis a few years later and am now a full-fledged Hoosier. (You can't get rid of me.) I have traversed all over Indiana — for stories, family excursions and girls'

But somehow, I had never discovered Madison or Clifty Falls State Park.

If Hallmark is looking to shoot on location, you can't beat this picturesque town of about 12,000.

My sister and I first met for lunch at the Downtowner, a delightful little café with great sandwiches and homemade sides. Then we spent hours walking up and down the tidy sidewalks. Dozens of cute shops line the main drag, calling you in with oldschool window displays.

It's almost like you

are in another time, with independent appliance and books stores alongside home décor, clothing, antiques, ice cream, candies and coffee shops. The coolest toy store I have ever seen McWhiggins Wonder Emporium — takes up one corner. I'm sure there is a nearby big box store but no way I'm going

wonderful wares. Adding to the ambiance, a number of them have shop cats who purr and love to be petted. (But don't touch Dash's head at Ditto's!)

there with all these locally

owned businesses with

Houses a few blocks over have so much character and are all wellmaintained. A farmer's market around a beautiful fountain completed the day.

You can also run, walk or bike along the river; take a cruise, visit a winery or head to Clifty Falls State Park for serenity and nature. We stayed at the Inn, which overlooks the river. What a great place to have a glass of wine, read a book or meditate.

Discovering Madison after 27 years in the state made me think of other great places to visit or things to do in Indiana.

Here are my five

favorites - and I would love to hear yours:

The Parke County Bridge Festival runs October 13-22 this year. Everyone knows about the crafts, art, antiques and flea markets in Bridgeton, Rockville and Mansfield. And I enjoy those along with yummy fair food. But I encourage everyone to pick a bridge route and drive it, discovering the namesake of the festival. The Blue Route is my favorite.

French Lick is pricey but worth a weekend splurge for a special occasion. I have done the tours of both West Baden and French Lick, learning some wonderful historical facts. West Baden's dome is stunning and almost feels like you have been transported. The restoration of both hotels is something for Orange County to be proud of, and I am always amazed at Hoosiers I meet who haven't been there.

Indiana is home to some wonderful Amish communities that are great to visit, especially Shipshewana and Middlebury in northern Indiana. Buggy tours, auctions, handcrafted Amish products, wonderful food and more awaits your visit.

Don't miss out on

Indiana's caves. I have been lucky enough to do several in southern Indiana and have a few favorites. Indiana Caverns in Corydon has a fair amount of stairs but is the 7th largest cave in the U.S. and the payoff is a small boat ride at the end with knowledgeable guides. Marengo Cave in Marengo also isn't to be missed, complete with the Penny Ceiling.

The Fort Wayne Children's Zoo remains a special place in my heart. When I lived in the city, I would go there regularly with friends and always enjoyed it. Don't let the word "children's" make you think it's a small petting zoo. It has distinct sections, including an African Journey and Australian Adventure. I also happen to know if you accidentally stay past closing they are really nice about it.

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Committee

Takes on

Admin-

Updates From Washington D.C.



SPARTZ

istrative State This week, the House Guest Column **Judiciary**

Committee passed Rep. Spartz' H.R. 3446, the Sunshine for Regulatory Decrees and Settlements Act of 2023.

This bill provides more transparency and prevents abuses of "sue and settle" techniques used by activist agencies to impose regulations on American businesses and taxpayers.

House Passes Deregulation Bills

H.R. 277, the REINS Act - reclaims powers from the administrative state by ensuring that any "major rule" would require congressional approval before it takes effect.

H.J.Res. 44 - Provides Congressional disapproval of the ATF's rule banning stabilizing braces.

H.R. 1615, the Gas Stove Protection and Freedom Act and H.R. 1640, the Save Our Gas Stoves Act - limits regulations on gas stoves and energy conservation standards.

Spartz Connects with International Partners

This week, Rep. Spartz met with the Chairs of Foreign Affairs Committees, Parliamentarians, and Ambassadors from across Europe. These meetings focused on transatlantic collaboration on the issues of NATO, regional security

framework, Ukraine, and China and Global South Policies.

Confronting Meat Processing Monopolies

On Tuesday, the Antitrust Subcommittee held a hearing examining competition and regulatory barriers to entry in the meat processing industry.

Ahead of the hearing, Rep. Spartz met with livestock producers from around the district to hear firsthand the issues on the ground.

- 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.



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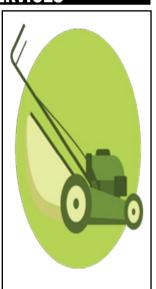
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O JOHN

From Page A1

can afford, you have to limit the number of Medicaid patients."

Doctor McCormick went on to address another health issue that has emerged since Joe Biden and his progressive lawmakers took office and opened the Mexican border allowing illicit drug traffickers to enter the country. "It is a very real problem and it's created at the southern border. There are a lot of nefarious people involved with drug trafficking at the southern border. A lot of bad guys come across the border with no accountability. We have a record number of terrorists who have been caught and have encouraged people to break the law, thanks to the Biden administration." McCormick said that the numbers of Americans -- mainly kids -- who've died due to drug overdoses thanks to this administration's comeone-come-all migrant policies is in the hundreds of thousands.

But, he said, America has been overwhelmed by "societal problems, whether it be crime, gun violence, drug overdoses, suicide. Once again, you can make laws and rules. [But] you cannot get rid of racism, for example, with a law. We keep on turning to begin with. And the more we do that, the more we're going to lose our way. I'm a conservative. I believe that we are the solution, that the Constitution was created to empower us. We are unique in that way. That's what has made America wildly successful. And the more we turn to the government to solve our problems, the worse our problems get."

McCormick said that President Biden didn't make things any better when he relied on a "dishonest" argument in his State of the Union address. "The president said that Republicans want to cut Social Security. But the Social Security law was a bipartisan endeavor and so to say Republicans want to cut Social Security is a deliberate lie. We want to save it, but we will have to make some hard decisions. When Social Security was initially instituted, it had an age limit based on age expectancy to see that time. Since then, our age expectancy has gone dramatically up, but the law remains the same. So we have to have a conversation about that. I don't think we can continue with what we have right now. That's obvious. It will become insolvent. I'm open to any solution that's going to save Social Security."

O HEALTH

can call or text 988 to speak to trained crisis counselors.

4. Get screened: It's estimated that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. If you're due for preventive care, tests or screenings, make an

appointment. 5. Don't wait: An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their ability to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment as soon as possible.

6. Get vaccinated: Adolescents and adult immunizations sharply declined during the pandemic and an estimated 26 million recommended vaccinations

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were missed in 2020 as compared to 2019. Make sure your family is up-todate on vaccines, including the annual influenza vaccine and the bivalent COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, consult your physician and trusted resources, including getvaccineanswers.org.

7. Know your numbers: Track health data such as height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed. Visit ManageYourBP.org to understand what your blood pressure numbers mean and how to get your blood pressure under control. High blood pressure, also known as hypertension, affects millions of Americans and can increase heart attack and stroke risk.

For more tips and information, visit http://www. ama-assn.org.

"It's vitally important to prioritize mental and physical health. Contact your health care professional to schedule the care you need to keep you and your family healthy," says Dr. Resneck.

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Weekend, June 17-18, 2023

TIM TIMMONS, Publisher 🔟 JOE LARUE, Vice-President of Readership 🔟 MELISSA MEME, Account Executive 🔟 BETH HEDGE, Business Manager

Eco Friendly AC Units

Dear EarthTalk: With summer bearing down on us, are there any environmentally friendly air conditioners out there?

Air conditioners are essential for keeping us cool and comfortable during hot summer months, but their environmental impact cannot be ignored. Traditional air conditioning units consume significant amounts of energy and rely heavily on refrigerants that contribute to global warming. However, the good news is that there are several environmentally friendly air conditioning options available today.

One notable advancement is the development of energy-efficient air conditioners. These units are designed to use less electricity, reducing their carbon footprint and lowering energy bills. Energy Star certified air conditioners are a reliable option to consider. They meet strict energy efficiency standards set by the U.S. Environmental Protection Agency (EPA) and can help reduce energy consumption by up to 15 percent. By choosing an Energy Star certified model, consumers can make a positive impact on both the environment and their wallets.

Another eco-friendly air conditioning solution gaining popularity is the use of evaporative coolers, also known as swamp coolers. Unlike conventional air conditioners, which use refrigerants and compressors to cool the air, evaporative coolers work by passing air over water-soaked pads, causing evaporation and

cooling the air. These units consume significantly less energy than traditional air conditioners and are a suitable option for dry climates. However, they may not be as effective in areas with high humidity.

In recent years, researchers and engineers have been exploring more sustainable alternatives to refrigerants used in air conditioners. One such alternative is hydrofluoroolefin (HFO) refrigerants, which have a much lower global warming potential compared to hydrofluorocarbon (HFC) refrigerants commonly used today. HFOs are less harmful to the ozone layer and have a significantly lower impact on global warming. Some manufacturers have already started producing air conditioners that use HFO refrigerants, offering a greener cooling solution.

Additionally, there is a growing trend towards the use of geothermal heat pumps for cooling purposes. These systems utilize the constant temperature of the earth to provide cooling, rather than relying on electricity to generate cool air. Geothermal heat pumps are highly efficient and can save up to 30-60 percent on energy costs compared to traditional air conditioners. They also have a longer lifespan and require less maintenance. While the initial installation costs may be higher, the long-term environmental and finana viable option for those looking to minimize their ecological impact.

Finally, it is essential to consider sustainable

design and proper maintenance practices when using air conditioners. Optimizing insulation, reducing air leaks, and shading windows can help reduce the load on air conditioning systems. Regular maintenance, such as cleaning filters and ensuring proper airflow, ensures that the unit operates at maximum efficiency.

While there is no onesize-fits-all environmentally friendly air conditioner, consumers now have several options to choose from. Energy-efficient models, evaporative coolers, HFO refrigerants, and geothermal heat pumps are all promising alternatives that can help reduce the ecological footprint of cooling our homes and buildings. By making informed choices and adopting sustainable practices, we can stay cool without compromising the health of our

planet.

In the face of climate change and growing energy demands, it is encouraging to see advancements in air conditioning technology that prioritize energy efficiency and environmental responsibility. As consumers, we have the power to support and demand these eco-friendly solutions, driving the transition towards a greener future.

Remember, staying cool doesn't have to mean heating up the planet!

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at https://emagazine.com. To donate, visit https://earthtalk.org. Send questions to: question@earthtalk.org.

Budget-Friendly Outdoor Projects For Any DIYer

(StatePoint) Want to transform your outdoor space while saving money? There are plenty of hands-on projects you can do yourself to eliminate expensive labor costs. The following ideas can be tailored to your budget and personal preferences:

Install a Party Pad
Make your backyard
more fun and functional
with a low-maintenance
patio for entertaining and
relaxing. Based on your
budget and experience
level, there are a variety
of styles and materials
to choose from, such as
brick, concrete and stone.
You'll also need gravel
to create a sturdy foundation.

If you're building on an existing lawn, clear out the grass and dirt first and dig an area deep enough, so the new surface will be even with the ground. Once you've prepped the ground and poured the gravel, use sand to hold the blocks in place and fill any gaps between the blocks once the layout is complete. Search online for step-by-step installation instructions and use a project calculator to determine the cost.

Increase Seating Capacity

A built-in seating wall near a fire pit, pool or patio offers more places to lounge and adds depth to the space. There are plenty of DIY-friendly materials to build with

including interlocking concrete blocks, which won't need to be recut and are heavy enough to stay in place without cement, or larger, flat stones that look more natural and can be laid in various ways.

If you use concrete blocks, add capstones as top piece to give the design a finished look. Watch tutorials online before starting the project for inspiration and to ensure you complete all the necessary steps.

Repair Over Replace Fix up something old to make it new. If you have an above-ground pool or spa with a slow leak, easily repair it with the highly-rated T-Rex Waterproof Tape. The tape has a waterproof backing enhanced with R-Flex Technology for greater durability. It's also UV-resistant, can stretch up to 700% of its original length and is strong enough to be used underwater

Locate the leak and then measure and cut a piece of tape with scissors (this tape is too tough to tear by hand). Remove the liner from the back and apply it to the crack to form a leak-proof seal. Press down firmly and smooth any creases by hand.

Hide Outdoor Eyesores A privacy screen is an easy project for beginner DIYers and will hide unsightly air conditioning units, garbage bins and utility boxes. You'll need weather-resistant wood slats, like cedar wood, fence posts, a drill, screws and paint or stain

screws and paint or stain. Use your "eyesore" to determine how tall to make the screen. Then, anchor fence posts into the ground and drill your first slat about an inch above the ground. Continue adding boards all the way up. For air conditioning units, leave space between each slat to ensure proper air circulation. Add a finish—dark for a modern style or clear for a natural lookand enjoy.

Give it a Glow
Use lighting to give
your backyard a bistro-like atmosphere.
Rather than using a drill
to hang solar or string
lights, use transparent,
double-sided T-Rex Clear
Mounting Tape to permanently and discreetly
decorate.

Whether placing the lights across wooden beams or on brick or vinyl fencing, make sure the surface is clean and dry before applying the tape. Stick one side to the surface and the other to mount the lights. The adhesive will build over time, achieving full strength after a 24-hour period.

Once you tackle these budget-friendly DIY projects, you'll be ready to relax in your outdoor oasis.

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Indiana State Fair Announces First Wave Of **Hoosier Lottery Free Stage Concerts For 2023**

Earlier this week, the Indiana State Fair unveiled the first wave of its 2023 list of scheduled concerts as a part of the Hoosier Lottery Free Stage schedule, July 28 through August 20 (Fair is closed Mondays and Tuesdays). The Hoosier Lottery Free Stage has become a summertime staple for concert goers and music lovers. The lineup each year consists of some of music's most legendary and diverse acts and this year is no exception. All shows at the Hoosier Lottery Free Stage are free with paid fair admission and seating is first-come, first-served. All shows start at 7:30 p.m., unless noted otherwise.

The first wave announcement for 2023 Hoosier Lottery Free Stage at the Indiana State Fair schedule includes:

- Clint Black Friday, July 28 (opening day)
- Peppa Pig Live! Peppa Pig's Adventure -Sunday, July 30
- Keith Sweat -Wednesday, August 2
- TobyMac Sunday, August 6 THE TAYLOR PAR-TY: TAYLOR SWIFT
- NIGHT Saturday, August 12 • Buddy Guy: Damn Right Farewell - Friday,

August 18 High resolution artist images are available by request or by visiting the State Fair media center photo gallery at www.

ÎndianaStateFair.com. As title sponsor of the Free Stage, the Hoosier Lottery is inviting fairgoers 18 or older to enter the free myLOTTERY All-Inclusive Indiana State Fair Prize Package promotion. Six people will win State Fair tickets, parking, Free Stage premium seating, Hoosier Lottery Prize Pack, autographed Indiana Pacers jersey, and Indiana Fever tickets. Enter by signing up to become a myLOTTERY member or confirming your existing account at HoosierLottery.com/StateFair by July 9, 2023. Promotional odds are dependent upon the number of entries received.

Sarah M. Taylor, executive director of the Hoosier Lottery, noted, "The Hoosier Lottery has enjoyed a great relationship with the Indiana State Fair for many years. We are proud to sponsor the popular Hoosier Lottery Free Stage again this year, providing summertime value and entertainment for state fair attendees. The Hoosier Lottery Free Stage has become a 'winning ticket' for all music lovers. Additionally, this year fairgoers 18 or older can sign up for a free myLOTTERY promotion for the chance to

win an all-inclusive day

at the Fair including pre-

mium seats at the Hoosier

Lottery Free Stage!" There will be a limited amount of reserved viewing area tickets sold later this summer for these concerts. The 2023 Indiana State Fair is scheduled to open on Friday, July 28 and runs through August 20, when you can enjoy The Greatest 18 Days of Summer at this iconic Hoosier tradition. For more information, please visit www.indianastatefair.com or follow the Indiana State Fair on Facebook, Instagram and Twitter. The Indiana State Fair will be highlighted by its 2023 theme The State That Grew The Game presented by Pacers Sports & Enter-

2023 Artist Bios: **CLINT BLACK:** It has been three decades since the release of Clint Black's ground-

tainment.

breaking debut album, Killin' Time. The genre altering record cemented the Country music icon as one of the truest traditionalists in the game and his widespread influence can still be felt in the works of artists today. Now, the seemingly unstoppable legend is set to release his incredible 12th studio album, Out of Sane, dropping on June 19th. Having sold over 20 million records, earning 22 #1 career singles, nearly two dozen gold and platinum awards (U.S. and Canada), a Grammy Award, numerous CMA, ACM and American Music Awards, and being honored with a star on the Hollywood Walk of Fame, Clint Black

has had one of the most

storied careers in modern

PEPPA PIG LIVE! PEPPA PIG'S ADVEN-TURE:

Come join Peppa on an exciting camping trip in the woods with George and her school friends, including Pedro Pony, Suzy Sheep and Gerald Giraffe. With lunch boxes packed and Daddy Pig driving the bus, Peppa and friends are excited about their outdoor adventure, full of singing, dancing, games and surprises. Little piggies everywhere will love this 60-minute live musical experience!

KEITH SWEAT: Keith Sweat is a Harlem-born R&B singer/ songwriter who released his debut album, 'Make It Last Forever', at the end of 1987. The album sold over three million copies, spawning the hits "I Want Her" (#1 R&B, #5 pop), "Something Just Ain't Right" (#3 R&B), "Make It Last Forever" (#2 R&B), and "Don't Stop Your Love" (#9 R&B). It was followed in June 1990 by 'I'll Give All My Love to You', another million-seller, that featured the hits "Make You Sweat" (#1 R&B, #14 pop), "Merry Go Round" (#2 R&B), "I'll Give All My Love to You" (#1 R&B, #7 pop), and "Your Love - Part 2" (#4 R&B). Sweat's third album was 'Keep It Comin", an R&B chart-topper at the end of 1991, whose title track was another #1 R&B hit. In 1994 he returned with 'Get Up on It'; a self-titled release followed in 1996. and two years later he issued 'Still in the Game' and 'Didn't See Me Com-

ing' in fall 2000. TOBYMAC: With more than 16 million units in career sales and a whopping seven GRAMMY® Awards, TobyMac's career continues on the fast track. His RIAA Certified Gold studio album, THIS IS NOT A TEST, garnered a GRAMMY® Award and Billboard Music Award nomination on top of debuting at No. 4 on the Billboard Top 200. Each of his six studio solo projects have achieved Gold certification, a first for any artist in the history of his label, Capitol

Christian Music Group. Among those is his project EYE ON IT, which debuted atop the Billboard 200, only the third Christian album ever to do so. THE ELEMENTS, his latest GRAMMY® -nominated, a full collection of music, boasted "Everything," "Scars," "Edge of My Seat," "See The Light" and more alongside the chart-topper, RIAA Gold Certified "I just need U." His most recent singles, "21 Years," "Help Is On the Way (Maybe Midnight),"
"Promised Land," "The Goodness (feat. Blessing Offor)," "Everything About You (feat. Marlee)" and "Show Up Choose Love (feat. Jon Reddick)," are available

LIFE AFTER DEATH. THE TAYLOR PAR-TY: TAYLOR SWIFT NIGHT:

wherever you stream

music, along with his

seventh studio project,

Courtesy of https:// www.taylorswiftnight.

com/: We promise that you'll never find another party like THE TAYLOR PAR-TY: TAYLOR SWIFT NIGHT, a Taylor Swift Inspired Dance Party. Best believe our party is Taylor-made for ultimate fans. Surrounded by Swifties, you'll sing and dance through all her iconic eras. We know you polish up real... NICE.

BUDDY GUY: DAMN RIGHT FAREWELL:

At age 86, Buddy Guy is a Rock & Roll Hall of Fame inductee, a major influence on rock titans like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan, a pioneer of Chicago's fabled West Side sound, and a living link to the city's halcyon days of electric blues. Buddy Guy has received 8 GRAMMY Awards, a 2015 Lifetime Achievement GRAMMY Award, 38 Blues Music Awards (the most any artist has received), the Billboard Magazine Century Award for distinguished artistic achievement, a Kennedy Center Honor, and the Presidential National Medal of Arts. Rolling Stone Magazine ranked him #23 in its "100 Greatest Guitarists of All

SALI July Guest Artist: Tom Tuley

Tom Tuley came to art late in life. He spent 38 years on newspapers, but never as an artist. He was a police reporter, sportswriter, sports columnist, sports editor and managing editor, spending the last 12 years of his career as editor of the two dailies in Evansville, IN. After retiring, he was inducted into the Indiana Journalism Hall of Fame in 2018. But no art.

It was not until after he took early retirement at age 55 and moved to a secluded log house in Brown County, IN that Tuley became interested In art. It was there that he became friends with an artist named Sandee Hazelbaker and began taking weekly art lessons at her studio. Although he showed little natural talent for the endeavor, Sandee told him he could become a REAL artist if he did two things: (1.) Pick up a brush every day, and (2.) Do at least 100 paintings.

So he picked up a brush almost every day...and, viola, three years and 97 paintings later was invited to become a member of the Brown County Art Gallery's Artist Associa-

Tuley began his painting career in oil but now works mostly in watercolor and pastel and paints a variety of subjects—from rural and urban land-

scapes to flowers, animals

Want **TO GO**?

The Southside Art League (SALI) is happy to announce watercolor artist Tom Tuley as our Guest Artist for the month of July 2023. He is a retired newspaper editor. There will be an Open House featuring Tuley and his work on Friday July 14, 6-8 p.m.

and water. His favorite subject, however, is old barns—the older and more run-down the better. He now lives in Whitestown, IN and still sells his work at the Brown County Art Gallery. He has also exhibited and sold work at galleries in Carmel and Zionsville and did a one-man show at the Evansville Museum of Arts, History and Science.

He is a Signature member of the Watercolor Society of Indiana and has been juried into the Society's annual show at the Indianapolis Museum of Art a number of times. He has also been juried into the annual exhibits of the Indiana Heritage Arts at Nashville, IN and the Hoosier Salon in Indianapolis. Tuley served as president of the Brown County Art Gallery's Artists Association in 2007-08 and is currently serving another term as president.





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