

➔ TODAY'S VERSE
Romans 12:1 "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." (NASB)



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

What makes Walt Thacker smile? "Having a good day," said the 67-year-old Carmel resident, an artist and board member of Hamilton County Artists' Association. He was found painting a picture at the HCAA's 2021 Art Fair on the Square at the Hamilton County Courthouse Square in downtown Noblesville. The love is in the painting, not so much in the selling." He was showcased in the White River Canoe project and Carmel water barrels and was a nominee for Artist of the Year for Nickel Plate Arts. His artwork will be showcased this fall, in October, in the Noblesville Comptroller's Office. The next HCAA's Art Fair on the Square is 9 a.m. to 4 p.m. Aug. 5 on the Courthouse Square. HCAA's Open Lens Photography Exhibit, which is open to any photographers, kicks off Aug. 4, with entry deadline on July 28. Also, this week, a Thursday evening figure drawing night is open to the public at the HCAA's Birdie Gallery in Noblesville. Local artists gather every other week to work on their life drawing skills with a live model. This is not a class, but simply an open opportunity to practice drawing/painting. The community is welcome. A \$10 per participant fee goes to pay the model. To RSVP, visit <https://www.hcaa-in.org>

And Another Few Things...

1. ROAD CLOSURE - Atlantic Avenue between SR-32 and 186th Street (Bridge No. 125)

Please be advised, effective immediately, Atlantic Road between SR-32 and 186th Street will be closed to all thru traffic for bridge repair. An estimated project completion date is not yet known. This immediate closure is due to structural damages. Another release will be forthcoming once a road opening date is known. The hard closure is approximately 1,050' south of SR-32.

1.State Representative J.D. Prescott Endorses Suzanne Crouch for Governor

Indiana State Representative, J.D. Prescott, has pledged his endorsement for Suzanne Crouch for Governor. "Lt. Governor Crouch has been a steadfast ally to the Indiana General Assembly. Suzanne has always picked up the phone willing to assist with both constituent issues and administrative policy. With Suzanne's history in both local and state government, I believe she is uniquely qualified to serve as the next Governor of Indiana," said Prescott. J.D. Prescott serves District 33 in the Indiana House of Representatives. He represents Randolph, Blackford, and portions of Jay, Henry, and Delaware counties in east central Indiana.

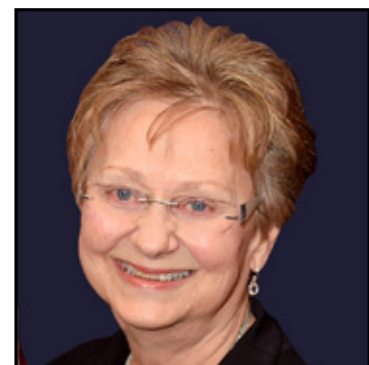
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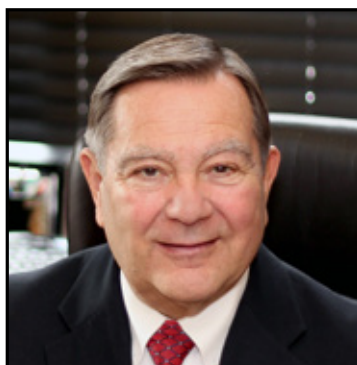
Former Noblesville Mayors Rowland, Redick And Ditslear To Serve As July 4th Parade Grand Marshals



MARY SUE ROWLAND



DENNIS R. REDICK



JOHN DITSLEAR

Mayor Chris Jensen has announced that in celebration of the city's bicentennial, three familiar faces will lead the 2023 Fourth of July Parade. Former Mayors Mary Sue Rowland, Dennis Redick and John Ditslear, who have a total of 32 years in office, will serve as the grand marshals on July 4.

"Mayors Rowland, Redick and Ditslear had a profound impact on our community. As Noblesville celebrates 200 years, it seemed like the perfect time to honor the previous mayors of our city as grand marshals," said Jensen. "In 1990, Noblesville had a population of 17,655 residents. Their vision and leadership helped transform Noblesville into the ninth largest city in Indiana and home to hundreds of new businesses and corporate headquarters."

MARY SUE ROWLAND (1988 - 1995)

Mayor Rowland improved the city park facilities and implemented a new sewage treatment plant. She created the Arts Commission and Shakespeare in the Park, which is the longest running event in Central Indiana. Rowland was responsible for the Logan Street extension from Indiana 19 to River Avenue and restored the former post office into the Public Safety Building. Rowland developed a plan to help the Old Southside Neighborhood recover after flooding and had a fire station built at Herriman Boulevard and Greenfield Avenue. She also led the restoration of downtown and created a community Thanksgiving dinner. Rowland was given a Sagamore of the Wabash by Gov. Evan Bayh and served on the Noblesville Common Council following her time as mayor.

Dennis R. Redick (1996 - 2003) Prior to becoming mayor, Redick served 20 years as a firefighter. He revived the Fourth of July Fireworks Festival. Redick served on the executive committee of the Indiana Association of Cities and Towns. He also created a corporate campus for 146th Street on the city's southeast side. During his tenure, Redick supported additional facilities, equipment, and salaries for public safety.

JOHN DITSLEAR (2004 - 2019)

A veteran of the U.S. Navy, Ditslear moved to Noblesville in 1966 and was an active civic and community leader before becoming mayor. Ditslear led the addition of several quality-of-life initiatives within the city, including Hamilton Town Center and the conservation of green space. The city expanded its trails system and added Dr. James A. Dillon Park, Federal Hill Commons, and purchased 200 acres for Finch Creek Park. Ditslear oversaw the improvement and expansion of roadways throughout the city, including the introduction of roundabout intersections and the construction of 146th Street across Noblesville. Additionally, Ditslear improved the ability for residents to volunteer and has increased community engagement. He currently serves on the Board of Public Works & Safety.

David Moss briefly served in a mayoral role when Noblesville was incorporated as a town in 1851. The first mayor of Noblesville was Edgar C. Wilson in 1887. Since him, 21 other men and two women (Patricia Logan and Rowland) have served as mayors. The annual Fourth of July Parade will be held on Friday, September 15, 2023, at 6:30 p.m. at WEST FORK WHISKY CO. in Westfield (This is a change in originally announced date)

Guests will be able to mingle indoors or enjoy the great patio space, enjoy music, open bar, silent auction items, raffle prizes, dinner catered by Chuy's and program update. Due to some updates in gaming regulations, cash only will be accepted for raffle tickets, but we will have you covered with an ATM on-site if you forget. One of our raffle items will be an E-Bike donated by Carmel Pedego. Reservations are now available, and all proceeds will benefit the Sheridan Youth Assistance Program for the youth

➔ See PARADE Page A6

Lead Forward Community Grant Awarded

Programs bring Lilly Endowment Community Scholars and charitable organizations together to make a difference in the lives of Hoosiers.

The Lilly Scholars Network (LSN) is awarding a Hamilton County organization a total of \$2,500 in grant funding through the LSN Lead Forward Community Grants (LFCG) program, which brings charitable organizations together with Lilly Endowment Community Scholars to enhance their Indiana communities.

LSN, with funding from Lilly Endowment Inc. and oversight from Indiana Humanities (IH), works to engage Lilly Endowment Community Scholars in topics and with people focused on advancing Indiana's future, inspire and equip the scholars to be active change makers in their communities and cultivate meaningful connections.

"Many Lilly Endowment Community Scholars are civically and philanthropically inclined, naturally working to better the communities in which they live. The Lead Forward Community Grants program is a great way for Lilly Scholars to continue the legacy of giving back. We are so excited to award grants to many applicants across the state, with a variety of backgrounds and passions," said Gabriel Winkle, a 2010 Scholar from Randolph County who serves on the Lead Forward Community Grants committee and is a member of the LSN Advisory Council.

The following LFCG grant projects will be completed between July 1, 2023 and December 31, 2023. Recipients and projects include: Heart and Soul Clinic (Hamilton County) Project Name: Patient Experience and Data Modernization Brief Description: This grant will aid the clinic in enhancing the patient experience and modernizing its data management practices, ultimately improving the quality of care provided to uninsured and underinsured individuals in Central Indiana. Grant Amount: \$2,500 Scholar Partner: Hunter Haines, Kosciusko County, 2017

Denim And Lace

Sheridan Youth Assistance Board of Directors is thrilled to announce this year's Denim and Lace will be held on Friday, September 15, 2023, at 6:30 p.m. at WEST FORK WHISKY CO. in Westfield (This is a change in originally announced date)

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➔ See DENIM Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 6:19 a.m.
SET: 9:22 p.m.

High/Low
Temperatures
High: 80 °F
Low: 62 °F

Today is...

- Decide to Be Married Day
- National Bingo Day
- National Ice Cream Cake Day

What Happened On This Day

- 1986 The 1980s U.S. intervention in Nicaragua is declared illegal.
- 1972 Nolan Bushnell and Ted Dabney found Atari, Inc.

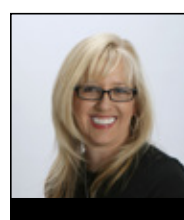
Births On This Day

- 1869 Emma Goldman Lithuanian/American activist, writer
- 1846 Charles Stewart Parnell Irish politician, founder of the Irish Parliamentary Party

Deaths On This Day

- 1839 Ranjit Singh Indian founder of the Sikh Empire
- 2001 Jack Lemmon American actor, singer, director

Spend Time With Your Parents While You Can



BETSY REASON From The Editor's Desk...

My dad turned 97 on Monday. I went back home to celebrate his birthday with family, friends and neighbors on Sunday afternoon. It was nice seeing my cousins and my aunts. Of my mom's seven siblings, four sisters, including my 91-year-old mom, are still living. On my dad's side, he still has one younger brother living. I've been so lucky to still have my dad and mom, who live within a mile of the farmhouse in which my dad was born and in the same mile that my mom grew up. At 97, my dad still has a good memory of life growing up in his hometown, the U.S. Navy of which he served during World War II and all of the years lead-

➔ See BETSY Page A6

➔ INSIDE TODAY

- Service Directory.....A3
- Lindsay Rosa.....A3
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- Brian Howey.....A4
- Carrie Classon.....A4
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➔ HONEST HOOSIER

Here's a tip of the seed corn cap to Hoosier astronaut Joe Allen who was born on this date in 1937.



➔ TODAY'S HEALTH TIP

Get an exercise partner and challenge each other to show up and to foster healthy competition. 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

"Ask not what your country can do for you - ask what you can do for your country." -John F. Kennedy

➔ TODAY'S JOKE

What was a popular dance in colonial times? The Indepen-Dance!

➔ OBITUARIES

Marvin E. Melton

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



3 WTHR 7 DAY FORECAST

TUE	WED	THU	FRI	SAT	SUN	MON
62/80 PARTLY CLOUDY WINDY	58/85 BREEZY DRY FOR NOW	65/90 HOT, SUN & W CHANCE	69/90 SUNNY WINDY	70/88 TWO HEAVY STORM CHANCES	65/84 SUNNY WINDY	63/81 PARTLY SUNNY

OBITUARIES

Marvin E. Melton

June 21, 2023

Marvin E. Melton, MD, went home to his Lord and Savior Jesus Christ on June 21, 2023. He was the son of George and Leona Anderson Melton. Marvin was born, raised, and educated in Indianapolis and went on to graduate from Purdue and the Indiana University School of Medicine.



Marvin did an internship at St. Vincent hospital and one-year residency at St. Joseph hospital in Denver, CO, followed by three years at St. Vincent. He retired from St. Vincent in 2006 after 35 years having served as a dedicated Laboratory Physician.

Previously, Marvin headed the Hematology Coagulation department as well as the Histology Cytology department. He was a Diplomat of the American Board of Pathology, and practiced Dermatopathology. Marvin contributed to and authored several medical articles.

Marvin was a member of Legacy Bible Church and its church family. He loved snow skiing and playing golf with friends. His wife and children could not have asked for a better husband and father.

The family would like to thank the staff at St. Vincent for the care and love they showed during his stay.

He leaves behind his wife Karen; son, Matt (Megan); daughter, Courtney (Dr. Evan Eckart); grandchildren, Naomi Eckart, Madeline, Zoe and Ben Melton.

G. Marcus Cole Elected To The Liberty Fund Board Of Directors

The Liberty Fund announced that G. Marcus Cole, Dean of the Notre Dame Law School, has joined the Liberty Fund's Board of Directors. Cole serves as

Dean of Notre Dame Law School and the Joseph A. Matson Professor of Law. Dean Cole is a leading scholar of the empirical law and economics of commerce and finance. Previously, Cole spent 22 years as a faculty member at Stanford Law School. At Stanford, he held two endowed chairs and taught courses in the areas of bankruptcy, banking, contracts, and venture capital.

In addition, he served for five years as associate dean for curriculum and academic affairs. Dean Cole stated: "I am humbled and honored to be appointed to the board of directors of the Liberty Fund, an institution to which I am deeply indebted and to which I am firmly committed.

The Liberty Fund has the potential to promote human flourishing and shape civil society for the better. I embrace this important responsibility." "Marcus' more than three decades association with the Liberty Fund, his experiences in and outside the academy, and his

commitment to our ideals make him ideally situated to assist Liberty Fund as a board member," said Nathan Feltman, Liberty Fund's Chairman of the Board. "We couldn't be more excited to add Marcus to Liberty Fund's board."

The Liberty Fund was founded in 1960 by Pierre F. Goodrich, an Indianapolis businessman and lawyer. Liberty Fund conducts its own educational programs to encourage research and discussion on the values and institutions of a society of free and responsible individuals.

These programs focus on the place individual liberty has in an intellectual heritage evident from ancient times and continuing through our own times. The programs are intended to enrich understanding and appreciation of the complex nature of a free society and to contribute to its preservation.

As a tax-exempt, private operating foundation, Liberty Fund's purposes are educational. Liberty Fund fulfills its mission through its conference program, web properties and by publishing books pertaining to liberty.

For more information about Liberty Fund, visit www.libertyfund.org

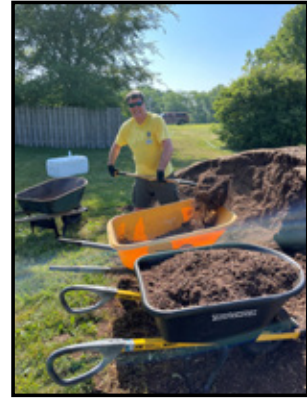


Photo courtesy of Noblesville Lions

Noblesville Lions Participated In Serve Noblesville

Noblesville Lions Club members participated in Serve Noblesville by mulching the Peace Garden at Teter Organic Farm and Retreat. The club worked from 9AM

to Noon on Saturday, June 24th.

Another example of Lions serving in communities and elsewhere - join the club in a meeting the 2nd and 4th Wednesdays

at Ginger's at 6:30PM; become a serving partner!

Found in the first photo are part of mulching crew: Lions Steve Shaw, Julia Kozicki, and Jeff

Kozicki

The second photo features Lion Jeff Kozicki working up a sweat

In the third photo, Teter Farm Peace Garden.

Embark On A Magical Journey On The Reindeer Express!

Nickel Plate Express a leading provider of innovative and memorable train travel experiences, is thrilled to announce that tickets for the much-awaited Reindeer Ride Express are now on sale. This enchanting seasonal event offers passengers a unique opportunity to experience the magic of the holidays on a 75-minute train ride, all while traveling in a festive, historic train.

Departing out of Hobbs Station in Noblesville, Indiana, the Reindeer

Ride train journey is perfect for families and holiday enthusiasts alike. As passengers board the train, they'll be greeted by our friendly staff who will ensure a warm and cozy atmosphere throughout the entire ride. Once the train departs, guests will be treated to a delightful selection of holiday-themed onboard entertainment, including holiday music, cookies, and even appearances by Santa and Mrs. Clause.

As the train chugs along,

passengers will have the chance to marvel at the breathtaking winter landscapes that unfold outside their windows, making this journey as visually stunning as it is heartwarming.

Tickets for the Reindeer Ride train journey are available in various classes, with options to suit all budgets. Premium class passengers will enjoy extra perks, including plush seating, complimentary refreshments, and a special gift to commemorate the experience.

This magical event is only available for a limited time, so be sure to book your tickets now to avoid disappointment. To purchase your Reindeer Ride train tickets or for more information about the event, please visit our website at NickelPlateExpress.com.

Don't miss out on this spectacular holiday experience - hop aboard the Reindeer Ride train and create cherished memories with your loved ones that will last a lifetime!

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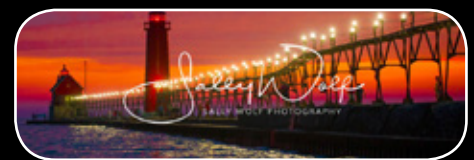
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Photos courtesy of JEEP

2023 Jeep Grand Cherokee Trailhawk 4XE Chases Fossils Without Disturbing Them

The blue stripe on the hood signifies this is a Trailhawk, the most trail-capable of the Jeep breed but the turquoise tow hooks identify this Grand Cherokee as a 4xe plug-in hybrid. It's the luxury wagon that can get you deep into the muck (or mall) to find fossils (or clothes) without burning them to get there. If you want extreme adventure without leaving any of the comforts of home, take a romp in the 2023 Jeep Grand Cherokee 4xe.

Let's start with the plugging in part. A 240v home or commercial charger adds 25 miles of range in 3.4 hours. For most of us, that's plenty for our daily drives. But, there is also a Fiat-built 2.0-liter turbocharged four-cylinder engine routing power to the four-wheel-drive system through an eight-speed transmission. Total system output is a potent 375

2023 Jeep Grand Cherokee 4xe Five-passenger, 4x4 SUV

Powertrain: 2.0-liter T14 hybrid
Output: 375hp/470 lb.-ft. torque
Suspension f/r: Air Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Towing: 6,000 lbs.
Fuel economy: 56-MPGe
Assembly: Detroit, MI
Base/As-tested price: \$40,030/\$72,630

horsepower and 470 lb.-ft. of torque to tackle mountains...or scoot out expeditiously when a semi bears down on your freeway on-ramp. Fuel economy is rated 56-MPGe, but you'll burn more toting up to 6,000 lbs.

If the idea of an Italian-infused hybrid shov-

LIKES

- Bold style
- Luxurious cabin
- Plug-in range

ing a big Jeep down-trail seems nuts, styling makes clear this is no sleek little Tesla. If the bright tow hooks and hood stripes weren't clear, then the 18" dark wheels with blue Jeep decals, deep-tread off-road tires, black cladding, and black floating roof make it clear. Designers did a commendable job of streamlining the current version without weakening its all-trail fashion.

The interior may be dominated by a big intuitive infotainment screen, connected to devices through Apple and Android connectivity, but passengers are spoiled rotten with heated/ventilated front seats, heated rear seats, and a thick heated

DISLIKES

- Longish charging time
- Climb-in height
- Lofty price

leather-wrapped steering wheel. Add to that a passenger side dash screen, dual-zone automatic climate control, dual-pane panoramic sunroof, and thumping audio with subwoofer. Charge devices wirelessly.

On-road or off, the Grand Cherokee excels at safety. Adaptive cruise, automatic emergency braking, blind spot warning, and lane keep assist cover the basics. Night vision with pedestrian and animal detection go one further. Selec-speed control keeps the big Jeep to a safe speed off-road. It's all pretty impressive.

An area where the Grand Cherokee separates itself from most other

plug-ins relates to off-road prowess. Like any good Boy Scout, it respects nature while sporting hiking boots and grappling hooks. Those tow hooks may be painted pretty, but are also there to drag the big SUV out of trouble. But, with its low gear range, front disconnecting stabilizer bar, and Selec-Terrain System to configure the powertrain for all conditions, it's not likely to need it. And the same adaptive air suspension that provides a smooth controlled ride on asphalt can raise up for 10.9" of ground clearance and the ability to ford 24" of water. Boulders beware!

The Eagle Scout in me admires the Grand Cherokee's capability, the environmentalist in me appreciates its respect for ancient dinosaurs, and the spoiled adult in me just wants to drive cross-country in comfort. Given a



CASEY WILLIAMS
Auto Reviews

base price of \$40,030 for the Grand Cherokee and \$72,630 as-tested for our loaded 4xe, I'd have to say the spoiled adult wins. Others to consider include plug-in versions of the Mercedes-Benz GLE plug-in, Range Rover Sport, and BMW X5.

Storm Forward!

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

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Déjà Vu In America's Heartland Risks And Rewards Of Controlled Burns



BRIAN HOWEY
Howey Political Report

Since Donald Trump descended the escalator in 2015 to kick off this political era, I've sought a historic parallel, a similar personality who captured the hearts and minds of many Hoosiers. That politician is David C. Stephenson, who in two short years after he showed up in Evansville in 1922 from the Southern Plains, created a shadow government in the 1924 election. Many of us first read about D.C. Stephenson in John Bartlow Martin's 1949 book "Indiana: An Interpretation." Martin opened his introduction of the 33-year-old "Steve" or the "Old Man" this way: On April 2, 1925, D.C. Stephenson was arrested. It is almost impossible 20-odd years later to recall how incredible that seemed. David C. Stephenson, Grand Dragon on the Ku Klux Klan, had said with reason, "I am the law in Indiana." Less than a year earlier the Klan had won political control of the state. Its ruler was Stephenson, a man probably without precise counterpart in American history. Martin continued: "He knew all the tricks. He called himself the foremost mass psychologist of his time. His ambition was to the president of the United States" on the 1928 Republican nomination. "Who dares to say with certainty he would have failed."

There's been a revival a century later on Stephenson's legacy with Timothy Egan's new book, "A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America and the Woman Who Stopped Them." Egan is a Pulitzer Prize-winning New York Times columnist and author who describes the Grand Dragon this way: "Charm oozed from him like grease from a sizzling sausage." Egan continues: "He had been elected to no office, appointed to no board, hired by no police department or district attorney, named to no court or panel of judges. The only oath he had taken was the one sworn by up to six million men nationwide who donned full-length robes and covered their

faces in 16-inch conical hoods, formally vowing to 'maintain forever white supremacy.' In 1925, if you were not a knight in the KKK, you did not belong. "The Klan owned the state and Stephenson owned the Klan," Egan writes. "Cops, judges, prosecutors, ministers, mayors, newspaper editors - they all answered to the Grand Dragon. Ed Jackson, the Republican whose name had first appeared on membership rolls of the Klan in 1923 had been swept into the governor's office. He owed it all to D.C. Stephenson." And Martin revealed what was at stake: "The Klan waged righteous war on Bolsheviks, Catholics, Jews, Negroes, bootleggers, pacifists, evolutionists, foreigners and all persons who it considered immoral." Egan picks up the narrative as he writes of Hoosier families over several generations finding KKK garb stored in musty boxes in their attics:

"They would tell themselves that the vast Klan of the American Midwest was nonviolent, casually cruel at worst, that its members were hayseeds and dupes and chuckleheads. None of it was true. "They harassed and threatened Catholic clergy and nuns," Egan continues. "They passed laws to prevent Black people from moving into their neighborhoods. They bombed homes and set fires."

While 400,000 Hoosiers would don the white robes and control the General Assembly, the congressional delegation, city halls, courthouses, sheriff departments and scores of protestant churches all fell sway to D.C. Stephenson, there were significant pockets of resistance. Journalists such as George Dale of the Muncie Post-Democrat, Patrick H. O'Donnell who published Tolerance and John Niblack of the Indianapolis Times outed Klan public officials. Five-foot-two Dr. Joseph Fink, rabbi of Terre Haute Temple of Israel, showed up at a cross burning, defiantly telling 300 Klansmen they were cowards to cover their faces and un-American for violating the Bill of Rights. Notre Dame quarterback Harry Stuhldreher (one of the famed "Four Horsemen") battled the Klan with potatoes when they threatened to over-

run campus, creating the nickname "Fighting Irish." Marion County Prosecutor Will Remy vowed to bring the Klan down after he rejected a loyalty test following the 1924 election. And then there was 28-year-old Madge Oberholtzer, a Statehouse Department of Public Instruction employee, who was attacked, raped and defiled, with Stephenson chewing on her breasts and tongue, prompting her to take poison after he had kidnapped her by train to Hammond. Her "dying declaration" compelled a jury in Klan-dominated Noblesville to convict the Grand Dragon.

"Without her, the dark assertion that finally shook Indiana from the grip of the Klan, the words that defined how a citizen-run government could be taken over by a silken-voiced sexual predator — I am the law — might never have been widely known," Egan writes.

Egan hints at the historical parallels I mentioned in the lead paragraphs, connecting two political movements a century apart by naming the Grand Dragon, but not the 45th president of the United States, who now faces more than 70 criminal charges and was convicted of sexual misconduct in a civil trial. "What if the leaders of the 1920s Klan didn't drive public sentiment, but rode it?" Egan asks. "A vein of hatred was always there for the tapping. It's still there, and explains much of the madness threatening American life a hundred years after Stephenson made a mockery of moral principles in the Heartland."

We've seen political movements come and go in Indiana, with national politicians like Franklin D. Roosevelt, Robert F. Kennedy, Ronald Reagan and Barack Obama stoking huge rallies across Indiana. Donald Trump remains as influential as any of them in Indiana, a kingmaker who can sway an election just by showing up at North Side Gym or the Southport Fieldhouse, even as he faces an array of state and federal criminal charges.

-Brian Howey is managing editor of Howey Politics Indiana/State Affairs. Find Howey on Facebook and Twitter @hwypol.

EARTHTALK

Dear EarthTalk: Is it really a good idea to burn parcels of land on purpose in order to prevent the spread of actual wildfires?

Burning parcels of land intentionally, known as controlled burning, has long been a controversial practice aimed at reducing the risk of larger, uncontrolled wildfires. The idea is to eliminate accumulated flammable material like dead vegetation, brush and smaller trees, before it can fuel a destructive wildfire. But the effectiveness and potential drawbacks are subjects of ongoing debate among experts.

Proponents argue that controlled burns can mimic natural fire cycles, which play a vital role in maintaining ecosystem health. Fire-adapted plant species have evolved to rely on periodic burns to clear out competition, recycle nutrients and promote new growth. By reintroducing fire in a controlled manner, proponents say that we can restore ecological balance and reduce the likelihood of catastrophic wildfires. Moreover, controlled burns can help mitigate the intensity and spread of wildfires by creating firebreaks, barriers to stop or slow down an approaching fire. By removing potential fuel sources, firefighters gain a tactical advantage in managing wildfires, allowing them to better suppress and contain

the flames.

However, there are valid concerns and criticisms regarding the practice of intentional burning. One key concern is the potential for controlled burns to escape control and become uncontrolled wildfires themselves. Despite meticulous planning and execution, there is always a risk of fire spreading beyond the intended boundaries, especially under unpredictable weather conditions. Furthermore, some argue that prescribed burning may have unintended consequences for biodiversity. While certain fire-adapted species benefit from controlled burns, other sensitive or non-adapted species may suffer negative impacts. This is particularly concerning in areas with high levels of biodiversity, where the loss of rare or endangered species can have far-reaching ecological consequences.

Another consideration is air quality. Controlled burns release smoke and particulate matter into the atmosphere, which can pose health risks to nearby communities, especially individuals with respiratory conditions. Although measures are taken to minimize these impacts, the scale and frequency of prescribed burns must be carefully managed to avoid significant air pollution and subsequent health issues.

Additionally, there are concerns about the long-term effects of controlled burning on carbon emis-

sions and climate change. While controlled burns release carbon dioxide into the atmosphere, some argue that the emissions are offset by the reduction in larger, uncontrolled wildfires. However, the overall carbon balance and net effect on climate change remain complex and subject to ongoing scientific study.

Given the complexity of the issue, it is crucial to consider local conditions, scientific research, and to involve stakeholders in the decision-making process to strike a balance between preventing wildfires and minimizing potential drawbacks. If wildfires are an issue in your region, your state probably has its own "prescribed fire council"—a group of local experts on forestry and fire—that may be able to help educate otherwise skeptical neighbors, planners and city/town councils on the merits of controlled burns.

CONTACTS: Coalition of Prescribed Fire Councils, prescribedfire.net; Nearly 1 million Washington homes are at risk from wildfires; here's why we're not winning the fire fight, emagazine.com/stories/2020/oct/19/investigate-west-nearly-1-million-homes-at-risk-fr/.

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.

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2023

Fall Ball Season

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7 game season to be played on weekends
• NO GAMES played on Labor Day Weekend (Sept. 2nd/3rd)
• Weekday games may be scheduled based on interest or in the event of rainouts
• Single-elimination tournament played September 30th & October 1st

Where: Noblesville Babe Ruth Facility - Logan and Emmerson Fields Forest Park, Noblesville

Who: Everyone - 7th-8th Grade and 9th-12th Grade (based on 2023-2024 School Year Enrollment)
• 7th - 8th Grade League
• 9th - 12th Grade League
* **Note:** Post HS players are not eligible for Fall Ball
• 2 Divisions in each league: Travel and Rec
* **Note:** Travel Division will be limited to 4-6 teams in each league on a first-come, first served basis

Cost: \$80 per individual registration/ \$900 per full-roster team registration
* **Note:** Credit card and processing fees apply and will be added at checkout

How Do I Register? www.noblesvillebaberuthbaseball.com

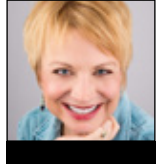
Registration Deadline: August 6th

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CARRIE CLASSON
The Postscript

I spent the week visiting my parents at their retirement home “up north,” and so I got to see them and my mother’s outside pet, Stubby, the red squirrel.

I hadn’t seen Stubby since last winter, when he had made an elaborate network of tunnels in the deep snow outside my parents’ window facing the lake. My mother fed him on the ground beneath the bird feeder, and Stubby would pop out of one of his several tunnel entrances to eat, then pop into his tunnel and emerge on the other side. He occasionally had some red squirrel visitors. I named one Evald, after a greatuncle, and my mother named the second one Sigfrid, after another one of her uncles. But the squirrel visitors were just that—they stayed for a short time, enjoyed Stubby’s handouts and left, leaving Stubby alone with my parents.

Stubby seemed happy to see us.

We all sat outside on the deck after dinner, and Stubby came out and chattered at us. He popped under the deck and re-emerged on the other side. He ran along the deck railing and then stopped

and stood up, his front paws together, his fingers knitted, as if he was about to make a speech or say the blessing.

“I think he likes the company,” my mother said. I think my mother enjoys Stubby’s company, and this is quite a change.

My mother has been battling with red squirrels since they moved “up north” more than 30 years ago. The red squirrels do everything in their power to get in to the bird food, although my father’s technique of wiring a length of stovepipe onto the pole that holds the bird feeder thwarts their efforts to make it to the mother lode. Instead, they have to sit below the feeder and wait for the chickadees to drop seeds—which is slow going.

They also dig up my mother’s garden and her flowerpots. They hide seeds in the pots and make a terrible mess, leaving potting soil all over the deck. My mother spent a portion of many days over the last 30 years chasing red squirrels off the deck.

But all that changed with Stubby.

Stubby has been my mom’s friend and charity case for a full year now, ever since he lost the end of his tail and gained a name and my mother’s sympathies. Now he is her year-round outdoor pet, and he sits just outside the window watching her

activities inside.

My mom buys a special bag of bird food, just for Stubby, and puts some outside below the feeder or along the top of the deck railing, for him. If the food gets low, Stubby climbs up a Norway pine and chatters loudly to alert my mother to the shortage. By now, Stubby has her very well trained.

My mom knocks on the window to let him know she sees him. Stubby stands up and looks at her, fingers knitted. They have a good relationship.

I don’t think my mother ever expected to have a red squirrel as a pet. I know she resisted for a long time. But Stubby has changed her mind about at least one red squirrel, and I think that is kind of remarkable. Getting to know Stubby has changed what my mother thinks about red squirrels.

“He’s pretty smart,” my mother says.

“He knows a lot more than we think,” my dad agrees.

Stubby stands on his hind feet, his fingers knitted together, and watches them through the window. I like to think Stubby has reconsidered his opinion of people as well.

Till next time,
Carrie

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

Rep. Spartz Provides Updates From Washington



VICTORIA SPARTZ
Guest Column

Judiciary Committee Questions Special Counsel Durham
This week, the House Judiciary Committee held a hearing on the Report of Special Counsel John Durham.

Rep. Spartz highlighted that despite numerous material failures by the FBI, not one person was held accountable and many questions still remain unanswered.

Spartz Requests FBI Provide Recordings

Rep. Spartz also sent a letter to FBI Director Wray requesting to provide un-redacted audio recordings and transcripts of Counsel Durham’s interviews with “Confidential Human Source 1,” who provided conflicting allegations and misstatement of an important fact to the FBI, but was never charged with a crime.

Spartz Visits Sweden as Part of Transatlantic Dialogue

Last weekend, Rep. Spartz travelled to Stockholm with a bipartisan group of legislators as part of the 86th EU-US Inter-Parliamentary Meeting of the Transatlantic Legis-

lators’ Dialogue and also met with the government of Sweden. Following her return, she urged U.S. allies to support Sweden’s accession to NATO.

In the News
On Friday, Rep. Spartz joined Fox and Friends First to discuss allegations made by IRS whistleblowers and Special Counsel Durham’s Report.

- 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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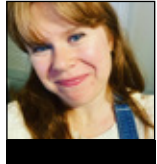
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Getting The Most Out Of A Weekend Reset Routine



LINDSAY ROSA
The Curious Closet

Now that the warmer weather is here to stay awhile, what better way to enjoy it than to enjoy the summertime traditions

tion. Reheating the meals in the oven will help you also save valuable pennies as the prices of groceries continue to remain higher than we would like. While food is cooking in the oven, it's a great time to do a quick vacuum, wipe down of countertops, and quick tidy of your living space.

that also help you prep for the week ahead? I've noticed that summertime can be a slower time of year free of holiday prep or hectic back to school shopping. It's a time when you can really enjoy the moment and put into practice some helpful reset practices you can use all year long to help with the stress that comes along with a busy work week.

Next stop, Sunday self-care. With your meals all prepped in the fridge, Sunday is a great day of rest and an excellent day to treat everyone in your family to some well-deserved pampering, reading, park time, and relaxation. New toothbrushes, fresh bars of soap from the farmers' market, and some SPF skin care are simple ways to make sure everyone in your family is all set to enjoy summer and stay away from sunburns. I like to add essential oil drops to the shower for added therapeutic benefits. While everyone is freshening up, it's a great time to finish up drying laundry and starting the dishes in the dishwasher from your meal prep. Turning on some soothing music can also help you unwind too.

First stop, a visit to your local farmers' market. Not only will having fresh local produce in your dishes be extra savory this summer, you can try batch cooking on the weekends for those lunches and busy work days ahead. You can take your time to really enjoy those summer nights outside with loved ones and enjoy an easier cleanup afterwards. To start, you could make a quick breakfast quiche, speedy vegetable pasta salad for lunch, peanut butter and strawberry sandwiches for little ones. Try finishing up with a simple bowl of salad with heirloom tomatoes and fresh cut fruit. These are great to prepare on Sunday before summer day camps and lunchtime Zoom calls. For on-the-go snacks during the week, oatmeal monster energy balls are a quick, portable, and healthy way to keep hunger away during errand trips around town and can be assembled in a matter of minutes.

Sunday night is a great way to relax and play relaxing board games or puzzles if it's raining or you can enjoy a family walk to the park in early evening where you all can enjoy the outdoors in cooler weather and recharge mentally while catching a few fireflies. Have a great start to the week!

Having appropriate storage is key to keep in mind too for planning meals for the week ahead. I suggest clear glass storage containers that can be sealed for transport and are easily washed after use. Re-using plastic containers can also be great for fresh fruit cups and couscous salad for lunches while remaining sustainable. Keeping the recipes to be both seasonally-appropriate and simple to prepare will allow you to get all of your family involved in the week's meal prepara-

Noblesville Farmers Market

<https://www.noblesvillemainstreet.org/farmers-market>

Carmel Farmers Market <https://www.carmel-farmersmarket.com/>

Fishers Farmers Market <https://www.play-fishers.com/188/Fishers-Farmers-Market>

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

BETSY

From Page A1

ing up to the present.

Every time I go home to see my parents, I get sentimental. I think of all of the great times I had as a child at home, playing in the yard, roasting wieners over the outdoor fireplace that my dad made, riding bicycles together on the country roads, putting out garden, picking strawberries, play board games, canning green beans in the kitchen with my mom and learning about woodshop in the garage with my dad.

While it's been 37 years since I lived at home, it seems like yesterday.

I don't think that I appreciated all of that back then, like I do now.

When you're a kid, you spend a lot of time with your parents. But then as you become a teenager and are in high school, get your driver's license, and then go to college and make your own life, you

spend less and less time. Then as you get older, you realize how important it is to spend time with your parents. To learn from them, to bond with them, and to hear their stories and pass those stories on to the next generation.

I feel that even more so now, because my own daughter is going into her senior year of high school this fall. It feels like the years have flown.

We try to make our daughter understand the importance of spending time with and learning from her grandparents on both sides of the family.

To savor that time with them, because they won't be around forever.

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

Gleaners Food Bank of Indiana Receives \$450,000 Grant from Anthem Blue Cross and Blue Shield Foundation

Gleaners Food Bank of Indiana announced today that it has received a \$450,000 grant from the Anthem Blue Cross and Blue Shield Foundation, a philanthropic arm of the Elevance Health Foundation, to continue its 'Food as Medicine' program. Gleaners will once again partner with Eskenazi Health in this initiative.

The 'Food as Medicine' program, a Feeding America® initiative funded by the Anthem Blue Cross and Blue Shield Foundation, will help connect people facing hunger to food distribution programs that provide access to healthy food options. In Indianapolis, the program will provide Eskenazi Health patients who screen positive for food insecurity \$30 vouchers that can be used at the Fresh for You Market on the hospital's main campus, or at the new Fresh for You Market on Wheels, a mobile market launching later this year that will travel to different Eskenazi Health clinic neighborhoods that lack healthy food resources. "Equitable access to healthy nutritious foods is a priority for Gleaners and our partners," said Fred Glass, President and CEO. "This grant will allow us to join with Eskenazi Health to make these foods available and affordable to people throughout the city."

The three-year grant will also be used to provide a refrigerated sprinter van to restock the mobile market, as well as program evaluation through data collection and surveys of program participants.

"We are strongly committed to food as medicine initiatives because the evidence is clear: a healthy diet can prevent a range of health problems," said Beth Keyser, president of Anthem Blue Cross and Blue Shield in Indiana.

"We are pleased to continue this partnership with Gleaners to improve the health of Hoosiers as we address the social barriers that prevent a person from being truly healthy." Food security and health are inextricably linked. The lack of access to nutritious foods can have serious, long-term effects on health and well-being, and it can make managing existing chronic conditions more difficult for people facing hunger. The 'Food as Medicine' program will provide Gleaners Food Bank of Indiana and Eskenazi Health with data collection capabilities that will help identify learnings and best practices to enable positive health outcomes in participants. Gleaners, a member of the Feeding America network, is one of 21 food banks to receive this funding from the Anthem Blue Cross and Blue Shield Foundation.

Sue Finkam Releases Carmel Pride Comments

Sue Finkam, Republican nominee for Carmel Mayor, is a sponsor and scheduled speaker at Carmel Pride. In her comments, she urges attendees to take personal action in creating a welcoming and inclusive community for all.

She also addresses the division that has occurred in our community from a horrible quote distributed by a local organization, and she asks that we work together to seek unity. Sue Finkam Carmel Pride Comments - July 25, 2023

Thank you for allowing me to be a part of this event. I am honored to be a sponsor. Thank you to the organizers for the love and attention they put into planning to make sure this event is a success.

Over the past few days, our community has been rocked by an inappropriate quote used by a local group. The message was unacceptable and directly hurt members of our community. It does not reflect my views and values nor those of our overall community. It was unfortunately further amplified on social media, and it damaged our city's reputation on the national and global stage.

I care deeply about this city we call home. Throughout my career and in this campaign, I have focused on issues and policies that unify our community, rather than divide it. Eight years ago, in 2015, I voted to support our city's first anti-discrimination bill that bans discrimination based on sexual orientation and

gender identity, while also protecting religious freedom. I am proud of that vote and the seeds of inclusion that were planted. I am also proud that I will be receiving the endorsement from the national Log Cabin Republicans, who are working hard to make the Republican Party more inclusive.

Creating greater unity is why I am here today. I want to invest my time and talent in things that allow us to be better.

Each of us plays a part in this. Are we: —trying to include, or exclude?

—seeking to understand, or condemn?

—attempting to educate, or hurt?

—working to unify, or divide?

What we have an opportunity to do - together - is define Carmel as a community that is welcoming and inclusive for every single resident, worker and visitor.

In 2023, our country is divided in so many ways and across so many issues. But we can rise above that by making a personal commitment to make choices and take actions that unify our community, rather than divide it. I commit to you that my leadership will reflect those values. And, if I am fortunate enough to be elected as your next Mayor this November, inclusivity will be a defining characteristic of my administration.

Together, let's show Indiana and the nation that our city is welcoming and safe for all.

PARADE

From Page A1

rade through downtown Noblesville kicks off the city's July 4th festivities at 4 p.m. Participants are encouraged to incorporate the city's bicentennial theme into their parade entry. Registration to participate in the parade is \$25 (501(c)3 nonprofits are not charged) and entries must be submitted by Wednesday, June 28. Forms are available at www.NoblesvilleFireworksFestival.com.

The parade kicks off the city's Independence Day celebration. The free Fireworks Festival will take place at Forest Park from 6 p.m. to 10 p.m. with The Flying Toasters performing on the main stage. The day will culminate with the annual fireworks show at 10 p.m.

LACE

From Page A1

and families in our community. Join us for the Sheridan event of the year that so many look forward to. Please register at our site <https://syapdenim.wedoauctions.com> With early registration available to some of our sponsors, we have sold almost half our limit so don't delay in reserving a seat!

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TUESDAY

Health and WELLNESS

Tuesday, June 27, 2023

A7

You Need To Know The Early Warning Signs Of COPD

(StatePoint) Chronic obstructive pulmonary disease (COPD) is a long-term lung disease that makes it hard to breathe. A leading cause of disability and death in the United States, more than 12.5 million people have been diagnosed, and millions more may have the disease without even knowing it. While there is no cure, knowing COPD's early warning signs can lead to earlier treatment and may prevent its progression.

The American Lung Association, funded with support from the Centers for Disease Control and Prevention, is sharing the following insights to help Americans recognize the warning signs of COPD and take action:

Early Warning Signs of COPD

Not everyone has the same COPD symptoms, but some of the more common early warning signs and symptoms may include shortness of breath, a cough that may bring up mucus or phlegm, chest tightness, fatigue and reoccurring lung infections. People may think these symptoms are because of aging, smoking or being out of shape and become less active to avoid experiencing them. These signs and symptoms shouldn't be ignored. Speak with your healthcare provider if you experience any of these symptoms and discuss any activities you are avoiding due to breathing difficulties.

Risk Factors and Diag-

nosis

Anyone can develop COPD, but people aged 40 or older and those who smoke or used to smoke are at higher risk. Cigarette smoking is the leading cause of COPD, however 1 in 4 people with COPD never smoked cigarettes. Secondhand smoke, air pollution, workplace exposures to dust, fumes and chemicals, and a genetic condition called alpha-1 antitrypsin deficiency (AATD) are also causes and risk factors for COPD.

People are often diagnosed at later stages of COPD when the disease has progressed because they delayed sharing their early symptoms with their healthcare provider. Everyone with risk factors and those experiencing early warning signs should talk to their healthcare provider about any breathing issues. It's especially important for women to do so. Because COPD has been historically thought of as a "man's disease" or an "old person's disease," women are sometimes misdiagnosed or receive a delayed diagnosis. But overall, more women are affected by COPD than men and the death rate is higher in women. In addition, women tend to develop the disease at a younger age.

To diagnose COPD, the healthcare provider will evaluate symptoms, gather a complete health history, conduct a health exam and perform a pulmo-

nary function test called spirometry. The results of the spirometry test can determine if you have COPD.

Lifestyle Changes

In addition to treatment, certain lifestyle changes may make a difference, as patients living with COPD know firsthand. After being diagnosed with stage 2 COPD in the wake of a COVID-19 infection, Bob F. partnered with his doctor and started monitoring his breathing at home and leaned into exercise. His hard work has paid off, with his last pulmonary function test showing that the disease has not progressed, and he is in better overall shape than before.

"Most of the advice you should follow is no different than what doctors tell us all. Eat right, exercise, sleep, drink plenty of water, manage your weight and don't smoke. If you do these things, you may slow the progression of your COPD," says Bob.

But you shouldn't wait until a COPD diagnosis to make these changes. Lifestyle changes like quitting smoking, avoiding secondhand smoke and reducing your exposure to air pollution may reduce your risk for developing COPD. If you are experiencing shortness of breath or other respiratory symptoms, do not delay talking to your healthcare provider about your symptoms or COPD risk factors. For more information about COPD, visit Lung.org/COPD.

Pain In Your Foot Or Ankle? It Could Be Arthritis

(StatePoint) Arthritis in the feet and ankles can produce swelling and pain, deformity, loss of joint function and loss of mobility. Whereas previous generations had to accept this as a normal part of aging, an explosion of new therapies and surgical treatments is offering patients today both hope and relief. For best results however, foot and ankle surgeons urge early intervention.

"When it comes to arthritis, it's important not to tough out symptoms or bear the pain," says Danielle Butto, DPM, FACFAS, a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons (ACFAS). "Earlier treatment is not just about alleviating symptoms sooner. In many cases, we can even slow the progression of the symptoms, and use less invasive procedures to treat the condition than we would otherwise."

Understanding the early warning signs of arthritis, the progression of different forms of the disease and the new treatments available are important for getting the proper treatment and managing your symptoms.

Osteoarthritis

Osteoarthritis is a degenerative condition characterized by the breakdown and eventual loss of cartilage in the joints.

One common area where osteoarthritis occurs is the big toe. The big toe makes it possible for you to walk and run upright, absorbing

forces equal to nearly twice your body weight when walking. With all it endures, it's no surprise that overuse can erode cartilage, causing serious pain and even physical deformities. Nevertheless, many people confuse big toe arthritis, also known as hallux rigidus, with bunions.

Early signs of hallux rigidus include pain and stiffness during use, or during cold, damp weather, difficulty with activities like running and squatting, and swelling and inflammation around the joint. Additional symptoms may develop over time, including pain during rest, bone spurs, limping, and dull pain in the hip, knee or lower back due to changes in gait.

If you notice any of these symptoms, see a foot and ankle surgeon. Conservative treatments like shoe modifications, orthotic devices and physical therapy, may prevent or postpone the need for surgery. If you have mid-to-end-stage arthritis in your foot or ankle, you may require next steps, such as ground-breaking cartilage regeneration treatment, implant surgery or the surgical removal of damaged cartilage and spurs, all of which have quick recovery periods.

"People with this disorder tend to suffer much longer than they need to," says Dr. Butto. "They're often pleasantly surprised when they find out their problem can be fixed."

Rheumatoid Arthritis
Rheumatoid arthritis

(RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. Foot problems caused by RA commonly occur in the ball of the foot near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms are pain, swelling, joint stiffness and difficulty walking, as well as a range of deformities, including rheumatoid nodules, dislocated toe joints, hammertoes, bunions, heel pain, Achilles tendon pain and flatfoot ankle pain.

As part of a team that includes a primary doctor or rheumatologist, your foot and ankle surgeon will develop a treatment plan aimed at relieving associated pain, which may include orthotic devices, accommodative shoes, aspiration of fluid build-up and steroid injections. When RA produces foot pain and deformities not relieved through other treatments, surgery may be required.

"Listening to your body and seeing a foot and ankle surgeon are so important. With today's scientific advances, treatment can reduce pain and restore you to your previous mobility, strength and functionality," says Dr. Butto.

For more information on foot and ankle arthritis or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

Sunscreen Is A Great Start To Skin Protection But Don't Stop There

(StatePoint) The warm weather months serve as an important reminder that the choices you make can help you keep your skin healthy and reduce your risk of developing skin cancer. Experts say that your routine can and should go beyond simply wearing sunscreen.

"Taking care of your skin is absolutely essential no matter your age, skin color, or what time of year it is," says New York City dermatologist, Dr. Rachel Nazarian.

"Shielding your skin from damage from the sun and other sources of free radical production will not only help you look and feel your best in the years ahead, it will ultimately help prevent skin cancer."

As you hit up the pool, the beach, the backyard and more this season, here are four skin protection tips to keep in mind:

1. Do the basics. Use a broad-spectrum sunscreen daily. It's one of the most basic steps you can take to protect your skin. Be diligent about application and reapply as needed throughout the day, fol-

lowing the directions of the product you're using.

2. Go above and beyond. UV rays from sun exposure are a major cause of skin cancer because they produce free radicals. The good news? You can neutralize their negative effects with a daily supplement that has antioxidant properties, such as Heliocare Daily Use Antioxidant Formula. Each dose of Heliocare -- a dermatologist-recommended, natural daily supplement -- has 240mg of Fernblock PLE technology, an exclusive extract with antioxidant properties from the Polypodium Leucotomos plant. Studies have shown that Polypodium Leucotomos helps to counteract free radicals and decrease their damaging effects.

"Taking a supplement such as Heliocare is a great idea, because unlike sunscreen, it doesn't wash away," says Dr. Nazarian. "Incorporating it into your morning routine along with your SPF can help you start the day with peace of mind."

3. Reduce exposure.

You can greatly reduce your sun exposure by choosing to be in the shade while you're outdoors, and by wearing a hat and protective clothing. These days, there are special UPF fabrics to consider that offer UV protection. Simply wearing long, loose-fitting clothing that covers your arms and legs can also make a big difference in keeping you cool and protected.

4. Don't wait. Finally, don't wait for a special occasion such as a beach or pool day to take precautions. Exposure to the sun and other damaging elements happens all the time, even when you're indoors. So be sure to protect your skin from the inside out every day, this season, and beyond.

To learn more and to access additional skin care information, visit heliocare.com.

As you enjoy a season of sun, take care of your long-term health and wellness. Adopt a skin protection regimen and be sure to keep it up all year long.

Wear Contacts? Here Are 5 Tips To Elevate Your Routine

(StatePoint) If you're one of the 45 million Americans who wear contact lenses, you know what a great choice they can be, whether you play sports, want to avoid the nuisance of foggy glasses or simply find yourself feeling more confident in them. However, it may be time to give your contact lens care routine a makeover, particularly if your lenses feel dry or uncomfortable.

Unfortunately, one in five contact lens wearers find lenses to be less comfortable by the end of the day. Consider the following tips for all-day comfort:

1. Practice healthy tech habits: Long hours on screens can be a contributing factor to eye discomfort, mainly because of less blinking; however, making a few adjustments can help. The experts at Bausch + Lomb recommend following the 20-20-20 rule. For every 20 minutes of screen time, take a 20 second break to look at something 20 feet away. If you work with computers all day, you should also remember to blink regularly. It can be surprisingly easy to forget to blink when you're focused on the next deadline! Finally, adjust the brightness and text size on your devices to reduce eye strain and optimize comfort.

2. Insert and remove contacts with care: The order of steps you follow as you insert and remove your contacts matters. In the morning or as you're getting ready to go out, insert contact lenses with clean hands before applying makeup. Before bed,

wash your hands, remove your contacts and clean your lenses before going to sleep. One-third of contact lens wearers have fallen asleep in their lenses, but doing so increases the risk of infection.

3. Follow lens care directions: According to the Centers for Disease Control and Prevention, 40-90% of contact lens wearers do not properly follow their contact lenses' care instructions. It is recommended to follow the complete recommended lens rubbing and rinsing times in the product labeling to adequately disinfect your lenses and reduce the risk of contact lens contamination. Reduced rubbing or rinsing time may not adequately clean your lenses. And never "top off" or reuse solution. Fill the lens case with fresh solution every time you store your lenses -- don't cut corners!

4. Clean and moisturize: One in three contact lens wearers experiences dry lenses, and one in five find lenses to be less comfortable by the end of the day. Show your eyes some love by using a contact lens solution recommended by board-certified optometrists, one that is uniquely-formulated for dry, uncomfortable contact lenses. Biotrue Hydration Plus Multi-Purpose Solution not only offers exceptional cleaning and disinfection and dissolves protein build-up, it's also formulated with your eyes' biology in mind to promote all-day comfort. It contains naturally-inspired ingredients found in tears such as hyaluronan, a moisturizer, and

potassium, an electrolyte. It keeps more moisture on your contacts (for 12 hours compared to original Biotrue Multi-Purpose Solution, based on a laboratory study) as well as provides up to 20 hours of moisture (based on a laboratory study). For more information and complete use instructions, visit <https://www.biotrue.com>.

5. Recycle: While not directly related to the comfort of your eyes, you can sport your contacts with more ease knowing you're doing so with the environment in mind. You're likely already recycling contact solution bottles and eye care product cartons through curbside recycling. Now, thanks to a collaboration between Bausch + Lomb and TerraCycle, there's a way to properly recycle the smaller plastic components within these products. Pop off the caps of your solution and eye drop bottles and place them in any shipping box, along with old lens cases, empty eye drop bottles and single dose eye drop vials. When the box is full, print the prepaid label and mail it to TerraCycle. These components are combined with other recycled materials and turned into new products. To learn more, visit terracycle.com/biotrue.

Stop chalking up dry, uncomfortable lenses to being a regular part of wearing contacts. With a few tweaks to your routine, you can experience comfort throughout the day. Biotrue is a trademark of Bausch + Lomb Incorporated or its affiliates. ABT.0011.USA.23

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TUESDAY

In The Kitchen

Tuesday, June 27, 2023

A8

Cooking Clean

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



Chef Dean Sheremet

FAMILY FEATURES

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

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

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

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

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

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

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

DO'S AND DON'TS OF COOKING WITH GAS

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

Do:

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

Don't:

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



Spaghetti and Clams

Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

Salt

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

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

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

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

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

Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

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

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

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

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

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

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

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



Skirt Steak with Salsa Verde