

➔ TODAY'S VERSE

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Greg Conner smile? "My kids and a packed Forest Park Aquatic Center on a hot sunny summer day," said the 40-year-old Noblesville resident, who was found at the Aquatic Center in May, getting ready for the opening season of the pool. He is thrilled about the expanded season of the Flix and Float family movie nights at the pool. The next movie night is 7:30 p.m. Wednesday, featuring "Bedtime Stories." The pool stays open later for guests to watch movies poolside on an LED video board that's visible in the daylight. The video board was installed for the 2022 season and allows movies to begin much earlier than in the past. Conner is president of the board of directors for Friends of Central Pool, a nonprofit that operates the pool and consists of dedicated volunteers like Conner. He was born and raised in Noblesville and graduated in 2001 from Noblesville High School and in 2005 from Purdue University. He was a competitive swimmer in high school. "Growing up in Noblesville, my summers were spent at the Forest Park Aquatic Center, training and competing as a member of the Noblesville Swim Club."

He met his wife, Lisa, at Purdue, where she attended on a swimming scholarship. At Purdue, he was involved in student government, wrote sports for the Purdue Exponent and was a member of Theta Chi fraternity. He and Lisa have four kids, Blake, Bryce, Drew and Nora. "Our family loves outdoor activities, especially golf and swimming." Season passes for the Aquatic Center, which include admission to Morse Beach, Tiny Tots on Tuesdays and Thursdays and movie nights, are available. Daily rate is \$8, with 10-day pool passes for \$75. He said, "Our community is incredibly fortunate to have such an amazing amenity. Honestly, there are only a handful of outdoor facilities of its caliber in the United States." Conner invites the community to visit <https://www.forestparkpool.org/>. Also read more about the Flix and Float movie series in the Betsy Reason column in today's edition of The Times.

And Another Few Things...

1.State of the County Address

Join us for the annual "State of the County" luncheon with Hamilton County Commissioner Steve Dillinger. This year's theme "The Way We Were" will complement our celebration of Hamilton County's Bicentennial. The event will kick-off at 11 AM with lunch being served at 11:15 AM. The program will begin at noon. 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! There are individual tickets and corporate tables available for purchase.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



Noblesville And Carmel Lions Support Gleaners In June



Photo courtesy of Noblesville Lions

On Thursday, June 15th, the Noblesville and Carmel Lions assisted Gleaners in passing out food at 6 Points Church in Sheridan. For many months, this has been a monthly event for the Lions and Gleaners. Front Row: (Carmel Club) Bob Yunker and Lane Simms; (Noblesville Club) Dale Unger and Ron Williamson Back Row: (Noblesville Club) Joe Connerley, Mark Cook, Rollin Cutter, Duke Miller, Carol Miller, Jerry Baker, and Jeff Kozicki



Photo provided by Greg Conner, Forest Park Aquatic Center

The first movie of the Forest Park Aquatic Center's Flix and Float movie series, which featured "Minions: The Rise of Gru," was well attended.

Flix And Float Movies All About Family Time



BETSY REASON From The Editor's Desk...

What could be better than being at the swimming pool watching your favorite movie with your family, on the largest video board at an aquatic facility in the Midwest? Noblesville's Greg Conner shows a photo of his daughter, Nora, at age 4, in her bathing suit and arm floaties, watching Disney's "Finding Nemo" in 2022 during the Flix and Float movie series at Forest Park Aquatic Center in Noblesville.

"I absolutely love that picture ... It's the essence of why I love Forest Park Aquatic Center so much," said Conner. "And I think the photo exemplifies why

Want TO GO?

What: Flix and Float movie series featuring "Bedtime Stories," Rated PG, the second of nine movies on a giant LED video board.

When: 7:15 p.m. Wednesday.

Where: Forest Park Aquatic Center, 1077 Cicero Road, Noblesville.

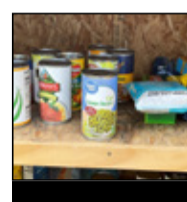
How much: \$5. Wristbands for the movie are purchased after the pool closes.

every family should come out." He's a volunteer and president of The Friends of Central Pool, an organization that operates the Aquatic Center.

The simple concept for the

➔ See BETSY Page A6

It's More Than A Can Of Green Beans



GREENIE Guest Column

Good morning, my name is Greenie. I'm a can of green beans living in some temporary yellow housing in Noblesville.

My journey to get here was exhausting. I'm a proud can of vegetables, fresh packed, four inches tall, and I weigh fourteen and a half ounces. My 60 calories represent a small portion of what people are supposed to eat every day. As a can of green beans, I sit silently among cans of soup, boxes of pasta and jars of peanut butter. My bunkmates are some interesting characters that come from all over the world. As diverse as we all are, we share the same purpose. After traveling to our forever home, we'll help someone to have a better day.

From my window to the world, I witness firsthand the struggle of hunger faced by families who depend on the generosity of strangers. Last Tuesday I left the factory, traveling from Canada on a truck bound for Indiana. A couple of days later I found myself in a large dark storage shed along with hundreds of my friends. Then it happened, a nice young lady picked me up and drove me to a big yellow pantry. It

➔ See GREENIE Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 6:17 a.m.
SET: 9:21 p.m.

High/Low
Temperatures
High: 82 °F
Low: 66 °F

Today is...

- American Eagle Day
- National Vanilla Milkshake Day
- World Refugee Day

What Happened On This Day

- 1975 The film Jaws is premiered.
- 1963 The "Red Telephone" is instituted.
- 1942 Kazimierz Piechowski and three others escape from Auschwitz concentration camp.

Births On This Day

- 1942 Brian Wilson American singer-songwriter, musician, producer
- 1905 Lillian Hellman American playwright

Deaths On This Day

- 1837 William IV of the United Kingdom
- 1947 Bugsy Siegel American gangster



Graphic courtesy of Hamilton Chamber

146th Street and Allisonville Road traffic pattern update.

Phase Switch - 146th Street and Allisonville Road Interchange Project

Please be advised, beginning on or after Thursday, June 22, construction crews will be shifting from Phase 1 traffic restrictions to Phase 2A traffic restrictions. These restrictions will eliminate left turn movements from 146th Street onto Allisonville Road and will reopen to two through lanes on eastbound and westbound

146th Street. Sowers Drive, Wellington Court, and Kensington Drive will be closed at 146th Street during this phase. Phase 2A is anticipated to last through the end of October.

Please exercise caution while driving through this construction zone. Flaggers will be present when lane or shoulder restrictions are necessary.

➔ INSIDE TODAY

Service Directory.....	A3
Lindsay Rosa.....	A3
Casey Williams.....	A4
Brian Howey.....	A4
Carrie Classon.....	A4
John Roberts.....	A5
Health.....	A7
Kitchen.....	A8

➔ HONEST HOOSIER

Hot diggety dog! It's my favorite time of the year - summer is back!



➔ TODAY'S QUOTE

"The summer night is like a perfection of thought." -Wallace Stevens

➔ TODAY'S HEALTH TIP

Are you having trouble remembering things? Perhaps you're not getting enough sleep. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



➔ TODAY'S JOKE

Where do fish go on summer vacation? No where. They're always in school.

➔ OBITUARIES

John O. Marlowe

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



OBITUARIES

John O. Marlowe

July 8, 1957 - June 13, 2023

John O. Marlowe, 65, of Clayton, passed away June 13, 2023.

He was born on July 8, 1957, to Chuck and Ann (Mitchell) Marlowe.

John was a 1975 graduate of Cascade High School, and a 1979 graduate of Wabash College. He was a member of Wabash's 1977 NCAA Division III National Runner-Up football team. John was a sports writer and columnist for The Paper of Montgomery County and the Noblesville Times.

He was an award-winning scribe, winning six writing awards from the Hoosier State Press Association in the last five years, including three best columns in the state. For many years, he co-published the Indiana Basketball Handbook.

John served on the Hendricks County Community Foundation Board, as well as the Clayton / Liberty Township Library Board. He was an elder in the Clayton Presbyterian Church. He was a kind and gentle spirit, an immediate friend to all people he met, and a devout loyalist to his family and "his peeps."

Survivors include his brother Todd (Cyndi) Marlowe, of Houston, Texas; half-brothers Ben (Erinn) Marlowe of Whitestown; David (Cadie) Marlowe of Indianapolis; and step-mother Marian Marlowe of Indianapolis.

Funeral services are scheduled for Thursday, June 22, at 7 p.m. in Hazelwood Christian Church. Friends and family may pay their respects from 4 p.m. until the time of service. Please enter through the east-side doors of the church.

Memorial donations may be made to the Hendricks County Humane Society 3033 E. Main Street, Danville, Ind. 46122.

Hall-Baker Funeral Home, Plainfield is handling arrangements. Please visit [http://www.bakerfuneralservice.com to leave a condolence.]

http://www.bakerfuneralservice.com to leave a condolence.



Humbarger Endorses Beckwith

Micah Beckwith, Republican candidate for Lt. Governor, announced his first formal endorsement. Cathie Humbarger will be supporting his campaign for Lt. Governor.

"I am thrilled that Cathie is on board with our campaign for Lt. Governor. Cathie has been a dedicated leader in the fight to save the lives of the unborn for over 3 decades. Her support sends a strong message to the pro-life community that I am the trusted person on this issue," said Beckwith.

Humbarger is presently the Executive Director of the Allen County Right to Life. Previously, she served as Vice President of Indiana Right to Life.

"Micah Beckwith is a warrior. Over the many years I have known Micah he never backs down from a fight for what is right for his community, his state, and his country always guided by his faith. Micah and I have stood together many times to defend innocent unborn boys and girls and their mothers. In these perilous times, we must vote for a candidate who will not waver on the foundational issues we hold dear. Please join me in voting for Micah Beckwith for Lieutenant Governor."

"With Cathie's strong

support, we can win this race for Lt. Governor and ensure that life is protected in Indiana," added Beckwith.

Beckwith is a proud father, devoted husband, pastor and small business owner. He and his wife, Susan, and their 2 children have been serving Hamilton County and surrounding areas for over 15 years. He is a graduate of Huntington University with a degree in business and economics. Currently, Beckwith teaches a high-school constitutional literacy class for a Christian school in Carmel. He also co-hosts the popular podcast "Jesus, Sex and Politics" with Pastor Nathan Peternel. Beckwith is an inspirational speaker and has served as the keynote speaker for several not-for-profit and community groups and over the past year has toured the state as an advocate for healthcare freedom. He currently serves in leadership positions for several organizations, including: Noblesville Campus Pastor for Life Church, Executive Director of Indiana Family Action PAC, Co-Founder of Indiana Coalition Conservatives, Indiana Chairman of U.S. Term Limits, and Executive Director of Hoosier Leadership Series.

Fishers Ranked #8 In Top 100 Best Places To Live In America

Fishers tops the list on Livability's annual lineup, ranking high in economy, health, and safety.

Fishers has once again been named one of the Best Places to Live in America with the latest list from Livability. Ranking #8 on the list and in the top three cities in the Midwest, Fishers ranked high in the categories of economy (90/100), health (89/100), and safety (89/100).

Earlier this month, Fishers was ranked #4 on the list of America's Safest Suburbs of 2023 from SmartAsset, with a violent crime rate lower than 84% of other suburbs in the study.

"These recognitions showcase the strong quality of life that we strive for in our community,"

said Fishers Mayor Scott Fadness. "With the newly opened Geist Waterfront Park, more than three quarters of a billion dollars of investment in Fishers' growing life science industry since 2020, and this week's announcement of the Fishers Community Center at Johnson Farms, we are committed to making Fishers a national leader in quality of life, economic sustainability, and safety."

The Livability article also cites key amenities such as the Nickel Plate District, designated as a Statewide Cultural District in 2018, along with the City's WeCare program, Launch Fishers co-working space, and Hub & Spoke, home of Fishers Parks and the Fishers Maker Playground.



MADDOX IEP SOLUTIONS
SPECIAL EDUCATION ADVOCATES

We offer parent IEP/advocacy training

Covered by Medicaid waiver

317-343-9531

317-474-0834



Mulching
Shrubs
Hedges & Bushes
Tree Pruning
Stump Removal
& More

Proudly serving you since 1982

DANNY'S TREE SERVICE

Serving all of Hamilton County



Monday - Saturday
9 AM - 6 PM

317-379-1118

Open 24/7



We never charge emergency fees!

PRECISE GARAGE DOORS

5% off with this ad
765-210-3293 • TIPTON

1st Quality

ROADSIDE & RECOVERIES

WE PROVIDE QUALITY ROADSIDE ASSISTANCE:
TIRE CHANGES, LOCK OUTS, JUMP STARTS

317-416-8619



Studio or Outside Photography

Newborns - Maternity - Families
High School Seniors

sallywolfphotography.com
870 Logan Street, Noblesville • 317-627-6668

need a job?

Find one in the classifieds.
317.770.7777

TheTimes24-7.com



463-220-2690

jdogjunkremoval.com

Hours:
Every Day
8 AM - 7 PM

Veteran Owned & Operated



Largest Black Cat Distributor in Indiana

We've Got the Best Booms!

From the BEST Brands!

For Kids Big & Small

All Your Favorites at Great Prices!

- Aerials
- Assortments
- Fountains
- Novelties
- Reloadables • Rockets
- Parachutes • Smoke
- Roman Candles
- Sparklers
- Spinners and More!

FISHERS
8906 E 96th St.

FISHERS
10809 Allisonville Rd.

FISHERS
10462 Olio Rd.

FISHERS
10809 Allisonville Rd.

MCCORDSVILLE
5925 W Broadway

317-565-7387

Spend \$20 Get an Excellent Bag for only **\$34.99** \$50+ Value

With this Local Trend offer. Valid for one use only. Not valid with other offers or coupons. Not valid on wholesale purchases. Expires 7/4/23.

20% OFF

Any Canister Shell

Limit 10

With this Local Trend offer. Valid for one use only. Not valid with other offers or coupons. Not valid on wholesale purchases. Expires 7/4/23.

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online here: IndianaPublicNotices.com



Photo courtesy of Chevrolet



Photo courtesy of Honda



Photo courtesy of Hyundai



Photo courtesy of KIA



Photo courtesy of Subaru



Photo courtesy of Toyota

Mid-Size Sedans Are Where It's At For Style, Performance, Economy, And Value

In the age before crossovers, mid-size sedans were the most popular wheels in American driveways. Epic battles between the Ford Taurus, Honda Accord, and Toyota Camry were as fierce as today's between Chevy, Ford, and Ram pickups. Since then, Ford, Chrysler, Mazda, and GM have mostly dropped sedans. But, if you're looking for a combination of value, sleek style, tight handling, and excellent fuel economy, these sedans impress. Most are American-made!

2023 Honda Accord
New styling is shared with the CR-V crossover. It's not fancy, but feels expertly engineered whether thumping the door closed or working the chassis over backroads. Rough pavement is passed with hushed rumbles. Base models employ 192-horsepower turbo-four engines, connected to CVTs,

achieving 29/37-MPG city/highway. A 46-MPG hybrid is available. Standard equipment includes automatic climate control, automatic emergency braking, and adaptive cruise. Production moves to Greensburg, Indiana for 2025.
Base price: \$27,295

2023 Chevy Malibu
Styled under long-time Corvette designer John Cafaro, GM's only mainstream sedan shows an elegantly arched roofline, wide grille, and side creases that recall 1950s Corvettes. A minimalist interior includes an 8" touchscreen connecting wireless Apple CarPlay and Android Auto. The peppy 1.5-liter turbo-four delivers 160-horsepower and 27/35-MPG city/highway. Architecture shared with the Cadillac XT4 provides balanced handling and comfort. AEB and lane keep assist come standard. Malibu is built in Kansas.

Base price: \$25,000

2023 Toyota Camry
America's best-selling sedan defies boredom. Toyota ensures the Kentucky-built Camry is one of the world's highest quality cars, but flashier NASCAR styling adds excitement. Beneath the hood is a 2.5-liter four-cylinder engine delivering 203-horsepower and 28/39-MPG city/highway. Dual-zone automatic climate control, 8-way power driver's seat, and Apple/Android connectivity come standard – as do radar cruise, automatic emergency braking, and Lane Keep Assist.
Base price: \$26,320

2023 Nissan Altima
It shares its sporty V-Motion grille and floating roof with Nissan's crossovers, but provides a sportier driving experience without sacrificing passenger space. The standard 2.5-liter four-cylinder engine

conjoins 188-horsepower and 28/39-MPG highway. A 248-horsepower turbo-four is optional. The intuitive touchscreen and NASA-inspired Zero-gravity seats delight. AEB, rear auto braking, and blind spot warning keep them safe. Altima hails from Smyrna, Tennessee.
Base price: \$25,490

2023 Kia K5
Styled like an Audi and handling like one too, the K5 harbors a 1.6-liter turbocharged four-cylinder engine with 180-horsepower and 27/37-MPG city/highway. A proper 8-speed transmission adds to the Euro feel on the highway or in city traffic. Inside, wide screens, sport steering wheel, and bolstered seats add to the upscale experience. Safety is enhanced by automatic emergency braking, lane keep assist, and rear child detector. Production comes from West Point, Georgia.

Base price: \$25,090

2023 Hyundai Sonata
From driving lights that extend into the hood to deep body creases, fastback roofline, and boomerang taillamps, it's a seriously stylish ride. Add to that a glassy interior fit for a Genesis with Apple/Android connectivity, adaptive cruise, blind spot warning, and safe exit warning. Go with a 191-horsepower 2.5-liter four-cylinder engine delivering 28/38-MPG city/highway. A 50-MPG hybrid is available. Assembly recently moved from Alabama to Korea.
Base price: \$25,250

2023 Subaru Legacy
The Outback's little sister, sharing architecture, tablet touchscreens, and standard all-wheel-drive. Styling was refreshed for 2023 with a WRX vibe. A turbo is available, but base models come with a Porsche-style 2.5-liter Boxer four-cylinder en-



CASEY WILLIAMS
Auto Reviews

gine plus a CVT, churning 182-horsepower and 27/35-MPG city/highway. Active torque vectoring sharpens handling while Subaru's EyeSight system adds adaptive cruise with lane centering and automatic emergency braking. It's been built in Lafayette, Indiana since 1989.
Base price: \$24,895

Storm Forward!

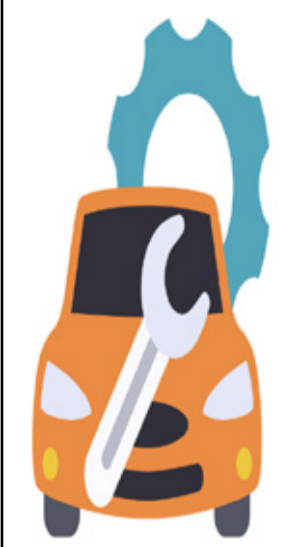
-Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

The Times SERVICE DIRECTORY

AUTOMOTIVE

Alexander's
Auto & Radiator Repair

Hours:
Monday - Friday
8 AM - 5 PM
317-773-7098
820 Hannibal Street
Noblesville



FUNERAL SERVICES

BUSSELL FAMILY FUNERALS
Serving Hamilton County and surrounding areas
BussellFamilyFunerals.com

Donna Bussell
Owner/Director
1621 E. Greyhound Pass
Carmel, IN 46032
317-587-2001

Traditional Services
Affordable Cremation
Pre-Planning

Hersberger Bozell FUNERAL HOME

3030 North Main Street
Lapel, Indiana 46033
765-334-2121
www.hersbergerbozell.com

Indiana Funeral Care
indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood



HOME SERVICES



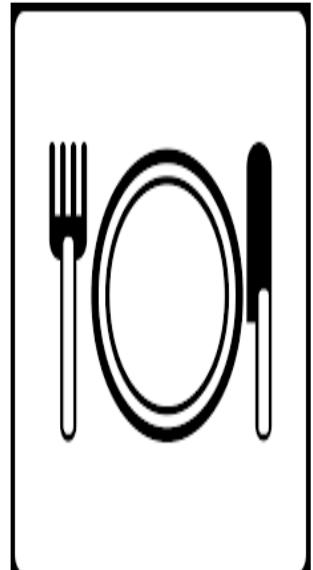
FEATURED BUSINESS

Indiana Funeral Care
indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood

RESTAURANTS



Jim Dandy Restaurant
Since 1964

Online Ordering is HERE!
Visit our new website at www.jdrest.com to order now!
Sign up for our email list to receive weekly deals and specials!

Monday - Saturday 6:30 AM - 9 PM
Sunday 7:00 AM - 9:00 PM

2301 E. Conner Noblesville 317-773-3288

RETAIL

CROSSROADS ARMORY, LLC

Monday - Friday
9 AM - 6 PM
317-746-0644
151 SOUTH HARBOUR DR.
NOBLESVILLE
crossroads-armory.com



RETAIL

THE GLASS MULE

Mon - Fri
10 AM - 10 PM
Sat & Sun
Noon - 10 PM
(317) 214-7211
141 S Harbour Dr.
Noblesville

TATTOO SHOPS

Mystic Images Tattoo Co.
317-214-7166
We also have a shop in Savannah, GA
164 N. 10th Street
Noblesville, IN 46060

Contact our advertising department at 765-361-0100 ext. 1 to be included in our next Service Directory.

Revisiting The Words Of JFK, Reagan (and Trump)



BRIAN HOWEY
Howey Political Report

When I was a young American - age five - we were guided by the words of a soon-to-be slain president.

At his inauguration in 1961, President John F. Kennedy instilled this key concept: "Ask not what your country can do for you - ask what you can do for your country."

I bring back this call to action in the context of an isolated Miami federal courtroom, sans video or audio, on Tuesday, when former president Donald J. Trump pleaded not guilty to 37 criminal charges of violating the Espionage Act and obstructing justice.

On the day Trump was arrested, he led the Real Clear Politics polling composite by 30.7% over Florida Gov. Ron DeSantis and Mike Pence.

Trump was not arrested and criminally charged for possessing top-secret documents detailing U.S. war plans, its nuclear capabilities and those of its allies. Had he done what President Joe Biden and former Vice President Pence did earlier this year - give such documents back to the National Archives - Trump would have been left to fend off 17 dubious charges related to a payoff of porn actress Stormy Daniels while running for the GOP nomination.

But Trump didn't do that. He obfuscated, plotted, obstructed, diverted and exposed his own legal team, leading to the FBI search of Mar-a-Lago last August. In photos released by special counsel Jack Smith last

Friday, cartons and boxes containing top secret documents were seen stacked under a crystal chandelier and next to a toilet, as well as on stage at the resort that has hosted thousands of Trump patrons and, most certainly, lurking foreign spies.

Or as conservative jurist J. Michael Luttig explained in a Twitter thread, "[Trump] has dared, taunted, provoked, and goaded DOJ to prosecute him from the moment it was learned that he had taken these national security documents. On any given day for the past 18 months - doubtless up to and including the day before the indictment was returned - the former president could have avoided and prevented this prosecution. He would never have been indicted for taking these documents. But for whatever reason, he decided that he would rather be indicted and prosecuted."

Appearing at his golf resort in Bedminster, N.J., Tuesday evening, Trump told supporters: "If the communists get away with this, it won't stop with me. They will not hesitate to ramp up their persecution of Christians, pro-life activists, parents attending school board meetings, and even future Republican candidates. I am the only one that can save this nation."

So, what kind of "top secret" documents were stored in Trump's Florida resort? Retired Gen. Mark Hertling tweeted, "The documents were likely extremely detailed intelligence assessments, w/ potential foe (&

friendly) capabilities & weaknesses & U.S. capabilities we would not want anyone - especially foes - to know."

As with many of his political crises since 2015, Trump's current legal woes are self-inflicted, and poorly handled by his shoddy political and business organizations.

There seemed to be series of fissures appearing in Trump's once impermeable Republican wall. While U.S. Rep. Jim Banks, the only announced Republican for Indiana's open U.S. Senate seat, summed up this latest scenario by saying, "Democrats are throwing away 247 years of American democracy over a records case ... Horrifying," U.S. Sen. Todd Young said, "The charges against President Trump are very serious and should not be minimized. The former President, like every other American, is deserving of due process and should be held to the same standard any other American would be held to."

Trump's former attorney general, William Barr, said on Fox News Sunday, "If even half of it is true, he's toast. It is a very detailed indictment and it's very, very damning. This idea of presenting Trump as a victim here or a victim of a witch hunt is ridiculous. Those documents are among the most sensitive secrets that the country has. They have to be in the custody of the archivist."

Former Indiana governor and vice President Mike Pence told The Wall Street Journal editorial board, "Having

read the indictment, these are very serious allegations. And I can't defend what is alleged."

While Trump allies called the legal charges tantamount to giving the former president a third GOP presidential nomination, the harsh reality is that this has been a brutal year for the billionaire. Trump's business organization was convicted of 17 felonies. He was found guilty of sexual assault in a Manhattan civil trial and ordered to pay \$5 million to author E. Jean Carroll. He now faces 34 New York felony counts in addition to the 37 felony counts filed in Miami on Tuesday.

If nominated, Trump will likely be challenging an 82-year-old President Biden in November 2024. Should he win, it sets up the specter of a candidate running (or ruling) from a federal penitentiary. Trump has suggested that should he win; he would pardon himself.

Seeking further wisdom from a former president, I turned to two-term Republican Ronald Reagan, who once described our America as a "shining city on a hill."

"We must reject the idea that every time a law's broken, society is guilty rather than the lawbreaker," Reagan said. "It is time to restore the American precept that each individual is accountable for his actions."

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

America's Power Grid Is Antiquated

EARTHTALK

Dear EarthTalk: How is America's outdated power grid inhibiting efforts to fight climate change?

Our outdated power grid is indeed a significant hindrance to efforts to combat climate change. One of the key issues is the grid's limited capacity to integrate renewable energy sources (solar, wind, etc.), a needed step if we're to make the transition to a clean energy economy. Today's grid is made up of a patchwork of local and regional interests often at odds with one another and developed to process locally sourced coal and gas into electricity that rarely gets transported more than a few dozen miles away.

To take full advantage of renewables, these local and regional utilities need to coordinate on the production and placement of thousands of miles of new high voltage transmission lines that could send electricity generated by wind and solar for thousands of miles across multiple grid regions. But without clear financial incentives, utilities aren't in any rush to pursue such endeavors.

A key challenge of renewable energy generation is its intermittency. Solar and wind power is variable depending on weather conditions, making it essential to have a grid capable of balancing supply and demand in real-time. An outdated grid with limited energy storage capacity and transmission capability can't effectively manage the fluctuations in renewable energy production. So renewable energy gets wasted while the grid keeps using fossil fuels to meet demand during times of low renewable generation.

Moreover, an outdated power grid falls short in integrating electric vehicles (EVs) into the transportation sector, a crucial component of efforts to reduce greenhouse gas emissions. EV adoption is on the rise, but the existing grid is ill-equipped to support a widespread charging infrastructure.

This hinders the growth of the EV market. To fully realize the potential of EVs as a climate solution, a grid must be able to support increased demand from charging stations and manage the associated load fluctuations.

Outdated power grid vulnerabilities are further exacerbated by the increasing frequency and intensity of extreme weather events linked to climate change. Aging infrastructure is more susceptible to damage from storms, hurricanes and wildfires, resulting in prolonged power outages and disruptions. These events not only have immediate impacts on public safety and health but also impede climate change mitigation efforts by hampering renewable energy generation and slowing down the restoration of power supply.

To address these challenges, significant investments in grid modernization are essential. Upgrading the power grid to a smart grid, equipped with advanced sensors, automation and two-way communication can enhance grid resilience and flexibility. Smart grid technologies enable real-time monitoring and response, optimizing electricity distribution, and facilitating the integration of renewable energy sources. Additionally, expanding energy storage infrastructure, such as battery systems, can help mitigate the intermittency of renewable energy generation and provide backup power during outages.

CONTACTS: Americans for a Clean Energy Grid's "Our Outdated Grid," cleanenergygrid.org/our-outdated-grid/; Why the U.S. Electric Grid Isn't Ready for the Energy Transition, nytimes.com/interactive/2023/06/12/climate/us-electric-grid-energy-transition.html.

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.

PUBLIC NOTICES

Exhibit A - Legal Notice

Notice of Request for Proposals for Construction Manager as Constructor Contract

Notice is hereby given that the Hamilton Heights School Corporation (the "Owner"), requests any Construction Manager as Constructor (as defined in Indiana Code Section 5-32-2-5, as amended) which is interested in being considered by the Owner as the Construction Manager as Constructor with respect to a construction project for the Hamilton Heights School Corporation located in Arcadia, Indiana. The project consists of additions to Hamilton Heights High School and site improvements to the high school campus. All is described in more detail in the Request for Proposals for Construction Manager as Constructor Contract, dated as of June 12, 2023 (the "RFP"), to submit a Verified Statement of Proposal to provide Construction Manager as Constructor Services for the Project. The estimated Cost of the Work is approximately \$25,000,000 combined for the Project.

Verified Statements of Proposals shall be received by the Owner until 2:00 PM, Local Time on Monday, June 26, 2023 at the Administration Building of the Owner, which is located at 410 West Main Street Arcadia, IN 46030. Attention: Kristin McCarty, Business Manager. Each Proposal to the RFP that the Owner and the Owner's Evaluation Committee will determine to be a qualified response must be in accordance with the RFP and all of the provisions of Indiana Code 5-32, as amended and as applicable to the RFP process. Each Proposal to the RFP must also be submitted by a person or entity satisfying the definition of a construction manager as constructor as defined in Indiana Code Section 5-32-2-5, as amended (each, a "CMc").

To obtain a copy of the RFP or any other available additional information regarding the Project or to ask any questions regarding the RFP, please contact the Architect, whose contact information is as follows: Brent Hite, AIA, CSO Architects: bhite@csainc.net (317) 848-7800 (office).

Unless otherwise specifically authorized by the Architect or the RFP, as of the date of this notice, all communication between any CMc and the Owner and/or the EC or their respective agents shall be conducted through only the Architect. Any CMc who otherwise contacts any employee, agent or elected or appointed official of the Owner or any member of the EC between the date of this notification and the award of the Construction Manager as Constructor Contract (other than expressly permitted by the RFP) is subject to disqualification at the sole and complete discretion of the Owner.

All Proposals to the RFP received by the date and time set forth above, which shall be determined solely by the Owner in its sole and complete discretion, will be reviewed by the Evaluation Committee against the established selection criteria and will then evaluate all responses and make a recommendation to the Owner of the CMc to be selected based on the evaluation criteria established in the RFP.

Each of the Owner and the Evaluation Committee reserves the right to reject for any reason and for no reason at all any and all responses received to the RFP and to be the sole judges of the value and merit of the Proposals offered. The Owner reserves the right to terminate for any reason and for no reason at the Project prior to executing the Construction Manager as Constructor Contract. If such termination occurs, the Owner shall not be liable for any costs incurred by any of the CMc with respect to any Proposal to this RFP.

By: Kristin McCarty, Business Manager
Hamilton Heights School Corporation, Indiana
Dated: June 12, 2023

TL20481 6/13 6/20 1t hspaxlp

CLAY TOWNSHIP OF HAMILTON COUNTY, INDIANA NOTICE TO BIDDERS

Project: White River 106th Street Pedestrian Bridge and Related Improvements

Notice is hereby given that Clay Township of Hamilton County, Indiana will receive sealed bids for the above-described Project at the Carmel-Clay Parks and Recreation Administrative Office (1141 E. 116th Street, Carmel, IN 46032) until 3:00 p.m. EDT on July 13, 2023 and commencing as soon as practicable thereafter on the same date, such bids will be publicly opened and read aloud at the Carmel-Clay Parks and Recreation Administrative Office. No late bids will be accepted.

All bids and proposals shall be properly and completely executed on the proposal forms provided with the plans and specifications, which will include the non-collusion affidavit as required by the State of Indiana. The bid envelope must be sealed and have the words "BID - White River 106th Street Pedestrian Bridge and Related Improvements."

A bid bond or certified check in an amount not less than ten percent (10%) of the amount bid must be submitted with each bid. A one hundred percent (100%) performance and payment bond will also be required of the successful bidder. It is intended that actual construction of all work divisions shall be started as soon as practicable, and each bidder shall be prepared to enter promptly into a construction contract, furnish performance and payment bonds, and begin work without delay in the event the award is received.

The Project consists of, but is not necessarily limited to, the following: Construction of a new pedestrian bridge over the White River, including incidental items such as parking lot, concrete curb, pavement markings, signage, retaining walls, temporary and permanent erosion control measures, HMA/PCCP trails and sidewalks, bike racks, bollards, drainage culverts, conduit for future utilities, and lighting on the bridge structure.

Contract Documents for the Project have been assembled into one bound project manual, which together with drawings, may be examined at the following location: Office of Mr. David Ford, CTI Construction, LLC, 1016 3rd Avenue, SW, Suite 200, Carmel, IN 46032

Copies of such drawings and project manuals must be obtained from Repro Graphix (Reprographix.com). Payments and costs of Contract Documents are non-refundable.

Bidders shall assure that they have obtained complete sets of drawings and Contract Documents and shall assume the risk of any errors or omissions in bids prepared in reliance on incomplete sets of drawings and Contract Documents.

A pre-bid conference for discussions of the Project, the bidding requirements and other important matters will be held on June 21, 2023 at 10a.m. EDT at the Carmel-Clay Parks and Recreation Administrative Office (1141 E. 116th Street, Carmel, IN, 46032). All prospective bidders are invited to attend the pre-bid conference. The pre-bid conference is not mandatory.

The Township intends to award a contract for the Project in accordance with Ind. Code §36-1-12 et seq., to the lowest responsible and responsive bidder whose bid does not exceed the funds available for the Project. The Owner shall have the right to accept any alternates in any order or combination or accept on the basis of the Base Bid alone, unless otherwise specifically provided in the bidding documents and to determine the lowest responsible and responsive Bidder on the basis of the sum of the Base Bid and any alternates accepted.

For special accommodations for individuals planning to attend the pre-bid conference or public bid opening meeting and in need of assistance, please call or notify Clay Township at (317) 846-2773 at least forty-eight (48) hours prior thereto.

No bidder may withdraw any bid or proposal within a period of thirty (30) days following the date set for receiving bids or proposals. Clay Township reserves the right to hold any or all bids or proposals for a period of not more than sixty (60) days and said bids or proposal shall remain in full force and effect during said period. Clay Township reserves the right to reject and/or cancel any and all bids, solicitations and/or offers in whole or in part as specified in the solicitations when it is not in the best interests of the Township as determined by the Trustee.

TL20482 6/13 6/20 1t hspaxlp



MACK LANDSCAPES

Landscape Design • Planting • Boulder Install • Rip Rap/Bulk Stone Install

317.526.0462
macklandscapes.com

Discover
fine local dining
Dine In Downtown



Contact us today for fast junk removal!

317-349-3169
junkviking.com

(317) 214-7211 • 141 S Harbour Dr. • Noblesville

Come blow glass with us!



Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online here: IndianaPublicNotices.com

Son-Shine Service
Auto Repair Shop

We specialize in American & Asian Import Vehicles

122 Cicero Rd • Noblesville
317-773-0924

445 Sweetland Avenue
Tipton

GUFFEY'S GARAGE
765.480.3568

HOURS:
MONDAY - FRIDAY
8 AM - 5 PM
CLOSED SAT & SUN

AUTO REPAIR & SERVICE
AUTO ENGINE BUILDING & BRAKE REPAIR

The Times

Public Notices Deadline:
11:00 a.m.

2 Business Days Prior to Publication
legals@thetimes24-7.com
Private Party Notices Submitted After Deadline
May Be Subject To \$25.00 Fee
In Addition To The Cost Of The Advertisement

Heat Illness; Signs, Symptoms and Treatment



JOHN R. ROBERTS, M.D.
Hamilton Health

Since our temperatures are heading into the mid-80s this week, it's time to start thinking about the dog days of summer.

We will soon start to see patients suffering from heat illness coming in to urgent care and emergency departments.

Heat illness accounts for tens of thousands of visits to medical providers each year. Deaths from heat-related illness in America range from 300 to several thousand each year. Climate change appears to be a factor in the increasing number of severe heat waves in the U.S. and around the globe.

Risk factors predisposing a person to heat-related illness include being elderly, very young, or obese. Certain prescription and non-prescription drugs including antihistamines, beta blockers, diuretics, ADD/ADHD some psychiatric medications, and alcohol all increase the risk. Workers like firefighters who must wear heavy clothing are at very high risk.

Absorbing too much heat from the environment or producing too much heat internally leads to heat illness. Heat exhaustion and heat stroke are the two main types of heat illness.

Heat exhaustion is caused by excessive loss of body water and electrolytes. Heat exhaustion usually comes on slowly and is characterized by fatigue, weakness, nausea, vomiting, headache, muscle aches, cramping, dizziness, and irritability. Victims are usually pale, sweating profusely, have

clammy skin and a weak, rapid pulse. Low blood volume from dehydration results in circulatory shock, reducing blood flow to critical organs.

The first thing to do for someone with heat exhaustion is to remove them from the hot environment. Standard treatment for shock should then be administered. Elevating the legs above the level of the chest helps get blood to the vital organs and brain. Sports drinks such as Gatorade® or PowerAde® are an excellent way to replace water and lost electrolytes.

If a victim shows signs of confusion or lethargy, or is not responding to treatment, rescuers should contact 911 or immediately take the victim to an emergency department. The prognosis for heat exhaustion is usually very good.

Heat Stroke is a different story. It is caused by malfunctioning temperature regulating mechanisms, resulting in an inability to transfer internal body heat to the environment. This can cause dangerously high internal body temperatures, sometimes as high as 105-106 °F.

Symptoms of heat stroke usually come on rapidly and include headache, dizziness, fatigue, and weakness. Physical findings can include confusion, hot and dry skin, decreased sweating, rapid pulse, vomiting, loss of consciousness and occasionally seizures.

Heat stroke is a medical emergency requiring immediate medical care by calling 911. While waiting for EMS to arrive, remove the person from the hot environment and place the person in a bathtub or other tub filled with very cold water, preferably with some ice. Emergency services

will usually observe the patient on-site until his or her core temperature has dropped below 102-103 °F. If a tub is not available, place ice packs over the armpits, groin, neck and abdomen to help cool the patient down. Running a fan on the patient and spraying them with cool water can also be very effective in lowering their temperature.

As with most potential serious medical problems, prevention goes a long way. When you're in the sun or a hot environment for an extended period, be sure to maintain your hydration. Water will do just fine unless you're involved in intense physical activity for more than an hour. If that's the case, consider adding in sports drinks. Salt tablets are not recommended.

You should drink roughly 16 ounces of fluid about two hours before outdoor activity if possible. Drink 4 to 8 ounces every 20 minutes during activity. A crude measure of adequate hydration is the color of your urine – clear or pale yellow is what you're looking for.

Make sure young children and elderly family or friends stay out of the heat. Also make sure the elderly have a functioning cooling system in their home or apartment and that they have access to fluids.

If you take prescription medication, be sure to heed the warnings on the label or from your pharmacist to determine if it might affect your sensitivity to heat. Tell someone if you develop any of the symptoms outlined above and get to a cool environment immediately.

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

What We Carry With Us



CARRIE CLASSON
The Postscript

I heard him yelling before I saw him.

He was in front of the church. His possessions were loaded into a shopping cart, and it appeared he was trying to navigate the steep hill. And he was yelling.

Was there a fight? Should I be worried?

But when I finally saw him, he was standing alone with his shopping cart. His face was flushed, and his voice was loud. I walked until I stood on the sidewalk in front of him.

"What's the matter?" I asked.

He stopped yelling immediately. He looked surprised—as if his yelling had been happening in a private place, and he hadn't expected anyone to notice. His eyes were wild, and his clothes were torn. He looked as if he had lived without a home for a long time.

"He said I was an animal!"

His eyes darted off past the clump of trees that delineates the church property. I could see no one. Maybe there was someone just out of sight. Maybe there was no one. It probably doesn't matter.

I looked back at this man. He was no longer

yelling. He looked as if he might cry.

"Well, you're not," I said.

He looked at me in a peculiarly intense way, as if to see if I could be trusted to tell the truth. I've seen this look, from time to time, in homeless people. Some will not make eye contact at all. They will look down or away as if I don't exist, or they will speak over my shoulder, never meeting my eyes.

This man looked directly into my eyes and watched me closely.

"You are absolutely not an animal," I told him firmly.

I saw his shoulders drop as if he was setting down a heavy weight. The person or phantom behind the trees seemed to be forgotten. He continued to look at me.

I didn't know what else to say. So I patted my heart, and I told him, "And I want you to know that I care."

I held his eyes for a moment longer and then headed off home. He might have said something after that. It sounded as if he was trying to say something, to explain something, but I knew there was nothing more I could do.

We all carry so much.

All the way home and for much of that night, I thought about that lonely man with the shopping

cart and his outrage at being called an animal. He was indignant and afraid and desperate for it not to be true, and—maybe for just a moment—he was reassured it was not true because some random older woman on the sidewalk told him so. Life is so precarious sometimes.

Later that night, lying in bed, I told my husband, Peter, about the man and what I'd said.

"You are kind," Peter told me.

I don't know if that's true or not, but I know for certain that strangers have helped me when I needed help, and kind words have changed my day from terrible to something better—something more hopeful. I think of the many people I can never pay back and I hope I can pay forward some of the undeserved kindness I've been shown over all the years of my life.

But more than anything, when I think about that lonely man, fighting off his demons, I realize I have no idea how it feels to face anything as large or as terrifying as that man faces every day.

And for that, I am terribly—selfishly—grateful.

Till next time,
Carrie

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

Summer Car Care

Our friends at the National Highway Traffic Safety Administration offer some good tips for helping you and your motor vehicle function best as the temperatures rise.

Thank you to our fine sponsors for enabling us to share this important information.

SUMMER CHANGES

Air Conditioning
As the temperature rises, your A/C has to work harder to keep your vehicle cool. Check A/C performance before traveling.

Heatstroke
The summertime months have proven to be especially deadly for children when it comes to hot car deaths. Never leave children alone in the car—not even for a few minutes. A child's body temperature rises three to five times faster than an adult's.

Belts and Hoses
High summer temperatures accelerate the rate at which rubber belts and hoses degrade. Look under the hood and inspect all belts and hoses to make sure there are no signs of bulges, blisters, cracks or cuts in the rubber.



VEHICLE CHECKS

Check for Recalls
NHTSA's Recalls Look-up Tool lets you enter your vehicle identification number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for free.

Tires
Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is listed in your owner's manual and on a placard located on the driver's door pillar or door frame, and don't forget to check your spare if your vehicle is equipped with one.

Cooling System
Make sure you have enough coolant in your vehicle, and that the coolant meets the manufacturer's specifications. See your vehicle owner's manual for specific recommendations on coolant. You or a mechanic should check the cooling system for leaks, test the coolant, and drain or replace old coolant as needed.

Fluid Level
Check all the fluid levels in your vehicle. This includes oil, brake, automatic transmission or clutch, power steering and windshield washer.

Batteries
Have a mechanic check your battery and charging system, and make any necessary repairs or replacements.

Lights
Check your headlights, brake lights, turn signals, emergency flashers, and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.

Wiper Blades
After the heavy toll imposed by winter storms and spring rains, windshield wiper blades may need to be replaced.

Floor Mats
Improperly installed floor mats in your vehicle may interfere with the operation of the accelerator or brake pedal, increasing the risk of a crash.



AGM
Auto & Radiator Repair
317-984-5283

Monday - Friday
8 AM - 5 PM
6660 E 266th St. #100
Arcadia

Alexander's
Auto & Radiator Repair

Hours:
Monday - Friday
8 AM - 5 PM
317-773-7098
820 Hannibal Street
Noblesville

BE TINTED
Garage
of Noblesville

317-200-4953
10340 Pleasant St.
Suite 600
Noblesville, IN

INDY TRUCK & AUTO REPAIR
"Quality Work at Great Value"
7320 N KEYSTONE AVE
INDIANAPOLIS, IN

317-530-3049
Full Synthetic
Oil Change
\$59.95 (Up to 5 quarts Excludes Diesels)

BOB'S GARAGE
We are family owned & operated
In business for over 40 years
16708 Dean Rd.
Westfield, Indiana
317-867-2627

317-258-0222
OMEGA INTERNATIONAL AUTO REPAIR
1784 E 226th St.
Cicero

ESLER'S AUTO REPAIR INC.
317-896-9060
Hours
Monday - Friday
7:30 AM - 6 PM
Closed Sat & Sun
350 Parkway Circle
Westfield

Immerse in the elegance of expertly maintained outdoor spaces with Hillside Lawn and Landscape. We cater to all your property care needs, creating an exquisite outdoor living experience. Contact us today for many of our diverse services such as,

- Mowing
- Trimming & Edging
- Lawn Treatments
- Cleanups
- Landscape Design & Installation
- Exterior Home Services

hillsidelal.com

relax & enjoy



THE TIMES

got stuff?

sell it in the classifieds.

317.770.7777

BETSY

From Page A1

Flix and Float: The pool stays open later for guests to watch movies pool-side on an LED video board that's visible in the daylight. The video board was installed for the 2022 season and allows movies to begin much earlier than in the past.

"We're excited to build upon the success of last summer's Flix and Float series, which has been made possible by our video board," Conner said.

The video board was 100 percent funded through private donations "and a testament to what a great community we have." There are a couple of sponsorship opportunities still available this summer, he said.

Plus, pool goes this summer can enjoy about 75 new chaise lounges plus 85 new Adirondack chairs. Some of these chaise lounges are heavy-duty chairs dedicated for adults only, which was a request.

Admission to Flix and Float events is free to members or \$5 for non-members.

This year's movie series increased to nine offerings. The first movie of the series, "Minions: The Rise of Gru," Rated PG, was shown on the first Flix and Float night on June 7.

The movie, Conner said, "was one of our best attended movies, and despite a few technical difficulties which have all been worked out, we are confident it will be a great lead into a fantastic 2023 movie lineup."

Full-time pool manager Kim Bowling agreed. "I would say it was probably one of our busiest (movie

Want MORE?

Good to know: Free admission to movie with pool membership.

Other upcoming movies: "Hook," Rated PG, 8:15 p.m. June 30; "Top Gun: Maverick," Rated PG-13, 7:15 p.m. July 3; "Field of Dreams," Rated PG, 8:15 p.m. July 14; "Madagascar," Rated PG, 8:15 p.m. Aug. 5; "Cars," Rated G, 8:15 p.m. Aug. 12; "Remember the Titans," Rated PG, 8:15 p.m. Aug. 19; "Back to the Future," Rated PG, 7:15 p.m. Sept. 4.

What else: At least two sponsorship opportunities are still available for the summer pool season. Info: <https://forestparkpool.myrec.com/>

nights)."

The next Flix and Float movie event is 7:30 p.m. Wednesday, featuring "Bedtime Stories," Rated PG.

Other upcoming movies include: "Hook," Rated PG, 8:15 p.m. June 30; "Top Gun: Maverick," Rated PG-13, 7:15 p.m. July 3; "Field of Dreams," Rated PG, 8:15 p.m. July 14; "Madagascar," Rated PG, 8:15 p.m. Aug. 5; "Cars," Rated G, 8:15 p.m. Aug. 12; "Remember the Titans," Rated PG, 8:15 p.m. Aug. 19; "Back to the Future," Rated PG, 7:15 p.m. Sept. 4.

"This summer's movie lineup was heavily influenced by community input over the winter," Conner

said. "We are hopeful there are more offerings for the entire family this summer, as we've really tried to listen to what our community wants to see. There is nothing more enjoyable than a summer evening at the Forest Park Aquatic Center enjoying a great movie in the pool with the entire family."

He asked: "Where else can you go down a slide, jump off a diving board or float on a raft while watching a great movie?"

Showing a movie in public isn't as easy as playing a movie in your DVD player at home. Movie studios require significant licensing and copyright fees. Conner said our community is fortunate to have great corporate partners here in Noblesville that have stepped up and helped offset these expenses through sponsorship.

While Flix and Float is weather dependent, "we hope to never cancel. But we're an outdoor facility and weather does become a factor every now and again." Last summer, one movie was canceled for the final weekend of the season. That movie, "Top Gun," was rescheduled this summer. "In actuality, this may have worked out OK as we are also showing 'Top Gun: Maverick' this summer. Conner said, "So, what an incredible opportunity to see two great movies in the same series this summer."

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

GREENIE

From Page A1

tickled as she spun me around checking my born-on date, gave me a bath and tattooed my UPC code. Then up on the shelf I go. Wow! What a view!

In my short time here so far, I've watched humans from all walks of life visit the pantry. Some arrive with a sense of gratitude and eyes filled with hope. Some show up and drop off more friends to temporarily join me, and still others who open the door seem sad, filled with the desperation of their situation. This is the moment when the painful soul of hunger reveals itself.

Early this morning right after midnight, a mom and two children pulled up to my pantry. Carefully and quietly, she looked to make sure no one was watching as she hurriedly placed a few items in a small plastic bag before jumping back into her car. She motioned to the kids in the back seat and then almost as if to say goodbye she pointed toward me in the pantry, driving away. The shame of judgment is real. It changes the behavior of people who find themselves in need. I've seen longing gazes and hesitant steps, as people battle their demons, wrestling with their pride and the fear of being labeled. If I could talk, I'd shout, "HEY! You are not alone, people care, we are here for you people."

From my perch in the pantry, hunger is more than a mere sensation. It is a silent battle fought by individuals; their lives deeply impacted by the absence of food. As a can of green beans, I know that I'm a temporary solution for someone and I'm ok with that life. In my time on the shelf, I've learned that while providing meals too, my pantry is a symbol of community solidarity. People find comfort in knowing that they are not alone in their fight against hunger. The humans that put me here describe it as humanity, honoring God and something about Neighbors serving Neighbors. Well, thanks for taking the time to read the thoughts of a can of Great Value Green Beans. I've been here nine days waiting to go to my forever home, maybe today. Stay tuned. With more than 44,000 food challenged neighbors in Hamilton County, www.Feedingteam.org is a registered 501c3, not-for-profit organization that provides outdoor-24x7x365-no-questions-asked free food pantries throughout the county. The pantries exist, to meet the food insecurity needs of GAP families, neighbors who may not qualify for public assistance and could use a few meals before payday. The pantries serve as many food-challenged neighbors as possible, and our hearts are with those who, like my family,

could not always make ends meet.

Thank you for supporting the pantries. We love serving with so many neighbors across Hamilton County. In future columns we will share more stories about how your generosity served neighbors in times of need. The face of hunger in Hamilton County is not what you may think.

In practical terms this straightforward way to help neighbors is having a real impact on lives, families, and our communities. Thank you. A few meals can change the course of a person's life. A can of green beans means so much more when you have nothing to feed your kids. Would you like to get involved? Volunteer opportunities are available. We are evaluating new pantry locations. If you think you have a potential area location, please contact us. www.feedingteam.org facts - 51 pantries, 10,000 meals in May 2023, more than 30 volunteer families. Mark & Lisa Hall are the Founders of The Feeding Team. They may be reached at lisa@feedingteam.org and mark@feedingteam.org or 317-832-1123.

- Mark Hall is a successful businessman, husband, father and grandfather. He is serving his first term on the Hamilton County Council.



INCI-DENT

PAINT FREE DENT REPAIR

317-420-5789



From the smallest dings to large complex damage & hail damage - we have you covered!

Dreaming of a new home?



find it here!

the times



RENNER'S BODY WORKS



Have a nice, safe and happy summer!

Steve Renner has been serving the community since 1965


Renner Body Works will be serving our old customers and looking forward to welcoming our new ones!

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

8190 E. 146th Street • Noblesville

317-773-9792

Buy. Sell. Rent. Lease.



THE TIMES classifieds.

TUESDAY

Health and WELLNESS

Tuesday, June 20, 2023

A7

Alzheimer's Association Offers Tips For Discussing Cognitive Concerns



Today, there are more than 6 million people age 65 and older who are living with Alzheimer's dementia, with 110,000 in Indiana.

According to the recent Alzheimer's Association Facts and Figures report, too often individuals with memory concerns are not discussing the issue with their doctor — only 4 in 10 would talk to their doctor right away. Individuals hesitate because they believe their experiences are related to normal aging, rather than a potential diagnosable medical condition. Yet, 7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

"For the first time, there are treatments for individ-

uals with early stages of the disease that can slow down the progression and give them more time with their families and loved ones," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "More than ever before, these conversations about memory or other cognitive issues an individual is facing are critical and need to start at the earliest point of the concern."

This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association offers these three tips to help individuals discuss their cognitive concerns with health professionals more confidently:

Find the right doctor. In most cases, the first point

of contact for concerns about memory and thinking is with your primary care physician. Ask your physician how comfortable they are identifying and diagnosing cognitive problems and whether there are circumstances in which he or she would refer to a specialist. Most often, your physician will perform an initial assessment, and if cognitive decline is detected, order more advanced testing or refer you to a specialist for a more definitive diagnosis. If your doctor doesn't take your concerns seriously, seek a second opinion.

Be prepared. Come to your visit with a list of any changes in your health, including your mood, memory and behaviors. Include a list of past and current medical problems, current prescriptions, over-the-counter medications, including vitamins or supplements. Most importantly, be sure to have your list of questions and be prepared to answer the doctor's questions openly and honestly. Get educat-

ed. When speaking to the doctor, be sure to ask what tests will be performed, what the tests involve, how long each test takes and when the results will be available. The Alzheimer's Association offers an interactive tour of what to expect when being evaluated for memory and thinking problems on its website.

"While discussing cognitive concerns with your health care provider can be challenging, it's really important," continued Sutton. "Having these conversations with a doctor can help facilitate early detection and diagnosis, offering individuals and families important benefits, not only treatments, but emotional and social benefits, access to clinical trials and more time to plan the future."

To learn more about Alzheimer's or other related dementia and find resources that can help individuals and their families, visit alz.org or call the Alzheimer's Association 24/7 Helpline at 800.272.3900

Understanding The Impact Of COVID-19 On Cardiovascular Disease

(Family Features) Now, more than three years from the onset of the COVID-19 pandemic, the impacts can be seen more clearly.

For example, the rise in the number of cardiovascular disease (CVD) deaths in 2020, the first year of the COVID-19 pandemic, represents the largest single-year increase in CVD deaths since 2015 and topped the previous high recorded in 2003, according to the latest available data from the Heart Disease and Stroke Statistics - 2023 Update from the American Heart Association.

The biggest increases in CVD-related deaths were seen among Asian, Black and Hispanic people, populations most impacted in the early days of the pandemic and brought into focus by increasing structural and societal disparities.

"We know COVID-19 took a tremendous toll and preliminary data from the U.S. Centers for Disease Control and Prevention (CDC) show there was a substantial increase in the loss of lives from all causes since the start of the pandemic," said Michelle A. Albert, M.D., M.P.H., FAHA, American Heart Association volunteer president, who is also the Walter A. Haas-Lucie Stern Endowed Chair in Cardiology, a professor of medicine at the University of California at San Francisco (UCSF) and admissions dean for UCSF Medical School. "That this likely translated to an increase in overall cardiovascular deaths, while disheartening, is not surprising. In fact, the Association predicted this trend, which is now official.

"COVID-19 has both direct and indirect impacts on cardiovascular health. As we learned, the virus is associated with new clotting and inflammation. We also know many people who had new or existing heart disease and stroke symptoms were reluctant to seek medical care, particularly in the early days of the pandemic. This resulted in people presenting with more advanced stages of cardiovascular conditions and needing more acute or urgent treatment for what may have been manageable chronic conditions. Sadly, this appears to have cost many their lives."

According to Albert, who also is the director of the CeNter for the Study of AdveRsiTy and Cardio-vascUlAr Disease (NURTURE Center) at UCSF and a leader in health

equity and adversity research, the larger increases in the number of coronary heart disease deaths among Asian, Black and Hispanic adults appear to correlate with the people most often infected with COVID-19.

"People from communities of color were among those more highly impacted, especially early on, often due to a disproportionate burden of cardiovascular risk factors such as hypertension and obesity," Albert said. "Additionally, there are socioeconomic considerations, as well as the ongoing impact of structural racism on multiple factors, including limiting the ability to access quality health care."

To learn more about the impacts of COVID-19 on CVD, visit Heart.org/statistics.

Donate Plasma To Save Lives This Summer

(StatePoint) Plasma donation is an impactful, meaningful way to give back to your community this summer. By donating plasma, you can help people like Machel Pecoraro.

Pecoraro lives with Hereditary Angioedema (HAE), a rare disease that can cause attacks of swelling, and often pain, in specific parts of the body, including the stomach, hands, feet, arms, legs, genitals, throat and face. Like with many serious and rare diseases, the therapies used to treat HAE require human plasma donations.

Donors' Impact

"Plasma donors directly impact my ability to live a full and productive life. Therapies made from these donations allow me and my son, who also lives with HAE, to receive ongoing treatment for our conditions," says Pecoraro.

Plasma, a straw-colored

liquid that carries red blood cells, white blood cells and platelets, helps to maintain a steady level of blood pressure, supports the immune system and delivers critical nutrients to cells.

Plasma donations are used to replace crucial proteins people living with rare and serious diseases lack, and to produce therapies that treat diseases such as primary immune deficiencies, hereditary angioedema, hemophilia, Alpha-1 Antitrypsin deficiency and various bleeding and neurological disorders.

There is a critical and ongoing need for plasma donations, as these life-saving medicines treat people in more than 100 countries around the world. Every year, it takes more than 1,200 plasma donations to treat one hemophilia patient, more than 900 plasma donations to treat one alpha-1 patient

and more than 130 plasma donations to treat one primary immune deficiency patient.

"Plasma donors do the amazing, as plasma is used to develop life-saving therapies for people living with rare and serious diseases. We encourage those who can donate to visit a nearby CSL Plasma donation center," says Rachpal Malhotra, MD, head of plasma donor safety, CSL Plasma.

Eligible, qualified plasma donors also receive payments in connection with donating plasma.

The Donation Process To donate, you must be in good health, between the ages of 18-74, weigh at least 110 pounds, and have had no tattoos or piercings within the last four months. You must also meet the health and screening requirements and have valid identification with a permanent address.

Although wait times

may vary at each location, the collection process takes approximately 90 minutes after the first donation.

It is recommended that you drink four to six 8-ounce glasses of water, fruit juice or other caffeine-free liquid at least two to three hours before donation, avoid caffeinated beverages, avoid alcohol of any type for 24 hours beforehand, eat a meal prior to donation and get adequate sleep.

CSL Plasma has 320 plasma donation centers across the United States.

Visit csplasma.com for more information and to find a center near you. The CSL Plasma donor app is also available for Apple and Android device users.

"I thank all donors and encourage anyone who is considering donating to remember that doing so does make an impact for people like me and my son," says Pecoraro.



Franciscan Health Opens Urgent Care In Crawfordsville

Residents of Crawfordsville and the surrounding communities now have a new option for urgent care services. On Monday, June 12, Franciscan Health opened a new Franciscan ExpressCare at 1640 Crawfordsville Square Dr., Suite 100 in Crawfordsville. The office, which is located in the same building as the Franciscan Physician Network Southside Family Medicine office,

also offers onsite lab and X-ray services.

Franciscan ExpressCare Crawfordsville is open Monday through Friday from 8 a.m. to 5 p.m. In addition to in-person services, Franciscan ExpressCare also offers virtual urgent care visits on weekdays from 8 a.m. to 8 p.m. and weekends from 10 a.m. to 6 p.m.

For more information, visit FranciscanExpressCare.org or call (765) 362-6374.

The Importance Of Hands-Only CPR

(Family Features) More than 350,000 sudden cardiac arrests occur annually outside hospital settings. However, a hands-on emergency intervention like cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

According to the American Heart Association, 70% of cardiac arrests - electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs - occur at home, but often family and friends who witness a child, spouse, parent or friend going into cardiac arrest hesitate to perform potentially lifesaving CPR for fear of making the situation worse.

"By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home," said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, the American Heart Association aims to increase awareness

about the importance of bystander CPR and offers these two simple steps:

1. Call 911.
2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

Using the beat of a familiar song with 100-120 beats per minute, such as "Stayin' Alive" by the Bee Gees, can help you stay on pace with the necessary compressions.

"Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone's chance of survival from cardiac arrest," said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. "As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives."

To find more information, watch a livestream video demonstration of Hands-Only CPR or download a first aid smartphone app, visit heart.org/CPR.

The Times
Public Notices Deadline:
11:00 a.m.
2 Business Days Prior to Publication
legals@thetimes24-7.com
Private Party Notices Submitted After Deadline
May Be Subject To \$25.00 Fee
In Addition To The Cost Of The Advertisement



Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

Prioritize **Heart Health** with a Balanced Eating Plan

FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli.

Learn more about heart health and find DASH-friendly recipes at nhlbi.nih.gov/DASH.

Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 25 minutes

Cook time: 25 minutes

Servings: 4

Marinade:

- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 2 teaspoons fresh oregano, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1 beef flank steak (12 ounces)

Yogurt Sauce:

- 1 cup cucumber, peeled, seeded and chopped
- 1 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices.

Serve three slices with 1/2 cup yogurt sauce.

Tip: Serve in sandwich with pita bread, lettuce and tomato.

Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

Salmon:

- 2 tablespoons light teriyaki sauce
- 1/4 cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced

- 1 1/2 tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- 1/2 tablespoon peanut oil or vegetable oil
- 1/2 tablespoon garlic, minced (about 1 clove)

- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade. Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Baked Pork Chops with Apple Cranberry Sauce

Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Pork Chops:

- 4 boneless pork chops (about 3 ounces each)
- 1/4 teaspoon ground black pepper
- 1 medium orange, rinsed and zested
- 1/2 tablespoon olive oil

Sauce:

- 1/4 cup low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 cup)
- 1/2 cinnamon stick
- 1 bay leaf
- 1/2 cup dried cranberries
- 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables