

➔ TODAY'S VERSE

Jeremiah 32:27 "Behold, I am the LORD, the God of all flesh; is anything too difficult for Me?" (NASB)



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Les Reinhardt smile? "The creative arts," said the 43-year-old Fishers resident. She is executive director of Fishers Arts Council and operations manager for Nickel Plate Arts in Noblesville. She joined the Fishers Arts Council board in 2018 as treasurer; it's been an all-volunteer group since 2005. At Nickel Plate Arts, where she works 20 hours per week, she facilitates all gallery spaces in Noblesville, and also in Fishers, at Meyer Najem (Construction) Gallery, Four Day Ray Brewing and a nonprofit wing of Hub & Spoke community center. She was born and raised in Indianapolis and graduated from Lawrence Central High School. "I wanted to be an accountant, but then I landed on stage in production management." After graduating from Ball State University with a degree in theater technology and design major, she lived in California for 15 years and worked in the arts there, in music, dance and theater. She is a member of Actors Equity Association and is a Union Stage Manager. She has been married for 21 years and has an 11-year-old son. "We moved to Hamilton County (when her son was 5) because of the schools." She has been a virtual worker since 2017. She manages Fishers Arts Council's social media, website, events and does grant writing. For Nickel Plate Arts, she manages gallery space and keeps the calendar going. Next up: Four artists in July at various Nickel Plate Arts locations, including Claudia Labin at the Stephenson House, John Dierdorf at Meyer Najem and Chris and Aime Knuckles at Four Day Ray. Unrelated in Fishers, also check out the Fishers Parks Department's Free Tuesday night concerts, the next one at 8 p.m. today, featuring Street Pennies, at the Nickel Plate District Amphitheater.

And Another Few Things...

1.Lt. Gov. Crouch statement regarding fallen sheriff's deputy John Durm

The following is a statement from Lt. Gov. Suzanne Crouch on the death of Marion County Sheriff's Deputy John Durm, who was tragically killed in the line of duty Monday, July 10. "The law enforcement family and all of Indiana have suffered yet another tragedy today. Deputy John Durm is the third Hoosier public servant to be killed in the line of duty in the last three weeks. Words cannot express the sorrow I feel for Deputy Durm's wife and family. I will keep the Eskanzi Hospital staff, the Marion County Sheriff's Department, the Indianapolis Metropolitan Police Department, the other first responders and Deputy Durm's friends and family in my prayers. This is a sad day for Indiana." Lt. Gov. Crouch received word of Deputy Durm's death on her way back to Indianapolis after attending the funeral this morning for Tell City Police Department Sgt. Heather Glenn, who was tragically killed in the line of duty one week ago today, Monday morning, July 3.

The TIMES

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Feeding Team Pantry 53 Deployment!



Photo courtesy of Mark Hall

Feedingteam.org is growing. The local non-profit recently launched pantry 53 at the Westfield City Hall, 130 Penn St. According to Lisa Hall, Co-Founder of Feedingteam.org, "We are grateful (that) the Westfield City Council granted permission to locate a pantry on premises." The group said its plan is to deploy another eight pantries in Westfield over the coming months before focusing more on Sheridan and Adams Township. Feedingteam.org is a local anytime nonperishables outdoor no-questions-asked food pantry. www.feedingteam.org facts - 54 pantries, 10,500 meals in May 2023, more than 100 volunteers. Mark and 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. The mission is to make meals available for area GAP families, those who need a few meals to bridge a gap until payday.



The Times photo courtesy of Addie McMillan

Over the weekend, Noblesville's Forest Park south playground was busy with families enjoying the new playground equipment added this spring.

Forest Park Is A Great Playground For Fun



BETSY REASON
From The Editor's Desk...

While I went to Noblesville's Forest Park on Sunday for a Celebration of Life, I quickly noticed how popular the park was on this beautiful afternoon.

It's the busiest I've seen the park other than on Father's Day, when thousands come from all over to Central Indiana Vintage Vehicles' annual Father's Day Car Show.

The annual Enchanted Forest Swim Meet was taking place at Forest Park Aquatic Center.

There were people gathering at every picnic shelter. Kids were riding the carousel. Families were playing miniature golf. The basketball court and the tennis courts were busy.

While many times I've visited Forest Park, it's been quiet, but on Sunday, the park was bustling with activities.

The event that I attended was in the Anderson Shelter, a newer gazebo with picnic tables and electricity.

Nearby, the playground was

➔ See BETSY Page A6

Noblesville's Stuckwisch Recognized



KEVIN STUCKWISCH

Noblesville Schools has announced that Noblesville High School (NHS) assistant principal Kevin Stuckwisch has been named the Assistant Principal of the Year for north central Indiana (region 5) by the Indiana Association of School Principals (IASP). This also puts him in the running for the Indiana Assistant Principal of the Year.

He was selected for the honor by his peers, who based their decision on accomplishments, qualifications, and leadership.

Stuckwisch has been an assistant principal at NHS since 2012. Prior to that he served as a physics teacher and track coach at NHS, and a teacher and coach at high schools in Illinois.

In addition to overseeing safety and facility management for the high school, Stuckwisch has also been responsible for STEM (science, technology, engineering, math) curriculum, career and technical education, and workforce development programming. Under his leadership, NHS has consistently been recognized at the national

➔ See KEVIN Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 6:26 a.m.
SET: 9:19 p.m.

High/Low
Temperatures
High: 90 °F
Low: 62 °F

Today is...

- Free Slurpee Day
- National Mojito Day
- Cow Appreciation Day

What Happened On This Day

- 1960 To Kill a Mockingbird is first published as Atticus
- 1914 Major League Baseball debut of Babe Ruth.
- 1804 A duel between two leading American politicians claims the life of one.

Births On This Day

- 1767 John Quincy Adams American politician, 6th President of the United States
- 1274 Robert the Bruce Scottish king

Deaths On This Day

- 2010 Bob Sheppard American sportscaster
- 1989 Laurence Olivier English actor, director, producer

Indiana Donor Network Foundation Awards \$2,000 Educational Scholarship

Noblesville High School graduate attends Indiana Wesleyan University.

Erica Freeman-Swaim's brother, Jarred, was 23 when he suffered a heart attack on Christmas Eve in 2022. He was kept alive by mechanical support until doctors told the family he wouldn't survive.

Freeman-Swaim with her family made the selfless decision to donate her brother's heart valves, veins, bone and skin to help save and heal others.

"Our parents always told us the best way to serve others is to give - give to others before and after life," she said. "Jarred did that."

Indiana Donor Network Foundation has awarded Freeman-Swaim a \$2,000 scholarship. Each year, the foundation awards educational scholarships to deserving family members of Hoosier organ and tissue

➔ See DONOR Page A6

➔ INSIDE TODAY

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➔ HONEST HOOSIER

The Hamilton County-owned Indianapolis Executive Airport in Zionsville? It just sounds funny.



➔ TODAY'S HEALTH TIP

You can't spread poison ivy, oak or sumac to another person once you have washed with warm soap and water. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and on-line at www.thetimes24-7.com.



➔ TODAY'S QUOTE

"Thankfully, perseverance is a great substitute for talent."
-Steve Martin

➔ TODAY'S JOKE

What's worse than raining cats and dogs?
Hailing taxis!

➔ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

62/90 MONTHLY RAINFALL TUE	68/88 HUMID, BETH'S STORMS WED	68/86 HUMID, STORMS THU	68/90 HUMID, WET FRI	70/86 HUMID, STRAY STORMS SAT	68/85 LATE RAY STORMS SUN	63/82 CLEARING MON
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Heights Names Athletic Hall Of Fame Class of 2023

Hamilton Heights Athletic Hall of Fame Selection Committee is pleased to announce its Class of 2023 which includes five incredible student athletes. This year's inductees include Cheyanne (Jackson) Brewer ('10), Don Morgan ('71), Jason Reecer ('89), Dan Shields ('64), and Blaine Zimmerman ('04). "On behalf of the committee we are very pleased to welcome these five athletes to the Hamilton Heights Athletic Hall of Fame," said Mitch Street, Hamilton Heights High School Hall of Fame Committee Chairman and Dean of Students. "Although it wasn't really our mission or goal, the inductees included athletes from five different decades and a wide array of sports. We look forward to recognizing these athletes in September."

2023 Inductees
Dan Shields (Jackson Central High School Class of 1964). Dan was a multi-sport athlete playing football, basketball, and baseball. He was all-conference and all-county in all three sports. He was also a member of the all-sectional basketball



Photo courtesy of HHS

Cheyenne (Jackson) Brewer (Class of 2010, Hamilton Heights High School).

team during his senior year. Dan went on to play baseball at Ball State University where he was a pitcher. Dan coached multiple sports at Taylor High School.

Don Morgan (Hamilton Heights High School, Class of 1971). Don was a multi-sport athlete, playing football, basketball, and baseball. He was a stand-out athlete in both sports. In football he was a season county scoring leader from the QB position. In basketball he was a 1,000-point scorer (1,132). Don was also an outstanding baseball player earning himself an opportunity to play baseball at South Alabama. He earned multiple



Photo courtesy of HHS

Blaine Zimmerman (Class of 2004), Hamilton Heights High School).

all-county, all-conference, and all-sectional team honors in his sports.

Jason Reecer (Hamilton Heights High School, Class of 1989). Jason was best known for his wrestling prowess while at Hamilton Heights. He had an outstanding wrestling career highlighted by a 33-1 record his senior year. He became the first Hamilton Heights wrestler to reach the IHSAA State Finals in 1989. Jason also spent many years as an assistant wrestling coach, where he helped coach other state qualifying wrestlers to reach the height of his accomplishments.

Blaine Zimmerman



Photo courtesy of HHS

Don Morgan (Class of 1971, Hamilton Heights High School).

(Hamilton Heights High School, Class of 2004). Blaine was a two-sport athlete at Hamilton Heights, where he competed in cross country and track and field. Blaine excelled in both. Blaine earned all-state honors at the IHSAA State Meet, where he placed 16th overall. Blaine also placed 4th in the state in the 3200 meters during the IHSAA State Track and Field Meet, by placing 4th in the 3200 Meters. He also holds the school record in the 3200 meters. He went on to run at Indiana State University where he had a successful and high-achieving career.

Cheyenne Jackson Brewer (Hamilton Heights High School, Class of 2010).



Photo courtesy of HHS

Dan Shields (Class of 1964, Jackson Central High School).

Cheyenne was best known for her amazing career as a swimmer while at Hamilton Heights. She qualified for the IHSAA State Swim Meet her sophomore, junior, and senior year. Perhaps most impressive is that she qualified in multiple events each year. Upon her graduation she held multiple school records. Cheyanne went on to swim at Ball State University, where likewise she was a record holder upon her graduation and swam times that put her in the upper level of swimmers historically at Ball State.

The Athletic Hall of Fame is designed to recognize and honor Hamilton Heights High School athletes, coaches, teams, and athletic program contribu-

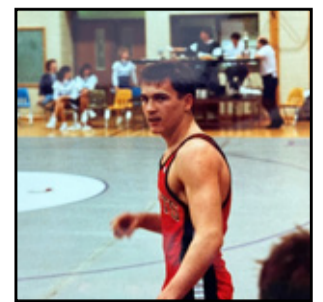


Photo courtesy of HHS

Jason Reecer (Class of 1989, Hamilton Heights High School).

tors for their achievements and/or contributions to the Hamilton Heights High School athletic program. The Athletic Hall of Fame program captures and shares the history and unique experiences of our former athletes, coaches, teams, and athletic contributors to create a legacy for all who have been and will be touched by the Hamilton Heights athletics program.

A special luncheon followed by the induction ceremony is set for 12 p.m. on Saturday, September 23 at Hamilton Heights High School, 25802, SR 19 Arcadia, Indiana. Inductees will be given a metal display and their names and pictures proudly displayed in the Athletic Hall of Fame located in the Athletic Center.

Heights' Kaiser Recognized With Dual Credit President's Award For Excellence In Instruction

Kim Kaiser, Hamilton Heights High School educator and High School Business Department Chair, was honored by Ivy Tech Community College with the Dual Credit President's Award for Excellence in Instruction. Kaiser was selected from over 100 Ivy Tech dual credit instructors in the Hamilton County Service area. The award recognizes dual credit teachers for their excellence in instruction and representing the mission of Ivy Tech.

A dual credit instructor from each of the 19 Ivy Tech campuses across the state was chosen to be recognized this year. Noblesville Ivy Tech campus nominated Kaiser who surprised and honored by the selection. Kaiser, a Hamilton Heights graduate, earned both her Bachelors in Business Administration and Business Education and Masters in Education at Ball State University. She began her teaching career at Heights in August 1999 and will begin her 25th year as an educator this year. During her tenure she has served in many roles to support extracurricular activities and taught DAR, Personal Finance, Web Design, Hospitality & Sports Marketing. Currently, she is the Business Department Chair, the school's Intern/Coop/Cadet Coordinator, BPA/DECA Advisor and manages the SBE Husky Fan Shop. Dual Credit courses include Business Law, Marketing, Strategic Marketing, Business Management who she teaches along with Austin Nicole.

The College honored each one of the 19 winners for their excellence in instruction and their positive impact on the dual credit



Photo courtesy of HHS

Hamilton Heights High School Business educator, Kim Kaiser, is a 2022-23 Dual Credit President's Award for Excellence in Instruction recipient from Ivy Tech College. Hamilton Heights High School Principal, Jarrod Mason, Abby Tremain, Director of K-14 Initiatives, Ivy Tech, Hamilton County Campus, and Rachel Kartz, Interim Chancellor, Ivy Tech, Hamilton County Campus, also attended the recognition ceremony that was held in June at the Garment Factory in Franklin, Indiana. Mason (left) is pictured with Kaiser, who is holding the coveted limestone "Ivy Tech Oscar."

students that they served during the 2022-2023 academic year at a special ceremony in June. A Selection Committee made up of Ivy Tech faculty, program chairs, and college administration, selected the honorees based on nominations from various stakeholders including dual credit students, secondary and post-secondary administrators, and Ivy Tech K-14 team members.

"Kim is an incredible asset in many ways including the work she is doing as a dual credit instructor at Hamilton Heights High School," said Jarrod Mason, Hamilton Heights High School Principal. "She is extremely knowledgeable with an engaging

and inspiring style that help students rise to the challenge of college-level work. She prepares students for greater success in their future college classes through discipline, focus, and skills to master their post-secondary coursework."

During the 2022-2023 academic year, Heights had 234 students enrolled in dual credit programming through Ivy Tech Community College in Noblesville. Heights, in partnership with Ivy Tech, awarded 1,183 post-secondary credits to students prior to graduation this year. Heights offers 12 dual credit courses with several teachers qualified to teach these courses.

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Photos courtesy of JEEP

2023 Jeep Compass Trailhawk Is A More Approachable Grand Cherokee

When an automaker says a vehicle is “more approachable”, that usually means it costs less as a concession to its poorer clientele. But, being more approachable can also apply to size, maneuvering, fuel economy, and handling. When I tested the Jeep Grand Cherokee Trailhawk a couple of weeks ago, I liked it very much, but it is a bit large for city living and tight trails...and it cost \$72,000. Fortunately, Jeep offers the more approachable Compass Trailhawk.

It does look like a smaller Grand Cherokee Trailhawk, sporting similar hood graphics, red tow hooks, dark grille, and 17” gloss black alloy wheels with Falken Wildpeak off-road tread. There’s 8.6” of ground clearance to cross rutted trails, shallow streams, or neighborhood speed bumps with no concern of damaging its under-bits. The current design

2023 Jeep Compass Trailhawk Five-passenger, 4x4 SUV

Powertrain: 2.0-liter T14, 8-spd trans
Output: 200hp/221 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 17”/17” alloy
Brakes f/r: disc/disc
Fuel economy city/hwy: 24/32-MPG
Assembly: Toluca, Mexico
Base/As-tested price: \$28,400/\$46,290

appears more upscale and expertly sculpted than the previous generation Compass. It’s serious without being a brute.

Interiors were upgraded with larger touchscreens and flatscreen instruments for 2023, lending even more of that Grand Cherokee vibe. You can intuitively control audio, climate, navigation, and phones via

LIKES

- Grand Cherokee style
- Fortified capability
- Efficient turbo engine

the screen or use redundant buttons and knobs for key audio and climate functions below (volume, tuning, temperature...). Or, use voice commands – whatever you want. Devices connect easily via wireless Apple CarPlay and Android Auto plus wireless phone charging in the console.

Look close to notice faux aluminum trim and actual stitching across the dash. Liberal use of piano black on the console adds to the upscale allure. Settle in, though, to appreciate the comfy heated and ventilated leather front seats, thumping Alpine audio system, dual-panel moonroof, and automatic climate control. Keeping everybody safe are adaptive

DISLIKES

- Trite piano black trim
- No air suspension
- High price (Trailhawk)

cruise control, automatic emergency braking, lane keep assist, and blind spot warning systems. Slip in and out of tight parking spaces with parallel/perpendicular assist too.

Tromp the throttle to sense the 2.0-liter turbocharged four-cylinder engine and hear its raspy snarl that sounds more Italian city coupe than American trail scout...which is appropriate since its built by Jeep parent Stellantis in Kokomo, Indiana, but derived from Fiat. It makes a healthy 200 horsepower and 221 lb.-ft. of torque, routed through an eight-speed automatic transmission. That’s plenty of power to abolish on-ramps, scale trails, or cruise the left lane. Fuel economy

is rated a relatively frugal 24/32-MPG city/highway.

The driving experience is also Italian-American. Steering is tight and there’s a finesse to the chassis uncommon in American SUVs. The Compass does without the Grand Cherokee’s air suspension that can be raised for off-roading, but boasts 8.6” of ground clearance nonetheless. The standard Selec-Terrain system configures the powertrain in Snow, Sand/Mud, Rocks, or Automatic modes. Four-wheel-drive with crawl ratio goes above the average crossover and underlines the Compass Trailhawk’s fortified Jeep pedigree.

I like the Grand Cherokee very much, but a vehicle that’s easier to park, more efficient to fuel, and yes, cheaper to buy does seem more approachable even if there are compromises in not having the air suspension,



CASEY WILLIAMS
Auto Reviews

third-row seat, or super quiet cruising. In that spirit, the Compass starts at an affordable \$28,400, but came to a less approachable \$46,290 all-in. Competitors include the Subaru Forester Wilderness, GMC Terrain AT4, Land Rover Discovery Sport, and Ford Bronco Sport.

Storm Forward!

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

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2023 Fall Ball Season

When: August 12th/13th - September 23rd/24th, 2023
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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Eric Holcomb, Indiana's Supermajority Governor



BRIAN HOWEY
Howey Political Report

More than a dozen years ago during the 2010 election cycle, Eric Holcomb was a key cog on Gov. Mitch Daniels'

Aiming Higher PAC built to create a durable House Republican majority after ending up in the minority two years earlier.

The money raised crested \$1 million. The names of what would be the "Class of '10" are familiar to this day: Wendy McNamara, Sharon Negele, Timothy Wesco, Sue Ellspermann, Al Morrison, Mike Karickhoff, Bob Heaton and Jim Baird.

The Class of '10 was a precursor to a historic achievement. The newly forged majority that year redrew the legislative and congressional maps in 2011, a task performed so well that it was followed by six consecutive GOP General Assembly supermajorities, the last four guided by Gov. Holcomb and Indiana Republican Chairman Hupfer. This has been an unprecedented concentration of power.

And it has pushed Gov. Holcomb into what those outside looking in see as a "radicalized" governor.

Last summer he signed some of the most far-reaching abortion restrictions in the nation and the law was upheld by the Indiana Supreme Court in June. This past spring, Holcomb signed bills greatly expanding school vouchers, HEA 1447 that subjects school librarians to felony charges if they share "harmful material" while HEA 1608 and SEA 480 delved into the realm of transgender youth and parental rights.

In 2022, Holcomb vetoed a bill - HEA 1041, which banned transgender students from competing in IHSAA girls' sports - only to be easily overridden that May. The next month, Indiana Republican Convention delegates meted out political retribution, defeating Holcomb's appointed Secretary of State Holli Sullivan when

Diego Morales prevailed.

Traveling with Holcomb in late June, I spent more than an hour conducting this interview at the Gerst Bavarian Haus. Has the supermajority "radicalized" the previously moderate (but historically pro-life) governor by putting forth such legislation that some people view as extreme, and knowing it would be overridden if he issued a veto?

Holcomb was unfazed by the question. "I take your point about whether they were jamming the governor," he said. "You have to take the issues one by one, no matter how hot the button is or what the issue is."

And his guiding light? The Indiana Constitution. "The governor will always have to make a decision over to sign, not sign or veto. There's a cost to each," he explained. "I typically look at constitutionality as kind of my threshold."

A few minutes later, he extrapolated further: "If you say or subscribe to our founding documents, or the Declaration (of Independence) that we're all entitled to life, liberty and the pursuit of happiness, then, to me, it comes down to a constitutional" question and others. "How we define what life is, what liberty is and the pursuit of happiness is," he explained. "Life being first, so what is or isn't life? I think that gets decided ultimately in the current form, state by state."

"But, I would also say, what's occurred in Indiana after it?" Holcomb asked, addressing those who warned that doctors would pack up their practices and leave, or students wouldn't come to state colleges and universities, or that Fortune 500 companies would no longer invest here.

"After, say, the last two, four, six years a lot of the naysayers who tried to profit politically off it have become more relegated to a deeper superminority," he said of Hoosier Democrats. "We went from \$8.7 billion in capital investment to \$22 billion and our pipeline is full right now. Purdue has

record enrollment. Lilly is making the biggest single site investment to date. So when people say, 'People aren't going to move here; people aren't going to go to school here,' tell that to Illinois. We're seeing the opposite."

"Republicans have over 90% of local offices, supermajorities and every statewide elected office," he continued. "The question would be, are you worried you're not going to continue to pick up seats when we continue to pick up seats? And we're playing offense in areas we don't have right now."

Beyond the abortion, library and transgender laws he has signed, Holcomb had an audacious final budget session. He signed sprawling health sector reorganization and a record investment in mental health funding. He forged a \$500 million Regional Economic Acceleration and Development Initiative (READI), received \$1 billion in economic development funding, and big pay raises for Indiana State Police troopers.

This helicopter flight to Evansville revealed a governor six and a half years into his tenure deeply enjoying the job and buoyed by the impacts he has been making. He produced an iPad and began showing off 45 videos he narrates - what Holcomb calls his "quiver of arrows" - that he can send on a dime to those pondering investments in the state.

Appearing with Evansville Mayor Lloyd Winnecke at a signature Q&A setting at the University of Southern Indiana's Screaming Eagle Arena, the out-going mayor said to the governor: "My shot clock is 191 days. And your shot clock says 557. I think you can sell anything you want in your next career because you're so passionate about Indiana. We have grown because of your passion and teamwork."

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



Are Birdhouses And Feeders Bad For Ecosystem?

EARTHTALK

Dear EarthTalk: Is putting out birdhouses and/or bird feeders good or bad for the local ecosystem?

While putting up a bird house or bird feeder is a great way to attract birds to your property, the jury is out as to whether such attractions help or harm local biodiversity and overall ecosystem health.

On the plus side, birdhouses provide much-needed shelter for birds, especially in areas where natural nesting sites are scarce. They can also help to attract birds to your yard, which can be a fun and educational experience for children and adults alike. Bird feeders can provide a valuable source of food for birds, especially during the winter months when natural food sources are scarce. This can help to boost bird populations and reduce the risk of starvation.

However, there are also some potential downsides to providing artificial nesting and feeding sites for birds. One concern is that it can lead to overpopulation of certain bird species. When birds have an abundance of food and nesting sites, they can reproduce more quickly, which can lead to an overpopulation of their species. This can have negative consequenc-

es for the ecosystem, such as competition for food and habitat with other species.

And while hosting a birdhouse or feeder may be fun and educational, the birds you would attract aren't the ones struggling in regard to conservation status. "The species most in trouble are seabirds, shorebirds and tropical forest dwellers," reports Emma Greig of the Cornell Lab of Ornithology. "This means that although feeding birds may not be harmful to the species that use feeders the most, it also isn't helpful to the species that most need our help."

Another concern is that bird feeders can attract pests and diseases. Birds can carry diseases that can be harmful to humans, such as salmonella. They can also attract rodents, such as mice and rats, which can also carry diseases. Finally, bird feeders sometimes attract predators, such as cats, raccoons and hawks, which can prey on the birds that are attracted to the feeders, which can reduce the bird population.

Overall, whether or not putting out birdhouses and bird feeders is good or bad for the local ecosystem depends on a number of factors, such as the type of birds that are being attracted, the location of the feeders, and the overall health of the ecosystem. If

you are considering putting out birdhouses or bird feeders, it's important to do your research and make sure that you are doing it in a way that is beneficial to the birds and the environment.

For starters, choose the right type of birdhouse for the birds you want to attract, and place it in a safe and sheltered location. Also make sure it is somewhere you can access it safely as it can use regular cleanings to prevent the spread of disease. And be sure to not overfeed the birds, as you don't want to make them dependent on your handouts for sustenance. Monitor the bird population and remove any feeders if they are attracting pests or predators or causing other problems.

CONTACTS: Analysis: *Do Bird Feeders Help Or Hurt Birds?* allaboutbirds.org/news/analysis-do-bird-feeders-help-or-hurt-birds/; *To Feed or Not to Feed Wild Birds*, fws.gov/story/feed-or-not-feed-wild-birds/; *Bird Feeders: Good or Bad for Wild Birds and the Environment?* owlcation.com/stem/Bird-Feeders-Good-or-Bad-for-Wild-Birds-and-the-Environment.

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.

Thank you for your patience.

From all of us at Duke Energy, thank you for your patience as our crews worked to repair damage in the aftermath of one of the most devastating storms in Duke Energy's Indiana history.

We know it wasn't easy being without power, especially on a hot holiday weekend.

Those of you affected aren't just our customers. You're our neighbors, friends and co-workers. As we put this storm in the record books and hope to not repeat it soon, we will long remember the way our communities and employees came together to respond.



Nothing Is Impossible



CARRIE CLASSON
The Postscript

I have always relied upon my cousin Dane. We grew up together. I'm a year older, but he's the closest in age of my many cousins. Our families went camping together and bought a cabin up north together, and I've gotten into the habit of asking Dane for help whenever I've needed it, because Dane is the kind of guy who can be relied upon. Dane works as a stage rigger, and he's the road manager for a band, so he has to know a lot about a lot of things. He understands electrical gadgets of every kind. He knows how audio systems and lighting work. He is quiet and mechanical and practical and laid-back. His garage is the tidiest I've ever seen, with a tool of every kind, all neatly labeled. He's the kind of guy who sits back in a room and listens to everyone trying to solve a problem and, after they've exhausted themselves trying to figure something out, he'll say, "You know, what you might try is..." And whatever he suggests, it will be exactly the right thing to do. Because I have always relied on Dane, I didn't think I could be surprised if someone said that Dane had come around to lend a

hand. But last week, I was surprised. My husband, Peter, and I were up visiting my parents while my sister, her husband and her son were on their way to California, camping along the way. My niece, Isabelle, is taking summer classes at the university and working at Target, so she stayed behind to watch the pets. Isabelle called one night right before dinner. "Did you hear what happened with the camper?" she said, a little breathless. "No!" "What happened to the camper?" my mother wanted to know. "It came right off the hitch! While they were on the freeway!" "Oh, no!" my mother said. "It did! But the chain caught it." I tried to imagine careening down the highway with a pop-up camper attached to the back of the car with only a safety chain. It sounded awful. "But they got off to the side of the road to fix it. Then you'll never guess what happened!" "What?" my mother and father and Peter and I all wanted to know. "Dane came and helped them get the camper back on!" This made no sense at all. My sister and her family were in Nevada. Dane lives approximately 1,800 miles

away. "Dane?" "Dane! He said he saw them pulled off to the side of the road and he stopped to help." I talked to Dane a little later on. "You helped my sister with her camper—in Nevada?" "Yup. About 30 miles out of Reno." "How does that happen? What are the odds of that?" "I dunno. I was driving back from the show, and I saw this camper pulled off the side of the road and I thought that looked like your sister, so I stopped." "You realize what the odds against something like that happening are? If you read that in a novel, you'd say it couldn't happen." "Well, it's not impossible, I guess." That was all Dane had to say. He helped them back onto the road and headed off in the opposite direction. I thought how lucky it was to have someone as helpful as Dane show up exactly when he was needed—as Dane is apt to do. "That's crazy," I told Isabelle when I next saw her. "It is crazy," she agreed. But not impossible, as Dane pointed out. Till next time, Carrie

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

Spartz Provides Updates From Around The District



VICTORIA SPARTZ
Guest Column

OSCE Annual Session: Security, Energy, Democracy This week-end, Rep. Spartz, along with fellow Helsinki Commission Commissioners attended the Annual Session of the Organization for Security and Cooperation In Europe (OSCE) Parliamentary Assembly in Vancouver, Canada. During the session, Rep. Spartz passed three amendments focusing on the failure of the current security architecture, ener-

gy security, and democratic backsliding in the OSCE region. *** **Upcoming FBI and FTC Oversight Hearings** Next week, the House Judiciary Committee will be holding oversight hearings with FBI Director Wray on Wednesday at 10am and FTC Chairwoman Khan on Thursday at 10am. *** **Happy Independence Day!** "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life,

Liberty and the pursuit of Happiness." Declaration of Independence - July 4, 1776 *** **In the News on China** Rep. Spartz joined "Mornings with Maria" to discuss Treasury Secretary Yellen's trip to China, China-Russia relations, and the lack of effective and feasible policies in dealing with China. -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.

The Times SERVICE DIRECTORY

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UTIs, Burning Questions And Soothing Answers



JOHN R. ROBERTS, M.D.
Hamilton Health

Urinary tract infections (UTIs) account for about eight million doctor visits each year in the United States. These

infections are much more common in adults, particularly in women. Children account for one to two percent of all UTIs, but their infections are often more serious. About 40 percent of women and 12 percent of men have a UTI at some point in their lives.

The urinary system or “tract” is made up of the kidneys, ureters, bladder and urethra. The kidneys filter waste products from the blood and produce urine that passes down the ureters to the bladder, where it is stored, before passing out through the urethra. An infection can involve one or more parts of the urinary tract.

Bacteria that normally inhabit the bowel and live around the anus are the cause of most UTIs. The gut bacterium *Escherichia coli* (E. coli) is far and away the most common offender. Bacteria cause UTIs by making their way to the opening of the urethra where they can enter, start to multiply, and move upward in the urinary tract.

The two most common ways bacteria enter the urinary tract in women is through improper hygiene (reaching between the legs and wiping from back to front after a bowel movement), or sexual intercourse. Older men are more prone to UTIs because their bladders may not empty completely due to obstruction from enlargement of the prostate gland.

If the urethra is the only part of the urinary tract involved, the infection is called urethritis. Colon bacteria can cause it as well as infection with sexually transmitted organisms. The infection can progress up the urinary tract causing infection of the bladder (cystitis) or one or both kidneys (pyelonephritis).

Urinary tract infections can be simple or complicated. Most are simple, responding rapidly to antibiotics. Complicated UTIs are caused by bacteria that are resistant to antibiotics or that have become too numerous to easily respond to treatment.

Children may develop complicated infections because of anatomic abnormalities in their urinary tracts. As a general rule, the farther up the urinary tract an infection is found the more severe it is.

UTI symptoms vary based on the location of the infection. Urethritis usually causes burning

with urination (dysuria). This is typically described as burning near the exit of the urethra (i.e. not deep in the pelvis). Cystitis irritates the wall of the bladder and results in frequent urination, urgency and sometimes pelvic pain and cramping. It may also cause blood in the urine (hematuria). Children may present with frequent urination, fever, abdominal pain, vomiting, foul-smelling urine, or loss of bladder control. Infants can be difficult to diagnose, often presenting with non-specific symptoms such as irritability, decreased feeding, or fever.

If the infection progresses up the ureters to the kidneys (pyelonephritis), the resulting inflammation can cause back or flank pain. Pyelonephritis usually presents with high fever, as well as nausea and vomiting. Pyelonephritis, particularly in children, can lead to scarring of the kidneys and put the children at increased risk of developing high blood pressure later in life.

Most UTIs can be treated effectively with oral antibiotics. Simple UTIs usually respond to a three to five-day course of antibiotics. Many bacteria are becoming resistant to antibiotics like sulfa and ciprofloxacin (often due to inappropriate overprescribing), so a different antibiotic may be necessary.

For women who develop UTIs following sexual intercourse, it can be helpful to urinate immediately after sex. Treatment with a single dose of a “post-coital” antibiotic is also a common way to combat this problem.

People who have UTIs that are either recurrent or unresponsive to treatment should have their urine sent to a microbiology lab to identify the causative organism and have an antibiotic sensitivity panel performed to determine which antibiotics will kill the organism(s). Since UTIs are relatively uncommon in non-elderly men they should consider having a urine culture performed.

Children under age five who develop UTIs should be evaluated carefully with consideration of imaging of their urinary systems to look for anatomic abnormalities. If they have had pyelonephritis, they should also have their blood pressure checked on a regular basis.

And here’s the answer to the burning question: is cranberry juice helpful in prevention and treatment of UTIs? Unfortunately, most of the evidence says no.

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

BETSY From Page A1



The Times photo courtesy of Addie McMillan

Noblesville’s Forest Park south playground features a giant tower connected by a net bridge to a sensory tower with a tree and nature theme. This spring, there was a complete renovation of the playground, including new surfacing.

busy. This south playground at the park was closed earlier this spring for replacement of the playground equipment.

Among the new play equipment is Kompan’s brand Giant XL tower connected by a net bridge to a giant sensory tower with a tree and nature theme. There was a complete renovation of the playground, including new surfacing.

There are new swings, elevated balance pods and surface climbing equipment.

A Kompan brand “Inclusive Twister,” which has a large platform and wide net openings, is a combination of the things kids love on the playground, including being together, climbing and rotating, training kids’ on teamwork and motor skills and sense of balance for all abilities.

Next to the new playground is a new fitness area where parents, grandparents or caregivers can exercise while watching their kids.

An artificial grass surface has been added for ease of accessibility and maintenance, much like the Federal Hill Commons playgrounds, which also has an easy-maintenance surface.

Leading up to the playground makeover, playground pieces have been removed in the past few years to meet the Certified Playground Safety Inspections. A Kompan Double Tower was installed last year as a replacement for another structure and an Expression Swing, which allows the user to sit and face and interact with their small child while swinging together (which I wrote about when it opened), was installed a few years ago, and both have been kept on the playground.

“We are excited to bring the playground to Forest Park and hope that it meets our goal of creating a themed regional destination that serves as a unique play experience for its users and has that ‘wow’ factor,” Noblesville Parks’ executive director said in a press release this spring.

Forest Park is one of the greatest amenities in Noblesville.

The Forest Park Aquatic Center in 2021 celebrated its 90th year of a pool being in Forest Park. The aquatic center features a competition pool, baby pool, Aqua Zip’N zip line, Fast Freddy water slide, diving well with “Big Al” diving tower, and 1- and 3-meter boards open to the public, spray park, picnic area, concession stands, plenty of seating, remodeled locker rooms and a huge video board to show family movies and to feature sponsors, plus swimming

lessons available. Pool memberships are still available to help support the public facility, which is maintained by Friends of Central Pool.

The nine-hole Forest Park Golf Course was built in 1927.

The “Little Beauty” carousel, an Allen Herschel Co. Carousel, was built in 1922 and installed in the park in 1996 and has 20 jumping horses and two chariots with a seating capacity of 32. The carousel is open day through July then weekends August through October. I featured the carousel in my column after in 2018 Scott Shoemaker spent more than 150 hours painting the carousel, spending some 12-hour days, mainly touching up the carousel’s 12 faces, posts and framed areas around the pictures.

The Tom Thumb Miniature Golf Course is also a popular amenity next to the carousel and basketball courts and not far from the skate park and tennis and volleyball courts.

Add in the Nickel Plate Express, which takes riders on short excursions, and there are plenty of ways to spend time in Forest Park.

Plus, there are paved walking, running and bicycle paths in the park, plus a trailhead, south of the aquatic center, that travels 1.75 miles east through wooded flood plains to historic Potter’s Bridge Park, a Hamilton County Park with a restored covered bridge. Another trail leads to Fox Prairie Golf Course.

Add in the baseball diamonds, Emerson Field and Logan Field, horse-shoes, Forest Park Inn and Forest Park Lodge rental facilities with space for weddings indoors and outdoors, many picnic shelters with tables and seating, fire pits and electricity, clean newer bathrooms, lots of shade trees, and easy parking, (and sledding hills in the winter) and there are so many more reasons to visit Forest Park.

If you’re new to the area, I encourage you to check out Forest Park. If you’re an old-timer in Noblesville, I encourage you to drive or walk or bicycle through the park, spend an afternoon enjoying our wonderful amenities. From downtown Noblesville, a footbridge, next to the railroads track, at Eighth and Logan streets, invites walkers and bicycle riders to cross the White River into the park and enjoy the many amenities.

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

KEVIN From Page A1

and state levels for excellence in these areas. He has also been instrumental in planning for the new 70,000 square foot STEM expansion coming to NHS in 2025.

Stuckwisch holds master’s degrees from Western Illinois University and Iowa State University, as well as a bachelor’s degree from Illinois State University.

The IASP is a not-

for-profit, professional association serving over 3,200 building level administrators in the state of Indiana. District 5 is located in north central Indiana and is made up of Boone, Hamilton, Howard, Madison, Miami and Tipton counties, representing approximately 40 public high schools.

The Indiana Assistant Principal of the Year will be named this fall.

DONOR From Page A1

donors, transplant recipients, living donors and others. Recipients often become advocates for organ and tissue donation. The scholarships are funded by the foundation and contributions by Indiana Donor Network employees.

Those eligible for scholarships include both traditional and nontraditional students who submit an essay describing their career goals, experience with organ and tissue donation and transplantation, and personal goals.

“My brother gave the best of himself to help others through donation,” Freeman-Swaim said. “I know he’d be pleased that he was able to be a donor and to help others. Being

generous is what he valued most in life.”

Freeman-Swaim, a graduate of Noblesville High School in Noblesville, Indiana, attends Indiana Wesleyan University and is studying occupational therapy and hippotherapy.

Other scholarships awarded this year by Indiana Donor Network Foundation went to Ainsley Strothkamp of Carmel (\$8,000), Faith Curry of Fort Branch (\$6,500), Molli Pearson of Chandler (\$5,000) and Brodie Forman of Corydon (\$3,500).

Despite age or medical history, anyone can sign up to be a donor at DonateLifeIndiana.org. Learn more about Indiana Donor Network.

Donors Needed In July To Prevent A Blood Shortage

Red Cross, Warner Bros. Discovery partnering to encourage blood donations around Shark Week & theatrical release of MEG 2: THE TRENCH.

The American Red Cross continues to see a concerning trend – blood donations are being sent to hospitals faster than they are coming in. The Red Cross has collected about 50,000 fewer blood donations than needed over the last two months. Donors are asked to make an appointment to give blood now to avoid a looming blood shortage.

To help head off a more serious situation, the Red Cross is teaming up with Warner Bros. Discovery for the 35th anniversary of Shark Week and the theatrical release of Meg 2: The Trench. The public is encouraged to celebrate a summer of sharks and help shore up the national blood supply by giving in July.

In thanks for helping, the Red Cross is offering several incentives to donors who come out to give blood or platelets in the coming weeks.

Additionally, in response to the great need for blood, those who hurry in to help by coming to give July 1-16 will receive a limited-time bonus \$15 gift card by email to a merchant of their choice.

•July 1-11: All who come to give will get an exclusive Red Cross dry bag, while supplies last. Details are available at [\[Blood.org/Gifts\]\(http://Blood.org/Gifts\).](http://RedCross-</p>
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•July 12-Aug 12: Those who come to give will be automatically entered for a chance to win a three-night New York getaway for two with a private shark dive adventure at Long Island Aquarium. Details are available at RedCrossBlood.org/Shark.

•July 17-31: Presenting donors will receive an officially licensed Shark Week T-shirt, while supplies last. Donors will also be automatically entered for a chance to win a three-night New York getaway for two with a private shark dive adventure at Long Island Aquarium. Details are available at RedCrossBlood.org/Shark.

By scheduling and keeping appointments in July, donors can help provide for those in immediate need of lifesaving care. To schedule an appointment to donate, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Hamilton

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7/18: 1 p.m. - 6 p.m.,
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TUESDAY

Health and WELLNESS

Tuesday, July 11, 2023

A7



Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol; spicy foods; chocolate; artificial sweeteners; caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!¹

1 in 3 women experience urinary incontinence (UI) almost every day.²

28 million women experience moderate or severe urinary incontinence.¹

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.³

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.⁴

Nearly a **third of women** have experienced the urge!⁵

38% have stress incontinence

22% have urge incontinence

9% have unspecified incontinence

33% have mixed (stress & urge) incontinence

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO Stay hydrated and healthy

DON'T Limit liquid intake

DO Live life fully

DON'T Hover next to bathrooms

DO Keep moving

DON'T Skip the gym

DO Laugh a lot

DON'T Skip comedy clubs

DO Use the best protection

DON'T Make do with period pads

FitRightFreshStart.com

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Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

POWER FAMILY FAVORITES

WITH PEANUT PROTEIN

FAMILY FEATURES

Soaking up some sun and sharing a meal with family and friends brings people together, especially when favorite recipes are on the table. Whether there's a cause for celebration or a gathering of loved ones is simply overdue, serving up delicious dishes is a sure bet to get everyone involved.

These flavorful Mexinit Dip, Beef and Peanut Empanadas with Chimichurri, Asian Peanut Slaw and Peanut Butter Banana Pops recipes are ideal for the whole family. Starting with a spicy dip best paired with corn chips or crackers, hungry guests can work their way up to the main course of savory empanadas served alongside a tangy Asian slaw. Finally, kids and adults alike can cap off the celebration with a sweet, fruity dessert.

Leaning into a versatile ingredient like peanuts, which make all these dishes possible, can take your gatherings to the next level. They complement a wide range of recipes from appetizers and snacks to main courses and desserts.

Plus, they contain 26% protein and fulfill approximately 30% of a 4-6-year-old's and 26% of a 7-10-year-old's recommended daily allowance per serving, making them a kid-favorite source of energy. They contain six essential vitamins – vitamin E, folate, riboflavin, thiamin, niacin and vitamin B6 – and seven essential minerals – phosphorus, iron, magnesium, potassium, zinc, copper and calcium.

Often referred to as "nutrition in a nutshell," there's a good chance your peanut supply came from the United States' leading grower: Georgia. With approximately 4,000 active peanut farmers, the state produces 52% of the country's peanuts.

To find more family-friendly recipe ideas powered by peanuts, visit GAPeanuts.com.

Mexinit Dip

Recipe courtesy of the Georgia Peanut Commission

Yield: 4 cups

- 1 can (11 1/2 ounces) condensed bean with bacon soup
- 1 cup shredded cheddar cheese
- 1 can (10 ounces) tomatoes and green chiles
- 2 tablespoons finely chopped onion
- 1 tablespoon hot chili powder
- 1/2 cup peanut butter
- corn chips or crackers

In 2-quart microwave-safe container, combine soup, cheddar cheese, tomatoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.



Beef and Peanut Empanadas with Chimichurri

Recipe courtesy of "Set the Table" on behalf of the Georgia Peanut Commission
Yield: 30-40 small empanadas

Spicy Beef and Peanut Empanadas:

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 teaspoon red pepper flakes
- 1 large garlic clove, minced
- 1/3 cup golden raisins
- 1/2 cup raw Georgia Peanuts
- 2 tablespoons pickled jalapenos, chopped
- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon water, plus additional for sealing dough
- salt, to taste
- pepper, to taste
- 2 packages pie crust
- 1 egg white, in small bowl

Chimichurri:

- 1/3 cup flat leaf parsley
- 1 teaspoon dried oregano
- 3 garlic cloves, peeled and roughly chopped
- 1/4 cup red wine vinegar
- 1 tablespoon red pepper flakes
- 1/2 cup olive oil
- salt, to taste
- pepper, to taste

To make spicy beef and peanut empanadas: In large skillet over medium-high heat, heat olive oil. Add onion, red pepper flakes, garlic, raisins, peanuts and jalapenos. Cook until onion and garlic are soft and fragrant. Add ground beef and brown thoroughly. Stir in Worcestershire sauce and 1 tablespoon water. Cook 2-3 minutes, stirring to prevent burning. Season with salt and pepper, to taste; transfer filling to large bowl and cool.

Preheat oven to 375 F.

Unroll pie crusts on lightly floured work surface. Using round cutter at least 3 inches in diameter, cut out rounds.

Using rolling pin, roll out edges of each circle, leaving center of circle at its original thickness.

Holding one round of dough in palm of hand, scoop about 1 tablespoon filling into center. Using fingertip, line edge of dough with water, fold into half moon shape and pinch to seal. For extra ease, use fork.

Place filled empanadas on parchment-lined baking sheet and brush tops with egg white.

Bake 20-25 minutes on upper rack.

To make chimichurri: In blender or food processor, pulse parsley, oregano, garlic, red wine vinegar, red pepper flakes and olive oil 2-3 times. Season with salt and pepper, to taste, and serve in small bowl for dipping.



Asian Peanut Slaw

Recipe courtesy of the Georgia Peanut Commission

- 1 can (11 ounces) mandarin oranges
- 1/4 cup Asian sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-colored deli slaw mix chow mein noodles

Drain juice from mandarin oranges into mixing bowl and reserve oranges.

In bowl with juice, add dressing, peanut butter and red pepper; whisk until well blended. Add peanuts, oranges and coleslaw mix; toss until thoroughly coated.

Garnish with chow mein noodles before serving.



Peanut Butter Banana Pops

Recipe courtesy of registered dietitian Annessa Chumbley on behalf of the Georgia Peanut Commission
Yield: 8 pops

Craft sticks

- 4 firm, ripe bananas, peeled and halved crosswise
- 1 cup melted chocolate wafers
- 1/2 cup finely chopped peanuts

Toppings:

- unsweetened coconut flakes (optional)
- chopped dried pineapple (optional)
- chopped dried strawberries (optional)
- melted peanut butter chips (optional)

Insert one craft stick into each banana half. Place eight banana pops in single layer on small tray covered with parchment paper. Place tray in freezer at least 4 hours or overnight.

Pour melted chocolate into bowl. Dip each frozen banana into bowl, turning to coat. Lay chocolate-covered bananas back on parchment paper. Sprinkle with chopped peanuts. Sprinkle with coconut flakes, pineapple and strawberries, if desired. Drizzle with melted peanut butter chips, if desired.

Serve or wrap individually in plastic wrap and store in freezer.