

➤ TODAY'S VERSE

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Alex Walther smile? "Animals," said the 26-year-old Fishers resident, who has a horse and two dogs. She was found Monday afternoon working her part-time social media/communication assistant job at the Purdue Extension Service preparing for the Hamilton County 4-H Fair, which runs Thursday through Tuesday at the 4-H Fairgrounds in Noblesville. She's not a 4-H'er herself. "But I always say, 'I wish I would have been,' because when I went to Purdue, I realized how many more opportunities I would have had had I been in 4-H. I heard everyone talking about everything on their resume and everything they learned in 4-H. I feel like I kind of missed out, when I see the projects ... I wish I would have been in 4-H." She was born and raised in Fishers and graduated in 2016 from Fishers High School, where she had an Animal Science class with teacher Tom Younts. At Purdue, she studied Agriculture Communications with a minor in Animal Science. That's what led her to Purdue Extension Service in Hamilton County, where she will be working every day of the Hamilton County 4-H Fair, sharing photos and events on social media. During the fair, she said, "I will be all around taking pictures, I will be everywhere trying to promote all of our events. I'll be helping anywhere I can." She has had a horse since she was 14. She loves dog training and works part time for a dog-training company. During the upcoming fair, she said, "I'm excited for the grilled-cheese sandwich."

And Another Few Things...

1. Public Meeting Notice

The Noblesville Economic Development Commission will meet on Monday, August 7, 2023 at 9 a.m.

2. Joint Young Professionals & Women In Noblesville Coffee

We had a fantastic time networking this past Wednesday (July 12th) with the Chamber's Women In Noblesville & Young Professionals Networks.

3. Spartz Requests Wray Explain FBI's Potentially "Substantial Aid to Kremlin's War Effort" and Censorship of Americans

Rep. Spartz sent a letter to FBI Director Wray requesting a briefing on the FBI's collaboration in 2022 with a foreign government, compromised Security Service of Ukraine (SBU), to censor Americans. "Many actions of the FBI in recent years are alarming and undermining the credibility of the agency - warrantless surveillance, censorship, intimidation, and politicization," Spartz said. "Congress has a duty to the American people to protect their rights and cannot allow these blatant violations to continue with no real consequences." The Judiciary Committee report revealed that the FBI, acting on behalf of the Russian-infiltrated SBU, requested social media platforms to remove or suspend authentic accounts of Americans.

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Photo courtesy of Noblesville Lions

Lion Julia (front, 2nd fm left) with other District Governors at the convention

Noblesville Lion Julia Kozicki Inducted As 25-D District Governor

Julia, and her husband Jeff, are both Noblesville Lions and recently attended the 105th Lions Club International Convention in Boston, MA. The convention was held from July 6th thru the 11th. While there, Julia completed her 4th day of District Governor Elect training, and was given her diploma by the class trainer, Past District Governor Chief Bassey Edem of Nigeria.

Julia and Jeff marched in the Lions International Parade with the Indiana delegation as Jeff carried the Lions flag, and the other district governors and Julia carried the banner. The convention included comments from keynote speakers and incoming international officers during the 3 plenary sessions. Attending were more than 11,000 delegates, and on Tuesday Julia was officially sworn in as

25-D District Governor. The Wednesday following her induction as Governor, Julia was off to a Muncie Lions Club event. And the next day Thursday, the 13th she hosted her first 25-D Governor's meeting at the Carmel Lions Club. The Noblesville Lions Club is proud of Julia Kozicki and her leadership, as she is the first District Governor from Noblesville since Roy Kirk in the 70s.



The Times photo by Betsy Reason

The 2022 Hamilton County 4-H Fair Queen Faith Hittle (right) crowns the 2023 4-H Fair Queen Avery Williams (center) on Friday night, as third runner-up, Meghan Haws (left), watches.

'23 4-H Queen Will Reign Over Fair This Week



BETSY REASON
From The Editor's Desk...

Avery Williams is the newly crowned Miss Hamilton County 4-H Fair 2023 Queen. "It's such an exciting moment," said the Llama Trekkers 4-H Club member, the daughter of Tobin and Nicole Williams, after being crowned 4-H Fair Queen on Friday night at the 4-H Fairgrounds in Noblesville. Master of ceremonies was Adam Good, and the pageant theme was "Making

Memories." This year's 4-H Fair kicks off Thursday and continues through Tuesday at the 4-H Fairgrounds. "At the 4-H Fair, I'm most looking forward to spending this last year just looking at all of the projects and being with my friends and everyone I've grown up with in this program," said Williams, No. 10 among 11 contestants. Williams is a 10-year 4-H'er and her favorite project is the Llama project, which she has shown all 10 years. The 4-H Llama is her only project this year. What advice would she give

➔ See BETSY Page A6



Photo courtesy of Kiwanis Club of Greater Sheridan

Sheridan Kiwanis. Holly Anderson, Secretary; Guest Speaker Jeff Jellison, Hamilton County Coroner; Brian Bragg, President; and Andy Porterfield, President-elect.

Kiwanis Club Of Greater Sheridan

Recently several members of the Sheridan community came together to start a new Kiwanis Club. The Kiwanis Club of Greater Sheridan is ready to serve the Sheridan community through a variety of local, national, and international Kiwanis programs. Now in its early stages, the club is looking to add new members to serve, network and engage the local community and the world. If you are interested in challenging yourself to do new things and connecting with the Sheridan community, please consider attending a meeting or contacting one of our members. The new Sheridan Kiwanis Club recently had its first meet-

ing with its first guest speaker, Hamilton County Coroner Jeff Jellison. An interesting speaker with an interesting story to tell, Jellison spoke to us for about 45 minutes, ranging over a variety of topics including his background in law enforcement, newspaper publishing, and now in his first year as the county coroner. The Hamilton County Coroner's Office is currently on tract to be certified as one of about 30 of the highest ranked such agencies within the United States. The coroner's office staff has increased from three people to twelve in the past year to handle all the duties associated

➔ See KIWANIS Page A6

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➤ HONEST HOOSIER

Here's an idea. Celebrate Halloween now, because when you show up at someone's door in a mask this month, you'll get better stuff.



➤ TODAY'S HEALTH TIP

Regular physical activity keeps the mind sharper. 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

"I am only an average man, but by George, I work harder at it than the average man."
-Theodore Roosevelt

➤ TODAY'S JOKE

Remember the good old days when your money used to run out before your energy did?

➤ OBITUARIES

Diane Lynn Smith
John Allen Brandenburg
Sonia Workman

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



3 WTHR 7 DAY FORECAST

67/82 P.M. STORMS LIKELY	61/83 P.M. STORMS	66/83 VERY HUMID, NOT TO STORMS	68/89 VERY HUMID, STAY STORMS	65/82 PARTLY SUNNY	61/82 PARTLY SUNNY	59/83 MOSTLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN

OBITUARIES

Diane Lynn Smith

September 4, 2023, Wednesday, July 12, 2023

Diane Lynn Smith, 66 of Fishers, passed away Wednesday, July 12, 2023. Diane was born September 4, 1956 in Troy, OH. She was a graduate of The Ohio State University and received her master's degree from Georgetown College in Georgetown, KY.

Diane was a professor at Ivy Tech College for 24 years, retiring in 2022, where she taught early childhood education. Previously she was a middle school teacher in Winchester, KY from 1987-1997. Over her career she taught from kindergarten to elementary, middle school, high school and college.

Diane was a member of Stony Creek Church of Christ where she taught a bible study class. She was an avid walker, biker and a champion chocolate chip cookie baker. She was lovingly devoted to her grandchildren. "Nana Camp" was the highlight of her year. She lived for others not herself. She had a work ethic that was unparalleled, her motto was autograph your work with excellence. She was the embodiment of the Proverbs 31 worthy woman.

Family and friends are invited to gather Tuesday, July 18 from 11:00 am to 1:00 pm at Flanner Buchanan-Hamilton Memorial Park, Prairie Waters, where a funeral service will be held at 1:00 pm.

Diane is survived by her husband of 48 years, John A. Smith; children, Molly (husband, Jared) Pentecost and Tom (wife, Lauri) Smith; grandchildren, Zoe and Hayden Pentecost and Hensley and Lainey Smith; mother, Shirley A. Winks; sisters, Debbie (husband, David) Gonsuron and Linda (husband, Brad) Woods. She was preceded in death by her father, Thomas E. Winks.

In lieu of flowers, memorial contributions, in Diane's memory, can be made to: Sacred Selections, a private adoption agency, 4144 Shores Rd. Murfreesboro, TN 37128 <https://sacredselections.org>. Please visit www.flannerbuchanan.com to sign the online guest register.

John Allen Brandenburg

November 17, 1963, Sunday, July 9, 2023

John Allen Brandenburg, age 59, of Sheridan, Indiana, passed away on July 9, 2023.

He was born on November 17, 1963, to H. Leon and Anna Faye (Walker) Brandenburg. Growing up on a farm in rural Sheridan, he acquired a love for farming and farm life at an early age.

That love was cultivated through his 10-year 4-H career. He enjoyed showing livestock and participated in livestock judging in high school as part of the FFA club. While in high school he also developed a life-long passion for photography as part of the yearbook staff. He was the editor of the edition for his senior year. He graduated from Marion-Adams High School in 1982.

John married Melanie Keller in 1984, and together they raised their daughter, Sarah. Sarah was the great pride of his life, and John loved being a father. He spent his free time as a young father getting involved with things Sarah did in school, like being a project leader for 4-H and driving the bus for her high school marching band.

He enjoyed driving and made a living for most of his life driving delivery trucks for Indianapolis Fruit and HP Products. A big part of what he liked about those jobs was being able to talk to customers along the routes. He was a natural "people person" and enjoyed himself the most when he was talking to others. One of the other things that gave John the greatest happiness was dressing up as Santa Claus for Christmas. Over the course of many years, he took on opportunities around the holiday season to dress up and play Saint Nick for the kids. It brought him great joy to celebrate the Christmas season with children and make them smile. Euchre was John's game of choice for his entire life, and he was always ready to start or join a game. It was an interest he shared with his father, and they often played games together at the clubhouse in the community where John lived. It was through that euchre group that he later met Sharon Allen, and they were married on June 10, 2023.

He was a man of faith and had studied for a time to be a minister. Although he never finished, he found many opportunities in his life to spread the word of God, and he helped many people come to know God, as well. He was very active with the churches he attended. Many people will likely remember John as someone who loved to laugh and make others laugh. Telling jokes was a favorite pastime of his and when he laughed, it was full of joy. He was outgoing and fun, and a very likeable person. He had a warm heart and great capacity for love. That warmth and love will be greatly missed by his family.

John is survived by, his wife, Sharon Allen; daughter, Sarah Lynn (Jonathan) Jensen of Sheridan; siblings, Nancy Ann (Ron) Powers of Sheridan, David Leon (Lori) Brandenburg of Plainfield, and LeAnn (Jason) Hopper of Westville, Indiana; nieces and nephews, Aaron Lee (Leah) Powers, Micah Andrew Powers, Kylee Ann Powers (Kyle Johnson, fiancé), Elizabeth Anna Brandenburg; great-nieces and nephews, Alexander Lee Powers, and Sybil Noel Powers. He was preceded in death by his parents, H. Leon and Anna Faye Brandenburg.

Services will be held at 7:00 PM on Monday, July 17, 2023, at Six Points Church, 1545 W. 226th St., Sheridan, Indiana, with visitation from 4:00 PM until the time of service. John will be laid to rest at 11:00 AM on Tuesday, July 18, 2023, at Crown View Cemetery in Sheridan, Indiana. Pastor Scott McDermid will be officiating.

In lieu of flowers, memorial contributions may be presented to the Sheridan Historical Society, Boone County 4-H, or to the Toys for Tots Christmas Fund.



James M. LeCount

Wednesday, July 12, 2023

James M. LeCount passed away July 12, 2023 at his home in Chandler, Texas surrounded by family and friends.

He was preceded in death by his father, Corlyss LeCount and is survived by his mother, Helen LeCount, his wife of 45 years, Kim (Emmert) LeCount and the greatest blessings of his life, his two children, daughter, Brooke LeCount and son Cory LeCount and his wife Erin. Grandchildren Lainey, Cole, Reily, Desi and Sky along with 3 great grandchildren.

Also surviving are Jim's three brothers that he loved so much. Jerry and Linda Sue, Jeff and Kim, and John and Pam. Many nieces and nephews as well.

Jim was the life of the party, and never met a stranger. He was one of the most selfless, loyal and caring people I knew. He loved fishing, motorcycles, classic cars and his Gin game on the computer.

Rest in peace my love.

Sonia Workman

September 17, 1937, Tuesday, July 11, 2023

Sonia Workman, 85 of Cicero, passed away Tuesday, July 11, 2023. Sonia was born September 17, 1937 in Indianapolis to the late Gerald and Mary "Rita" Jackson. She worked for Hook's Drug Store as a merchandise manager for 21 years. She later worked for 14 years at Altum's Garden Center. Sonia was a member of Venture Christian Church.

Family and friends are invited to gather from 11:00 am to 3:00 pm on Monday, July 17 at Flanner Buchanan-Hamilton Memorial Park, Prairie Waters, where funeral services will follow at 3:00 pm.

Sonia is survived by her husband of 66 years, Everitt; son, Michael D. (wife, Darla) Workman; daughter, Penny Workman; grandchildren, Katherine, Jennifer and Michelle; great grandchildren, Elisabeth, Mackensie, Toril, and Seamus; brother, Bob Jackson; sisters, Vera Jeter and Cheryl Knipe. She was preceded in death by her sister, Rita Spitzer.

In lieu of flowers, memorial contributions may be made to the Alzheimer's Association. Please visit www.flannerbuchanan.com to sign the online guest register.



The Advancing Noblesville Awards

Nominate Now!
The Noblesville Chamber and the Advancing Noblesville Chamber Foundation, in partnership with the City of Noblesville, invite you to recognize individuals, businesses, and community organizations for their innovation, excellence, leadership, determination, and spirit of service in our city. The Advancing No-

blesville Award finalists will be announced in late summer and will be recognized in a special evening ceremony on November 16th.

The easy nomination process will remain open until July 31st. Any questions, comments, or suggestions regarding the awards may be made to info@noblesvillechamber.com.

GriefShare 14-Week Seminar Begins Thursday, August 10

Have you lost a loved one or know someone that will find it difficult to face each day?

Noblesville First United Methodist Church, 2051 Monument Street, Noblesville announces the beginning of their next GriefShare sessions open to the community. Our Fall GriefShare weekly session will meet on Thursdays, 6:30-8:30 pm beginning Thursday, August 10, 2023. Participants are invited to join us anytime during our 14-weeks of meetings. One-time registration fee of \$20 is appreciated. (Scholarships available).

GriefShare is a 14-week non-denominational group featuring Christ-centered programming that focuses on grief topics associated with the death of a loved one. The DVD seminar

features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD. Daily work in the GriefShare workbook also helps one look thoughtfully at their grief experience and helps in the healing process.

Our GriefShare group is led by caring people who have experienced grief and have successfully rebuilt their lives. We understand how you feel because we've been in the same place. We will walk with you through grief toward healing and hope for the future.

To learn more about GriefShare: www.noblesvillefirst.com, or contact Coleen Albright, coleen.albright58@gmail.com or contact the church office -317-773-2500

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Photos courtesy of Subaru

2024 Subaru Crosstrek Is Better Than A Stolen Swiss Army Knife

I'm often asked what would be a good affordable car that can carry all of someone's stuff, get decent gas mileage, carry family and friends, handle winter weather and...last forever. That sounds like the stolen Swiss Army Knife of cars, able to do everything and cost nothing. But, the Subaru Crosstrek often comes to mind and it is completely redesigned for 2024.

It's the kind of car that originally made Subaru popular in America: Affordable compact jacked-up wagons with go anywhere capability. Now in its third generation, the Crosstrek looks more like a smaller Outback with sharper creases, wider stance, and 17" alloy wheels. A robust 8.7" of ground clearance adds a rugged flair, but also allows the little scout to hike real trails. It's a more sculptural design, but one that's recognizably Crosstrek.

Everybody wants fancy

2024 Subaru Crosstrek Premium Five-passenger, AWD Crossover

Powertrain: 2.0-liter H4, CVT
Output: 152hp/145 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 17"/17" alloy
Brakes f/r: disc/disc
Fuel economy city/hwy: 27/34-MPG
Assembly: Gunma, Japan
Base/As-tested price: \$24,995/\$29,685

leather seats and brand-labeled audio systems, but our Premium trim is how most people will probably option a Crosstrek. The seats are cloth, but heated. There's dual-zone automatic climate control, but not the Harman/Kardon audio system. Steering wheels are rubber, but contain paddle shifters and an array of buttons for audio and cruise. There's a power

LIKES

- Advanced safety
- Solid feel
- Standard AWD

sunroof, but only one pane. It's all you need.

Keen observers will notice the new tablet-style touchscreen that's shared with the Outback, Legacy, and WRX. It's a little slow on start-up, but provides easy access to climate, audio, and phone functions. Redundant buttons for key climate controls plus volume/tuning are placed around it. There's no wireless charging, but devices connect via wireless Apple CarPlay, Android Auto, and USB-A plus USB-C ports.

Safety, a Subaru hallmark, is fortified with automatic emergency braking, lane keep assist, blind spot warning, rear cross traffic alert, and automatic emergency steering to avoid accidents. A rear seat

DISLIKES

- Thin audio
- Sluggish performance
- Slow screen start-up

reminder keeps adults from forgetting their offspring in hot weather.

Premium editions have adequate if not overwhelming power. The 2.0-liter horizontally-opposed "Boxer" engine sends 152 horsepower and 145 lb.-ft. of torque to the torque-vectoring all-wheel-drive system. It revs to rafters through the standard continuously variable transmission (CVT), but drivers can paddle-shift through eight pre-set gear ratios to quell the zing. Step hard and most people will find enough power, but a more potent 2.5-liter engine is available in higher trim levels. Clicking into Sport mode summons the power more easily with a more sensitive throttle. The ability to tow 1,500 lbs. and achieve 27/34-MPG

city/highway are nice consolation prizes.

But, driving the Crosstrek is about more than posting acceleration and fuel economy digits. The chassis is 10% stiffer, which means a more finely tuned suspension, more precise steering feel, and less squeaking and creaking. Off-road driving is amped by X-Mode that lets drivers configure the powertrain for all trails and creep down extreme hills without touching brakes or throttle. The Crosstrek is not a rock-crawler, but is plenty capable of getting to remote fishing and camping spots.

According to Subaru, 97% of Crosstreks sold during the past 10 years are still on the road. There's no guarantee of eternal longevity, but Subarus tend to last a very long time. Add to that compact car fuel economy, all-road capability and roomy interiors, they make



CASEY WILLIAMS
Auto Reviews

a compelling case for fulfilling many wish lists. While not free, Crosstreks are affordable. Base models start at just \$24,995 with standard AWD and came to just \$29,685 equipped as most will want one. Competitors include the Honda HR-V, Chevy Trailblazer, Jeep Renegade, and Hyundai Tucson.

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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After A Half Century, An Amicable Divorce For IUPUI



BRIAN HOWEY
Howey Political Report

For the past half-century, the state's two Big 10 universities shared the Indianapolis market with a Frankenstein approach that yielded "IUPUI." Last month, Indiana and Purdue universities participated in a cordial divorce, with the two universities going their separate ways, albeit while preparing to live across the street from each other (better for the kids).

Former Purdue President Mitch Daniels credits IU President Pamela Whitten for creating this new paradigm. "I had thought for a very long time, even before I got to Purdue, there might be some better configuration of the campus downtown than what we had," Daniels explained from his office at the Liberty Fund in Carmel. "It served us well, but it was a treaty at the inception."

That occurred in 1969 when, at the behest of new Indianapolis Mayor Richard Lugar, a new urban university was forged, albeit with the two universities protecting turf and legacy. Daniels joined the Lugar administration in 1971. "I was close enough to hear the stories. The original idea that Mayor Lugar had was an urban university of Indianapolis," Daniels explained. "Purdue and IU were not interested in that new rival. So out of that, and I always described it as a treaty, they gave birth to IUPUI."

"But I had thought for a long time, and I was hardly the only one, there might be a better way forward. There is also a lot of interest in the central Indiana community to a genuine, R-1 tech presence, which IUPUI did not represent. There was some good quality faculty and some research was happening there, but not the kind the city needed. The Battelle Study found

us to be the biggest city in the nation that didn't have a genuine R1 university. "

That Battelle report released in 2015 observed: "For continued success, Indianapolis needs to take more strategic advantage of the strong concentration of talent in its urban core, leading to a nationally competitive range of opportunities for regional growth and innovation in life sciences, information technology, agricultural innovation, advanced manufacturing, and other 'advanced industries.'"

BioCrossroads CEO David L. Johnson added, "Our ability to compete on a global level requires two factors — talent and innovation. Talent begets innovation, but it also needs a physical hub to thrive — and we really don't have that place here yet."

Daniels took the helm at Purdue in 2013 after two terms as Indiana governor. "I had tried the idea on the IU administration more than once and there was just not interest," Daniels said. "But when Pam Whitten was chosen, we spoke right away and I congratulated her. We got together very shortly after she had been named and after the pleasantries, the first thing I asked her was, 'Would you be willing to consider doing something different in Indianapolis where we have this thing called IUPUI?' And Pam said, 'Yeah, what the heck is that?'"

"It was always confusing to people," Daniels said of the joint campus that prompted the early derisive phonic "OoeyPooey." "I give her full credit. She was open to the idea and then her board was open to the idea and off we went."

So this was two years in the making?

"Yes," Daniels responded. "Tons of back and forth, trying to make certain what we came up with was beneficial to both schools and to the community. At Purdue, we opted ... this is not a regional campus. It will be fully a

part of Purdue University. The faculty here will be fully part of the engineering, computer science, perhaps other faculties up there. Their work will be integrated. I'm very hopeful it will give us a new option for students. We've been turning away some tremendously qualified applicants at Purdue, principally from other states, even after 30% growth."

"I think IU will have a clearer definition around health care and so forth, as is their focus," Daniels said. "I'm sure they'll do some imaginative things, too, that were just unlikely to happen under the old structure."

Gov. Eric Holcomb told me in June that Whitten and the IU Board of Trustees decision to rethink the Indy campus was nothing short of "courageous."

When this amicable divorce was signed in June, both current university presidents were ecstatic.

"IU's goal is nothing short of building one of the nation's pre-eminent urban research universities, one defined by students transformed, discoveries made and communities strengthened," Whitten said.

Purdue President Mung Chiang, added, "Today's announcement launches transformative growth for our state's land grant university. New opportunities for Purdue University in Indianapolis are limitless."

Daniels called it a "great brain gain of possibility" in a state that has been battling "brain drain" for years as a significant percentage of IU and Purdue graduates got their diplomas and headed for the coasts.

"Imagine some outstanding electrical engineer from Oregon who comes down and works in one of the IT startup companies here, or works for Salesforce or Lilly's IT department to capture that talent in the future," Daniels explained.

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

Shark Population In Regard To Shark Incidents

EARTHTALK

Dear EarthTalk: You hear a lot about shark sightings and attacks nowadays; does this mean that sharks are more abundant than ever and doing well overall—or the opposite?

It's tough to accurately document shark sightings, but shark attacks are documented every year. There are two classifications of shark bites: provoked and unprovoked. Provoked bites occur after a person has initiated interaction with the shark, like attempting to touch or feed it. But, according to Gavin Naylor, director of the Florida Program for Shark Research, "Unprovoked bites give us significantly more insight into the biology and behavior of sharks. Changing the environment such that sharks are drawn to the area in search of their natural food source might prompt them to bite humans when they otherwise wouldn't."

Globally, unprovoked attacks in 2022 were 57. In 2021, there were 73. During the pandemic, many beaches shut down, but looking at the years preceding 2020, we can more accurately deduce changes in shark attack frequency. Using data from The University of Florida's International Shark Attack File, the average number of annual unprovoked attacks from 2015 to 2019 was 79.4. Comparing this to 2022,

it can be seen that the frequency of shark attacks has not risen significantly, if at all, in the past few years.

In spite of this, due to increasing ocean temperatures sharks are more inclined to travel into coastal waters where tourist activity is common. According to the National Oceanic and Atmospheric Administration, these waters are typically cooler than waters offshore. Warmer waters have higher concentrations of chlorophyll which attracts plankton growth. Many species of fish, rays and crabs feed on plankton. As ocean temperatures rise, northern and coastal waters grow warmer, attracting plankton, fish and other shark bait prey. As a result, sharks are more attracted to these regions than before.

Although the number of unprovoked shark attacks around the world has not increased, regions along the United States' East Coast have seen upticks in shark incidents. In 2022, there were eight shark attacks in New York after three consecutive years of zero cases. In 2021, Florida experienced 28 shark attacks following a three-year-average of 17.67 annual incidents. Because of these increases, there may be more media coverage on shark attacks, leading people to believe that there are more sharks overall.

Though shark sightings may be becoming more

frequent, shark numbers are dwindling. Many shark species are struggling in their native coral reefs and marine ecosystems. According to the journal Science, "Five of the most common reef shark species have experienced a decline of up to 73 percent." In addition, The Washington Post states that "a third of all sharks, rays and related species are at risk of going extinct." As a result, scientists are concerned that species lower on the food chain will overpopulate without the presence of sharks as natural predators.

Humans are responsible for many factors that may be causing a decline in shark populations. Overfishing deprives sharks of one of their primary food sources. Millions of sharks get entangled in fishing nets and longlines ever year. Plus, some 73 million sharks are killed for the shark fin and meat industry.

CONTACTS: *The ocean phenomenon that's bringing sharks closer to shore, wral.com/story/the-ocean-phenomenon-that-s-bringing-sharks-closer-to-shore/20394126/; Widespread diversity deficits of coral reef sharks and rays, science.org/doi/10.1126/science.ade4884.*

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Finding The Beauty In Everything “Cold Sores” More Specifically, Herpes Simplex



CARRIE CLASSON
The Postscript

I was reluctant to come back from Mexico this spring, knowing it would still be cold and wet and cloudy.

But I'd gotten used to looking for pretty things while in Mexico. I wanted to share the festivals and the art and the colors. I'd been taking pictures and sharing them on Facebook so my friends and family could see a little bit of the world that surrounded me.

Then I got back up north, and it seemed like everything had turned to gray.

“This is not a reason to stop taking pictures!” I thought.

And what I meant was that it was no reason to stop looking for beautiful things. My time in Mexico had trained me to be on the lookout for things that were interesting and lovely, and to share those things with others. I said it was for my friends and family, but it was really me who benefited most. I noticed more. I remembered more. I appreciated things more deeply when I took a picture.

So, I decided I would continue.

It was slow going at first. The first spring flowers poked their heads through the mud, and I

took a picture. It didn't look like much on a gray day. But when I later looked at the little purple flowers up close on my computer, I saw details I hadn't noticed earlier, and I realized that, tiny as they were, they had a powerful beauty.

Then spring came in earnest. Suddenly, there were so many flowers to photograph, I started posting several photos a day. Every day, I walked by beautiful gardens and discovered new things that had emerged overnight.

Then it got very hot, and all the spring flowers withered and finished.

“Well, that was fun while it lasted,” I thought.

But within a few days, the hardier summer flowers started making an appearance, undaunted by the heat. I saw enormous thistle flowers blooming, and the first sunflower burst open. There were hollyhocks and hostas and lilies in profusion. I kept taking pictures.

And here's the funny thing. I never really noticed flowers before.

My mother and sister are avid gardeners. Both of my grandmothers were. I have always been the black sheep in a family of gardeners—and I still am. I don't enjoy digging in the dirt. I don't have a green thumb. It always feels like work to me, and reading a book always sounds like more fun.

But it turns out that I love flowers far more than I knew. I love the shapes and the colors and the varieties and the seasons. I love how some will take over for a while, commanding attention, and then they fade and something new comes to the fore.

And I know that none of it happens by accident. I now appreciate gardeners and gardening in a way I never have in my life.

“What's this called?” I ask when I post a photo. “Isn't this beautiful? Does anyone know its name?” And someone always does, and I learn something new and appreciate these flowers even more.

I will never be a gardener, and that's OK. Not everyone is a musician or a writer or an actor, but we all get to enjoy the music and the books and the plays they create.

I am now an avid fan of gardens. And, whenever I get a chance to see the folks responsible, I make sure to let them know.

“I've been watching your garden all summer,” I tell them. “I took pictures!”

So far, they all seem very pleased.

Till next time, Carrie

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



JOHN R. ROBERTS, M.D.
Hamilton Health

People use the term “cold sore” to describe different types of lesions that occur on the lips or inside the mouth. I'm not sure of the origin of the term, but I presume that it came into being to describe sores that sometimes appear when a person is suffering from an illness like the common cold.

I want to focus on one particular type of infection that causes these types of lesions, herpes simplex. If you think this condition is caused by a herpes virus, give yourself a gold star – this family of viruses has previously appeared in my column on shingles.

There are two distinct types of herpes simplex viruses, HSV-1 and HSV-2. Lesions on the lips are caused by HSV-1 about 80 percent of the time. The remaining 20 percent of HSV-1 infections are found in the genital area. HSV-2 on the other hand causes about 80 percent of genital infections and 20 percent of oral infections. In adolescents, about 30-40 percent of genital infections are caused by HSV-1, probably due to increased oral sex in this age group.

Approximately 80 percent of adults have antibodies to HSV-1 in their blood meaning they were infected by HSV-1 at some point in their lifetimes. Most initial infections occur in children aged six months to three years. Despite the high rate of infection, only

about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

HSV is spread through respiratory droplets, saliva, or from skin-to-skin contact. The viruses can't invade intact skin, so there must be breach in the skin barrier for them to enter the body. The virus can also invade mucus membranes that are found inside the mouth and the genital area and also enter through abraded skin which is why HSV infection is often found in wrestlers.

Most initial or “primary” HSV infections in people with functioning immune systems are mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death, so often the lesions become dark or even black with eventual scabbing. Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to possibly re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or emotional stress, ultraviolet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe because the body mounts

an immune response more rapidly.

For some people, particularly those with weakened immune systems, HSV infection can be very serious. It can lead to brain infections (encephalitis) and can also spread throughout the body infecting various organs. Herpes encephalitis kills 60 to 80 percent of its victims. Infections in newborns can be very serious.

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproductive cycle of the virus by inhibiting the replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

Most physicians recommend starting an oral antiviral at the first sign of a recurrence. This often shortens the duration of the infection and may prevent it from progressing altogether. Some people who have frequent recurrences may need to take daily antiviral medication to prevent outbreaks.

Sufferers of recurrent herpes simplex should avoid triggers. Probably the most effective preventative measure is to stay out of the sun or at least use a lip balm containing a high SPF sunscreen. People with active infections should avoid kissing others and abstain from oral sex.

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

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BETSY From Page A1



The Times photo by Betsy Reason

Avery Williams, after being crowned Miss Hamilton County 4-H Fair 2023 Queen on Friday night, takes her first walk on the runway.

to a new 4-H member? "The advice that I would give to a new 4-H member is to try new things, to reach out into the community and step out of your comfort zone and make friends along the way," she said during the onstage question as she modeled a dark green evening gown.

How does it feel to be crowned queen? "Unreal. I was not expecting this," she said.

The 2023 Herron High School graduate will be a freshman in the fall at Purdue University studying animal science.

Her high school activities included Riley Dance Marathon, Herron High School varsity volleyball and leadership council.

Why did she want to compete in the 4-H Fair Queen Pageant? "I decided to join the contest this year because it's my last year, and I've never done it, and I always watched the court during the fair. And it looked like a really great experience to see all of the projects, so I decided to try it out, and I'm so glad I did."

She joined 4-H in third grade after learning about the program during a 4-H open house at the Fairgrounds. "It just looked like a good community to be a part of," Williams said. "I've stuck with it ever since. I just love it."

She has completed 28 4-H projects during her 10 years in 4-H.

Williams enjoyed spending the past two months readying for the pageant, including this month's workshops, modeling stage practice, rehearsals and more, and making new friends, as they prepared for the pageant.

"I'm so proud of every single one of them," she said of her fellow contestants.

Williams said she got to know all of the contestants. "This is such a good group of people."

She said the 2022 Fair Queen Faith Hittle helped contestants prepare for the onstage questions, which, she said, "we did not know ahead of time."

What best prepared her for this experience? "I feel like my 10 years of 4-H helped out a lot with this, learning how to communicate and be a leader."

Favorite food at the fair? "The funnel cakes," she said.

Joining Williams in the Queen's Court are first runner-up, Mary Rose Wahnsiedler, Indianapolis, daughter of Ken and Cathi Wahnsiedler, and a member of Carmel 4-Star 4-Hers 4-H Club; second runner-up, Sophia Beeson, Fishers, daughter of Jim and Karen Beeson, Fishers Showstoppers 4-H Club; third runner-up, Meghan

Haws, Noblesville, daughter of Matthew and Denise Haws, Clover Kids 4-H Club; fourth runner-up, Sophia Hulén, Cicero, daughter of Christopher and Lisa Hulén, Llama Trekkers 4-H Club.

Mac Smith, Sheridan, the daughter of John and Kristy Smith, a Sheridan Ag 4-H Club member, was named Miss Congeniality, an award voted on by the contestants, with traits such as being friendly, hopeful, cheerful and enthusiastic.

Contestants were judged on the basis of personality and beauty, with judging divided into three categories with a total of 200 points: Category I, Professional Wear, black dress pants and white dress shirt (40 points); Category II, five-minute interview with judges (100 points) with points based on professionalism and ability to converse; Category III, formal wear (60 points) based on modeling, stage presence and poise.

Other contestants were Grace Fox, Fishers, daughter of Kevin and Lori Fox, Mudsockers 4-H Club; Chloe Zerr, Noblesville, daughter of Mark and Becky Zerr, Llama Trekkers 4-H Club; Lynette Bratton, Carmel, daughter of John and Patricia Bratton, Horse & Pony 4-H Club; Valerie Adams, Sheridan, daughter of Chris and Jennifer Adams, Sheridan Ag 4-H Club; and Grace Allee, Noblesville, daughter of Jonathan Allee and Cassia Rhea, Carmel 4-C's 4-H Club.

To be eligible for the pageant, a contestant must be 16 years old and no more than 20 years old by June 1 and must be a current member of Hamilton County 4-H or completed her previous year in Hamilton County.

Queen awards include a flower bouquet from Adriene's Flowers & Gifts, Noblesville; crown from 4-H Queen Pageant donors; sash and \$50 from Hamilton County 4-H Council; Picture frame, 8-by-10-inch picture and gift favorites from Pageant donors; meals at the 4-H Fair, Hamilton County Extension Homemakers; gift favor, 2022 Fair Queen Faith Hittle; gift, Always in Stitches, Noblesville; and milkshake coupons, Hamilton County Farm Bureau Inc.

Also, during the evening, there was a presentation of scholarships, 4-H Tenure awards and presentation of 10-year members.

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

Spartz Offers Insights And Updates



VICTORIA SPARTZ
Guest Column

Oversight of the FBI
This week, the House Judiciary Committee conducted an oversight hearing of the FBI with Director Wray. Rep. Spartz raised alarming concerns with FBI's warrantless surveillance of Americans, censorship, intimidation and politicization.

Following the hearing, Rep. Spartz sent a letter requesting a briefing to explain the agency's collaboration with a foreign government in 2022 to censor Americans.

Oversight of the FTC
This week, the Judiciary Committee also questioned Federal Trade Commission's (FTC) Chairwoman Khan.

Rep. Spartz raised concerns with the politicization of the FTC stifling the efforts to deal with abusive monopolis-

tic behaviors - like some hospital and PBM oligopolies, incentivized by government.

Immigration Subcommittee Hearing

On Thursday, the House Judiciary Subcommittee on Immigration held a hearing focusing on sanctuary cities protecting illegal aliens, the Biden Administration's selective enforcement of the law, and the exploitation of open-border policies by the cartels resulting in harm to Americans.

House Advances 2024 NDAA

The House passed the National Defense Authorization Act (NDAA) of 2024, sending the bill to the Senate for consideration.

- 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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KIWANIS From Page A1

with providing new services to a growing population of 350,000 residents within Hamilton County.

The Sheridan Kiwanis Club meets on the first and third Thursday evenings of each month

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TUESDAY

Health *and* WELLNESS

Tuesday, July 18, 2023

A7

GO BEYOND QUICK FIXES

WITH LONG-TERM ALLERGY RELIEF OPTIONS



Photos courtesy of Getty Images

4 TIPS TO TACKLE AND ALLEVIATE SYMPTOMS FOR LASTING RELIEF OPTIONS

FAMILY FEATURES

Warmer weather means flowers and trees are blooming, but for the millions of Americans who suffer from seasonal allergies, it also means coughing, sneezing, itchy eyes, congestion and other symptoms aren't far behind.

Allergies, defined by the Asthma and Allergy Foundation of America (AAFA) as an immune reaction to a foreign substance, or allergen, can develop after an allergen is ingested, inhaled, injected or touched. About one-quarter (25.7%) of adults suffer from seasonal allergies, according to the Centers for Disease Control and Prevention, which are commonly caused by grass, tree and weed pollens.

When allergies act up, many people reach for medications like antihistamines, decongestants and other over-the-counter (OTC) medicines for quick, yet temporary, symptom relief. While symptoms may subside, there are side effects to prolonged use of OTC medicines such as dry mouth, drowsiness and blurred vision, among others.

Innovative alternatives, such as allergy immunotherapy, are now available from the convenience of a patient's home. This treatment offers more effective long-term relief compared to antihistamine pills, which only mask symptoms temporarily. Sublingual immunotherapy is an effective option for people who don't want the inconvenience or safety risk associated with allergy shots.

"More than 120 million people in the U.S. suffer from allergies and their related diseases, making it the most prevalent chronic illness facing our nation," said Dr. Ken Chahine, Ph.D., J.D., founding CEO of Nectar Life Sciences. "Nectar's mission is to empower consumers with breakthrough solutions that can put an end to allergies and, in turn, build healthier, more productive communities."

To help combat symptoms this allergy season, which will be longer and more intense due to climate change, according to the AAFA, consider these tips for long-lasting symptom relief.

Recognize Allergy Symptoms

Although seasonal allergies typically affect the nose, eyes, mouth and sinuses, the symptoms and triggers can vary among individuals. While itching in the roof of the mouth, hives and watery eyes are considered classic allergy symptoms, others may resemble signs of illness or infection, such as coughing, sneezing, congestion, body aches, pain or a stuffy or runny nose. If these symptoms persist for a week or two, it is possible you are reacting to seasonal allergens. Conversely, if you experience symptoms throughout the year, they might be caused by common allergens found in homes and workplaces, such as dust, mold or pet dander.

Reduce Exposure to Allergens Outdoors

The best way to avoid allergy symptoms is by eliminating or reducing exposure to triggers. In the case of seasonal allergies, the primary trigger is typically pollen. This may require staying indoor

on dry and windy days or choosing to go outside later in the day when pollen counts are generally lower. Before heading outside, check pollen forecasts and current levels in the area.

Rainfall helps clear pollen from the air, making rainy or cloudy days ideal for outdoor activities. However, many outdoor activities rely on clear and sunny weather. In such situations, taking additional precautions becomes necessary. For instance, try wearing a face mask while performing outdoor chores like mowing, gardening or pulling weeds, which can stir up allergens. It's also important to refrain from hanging laundry outside, as pollen tends to adhere to linens and clothing. People should promptly remove clothes after being outside and take a bath to rinse off any pollen from the skin and hair. Bringing allergens indoors, especially onto bedding, can worsen symptoms or prolong their duration. Additionally, closing doors and windows when pollen counts are high is advisable.

Look for Long-Term Symptom Relief

While allergen avoidance and OTC medications like antihistamines and decongestants can be effective, they may not work for everyone. For those seeking an alternative to antihistamines, allergy immunotherapy offers a viable option. With more than 100 years of clinical practice, allergy immunotherapy has shown it can improve long-term quality of life. The concept behind this therapy is to regularly expose the body to the allergen, gradually building immunity and reducing sensitivity, ultimately leading to fewer or even no allergy symptoms.

Sublingual immunotherapy is an innovative form of immunotherapy that is common in Europe and is now available in the U.S. It involves taking two drops per day of a personalized prescription under the tongue to achieve the same long-term relief that allergy shots can provide. Allergy care platform Nectar offers a comprehensive allergy treatment program that can be conducted from the comfort of a patient's home. The program begins with an at-home allergy test, which is Clinical Laboratory Improvement Amendments-certified and covers a wide range of indoor and outdoor allergens. After carefully reviewing the test results and taking into account the patient's clinical history and geographic location, a licensed provider determines the most suitable treatment option. The personalized prescription is then delivered to the patient every three months. Over time, as the body builds tolerance to the allergens, symptoms generally diminish and fade away.

"Sublingual immunotherapy allergy drops have been used and studied extensively in Europe for more than 30 years but have only

recently started to gain popularity in the U.S.," said Dr. Shyam Joshi, MD, board certified allergist and immunologist and chief medical officer at Nectar Life Sciences. "Our allergy drops are unique from most others in the U.S. market because the allergen concentrations we use are higher than other allergy drops, which, based on scores of clinical studies conducted both in Europe and the U.S., are necessary to achieve clinical benefits and long-term relief."

Keep Indoor Air Clean

To maintain allergen-free indoor spaces, it is advisable to refrain from opening windows in the house or car when pollen counts are high. However, there are other measures you can take to minimize exposure indoors. Utilizing an air conditioner equipped with high-efficiency filters and adhering to regular maintenance schedules for heating and cooling systems are effective strategies. Additionally, frequent dusting of countertops, shelves and tables is recommended, along with cleaning carpets using a vacuum cleaner equipped with a high-efficiency particulate air (HEPA) filter. Using a dehumidifier can help maintain dry indoor air and reduce the risk of mold growth. Furthermore, consider installing portable air purifiers with built-in HEPA filters in bedrooms or frequently occupied rooms throughout the home.

To learn more or access online resources that can help you fight allergies, such as the Help Center and Learning Hub, visit MyNectar.com.

Flavorful Grape Recipes

to Take Summer Gatherings to the Next Level

FAMILY FEATURES

Summertime celebrations with friends, family and neighbors are a perfect way to enjoy the sunshine, warm weather and camaraderie. To satisfy a hungry crowd, though, you'll need recipes fit for the occasion.

Turn to a versatile signature ingredient like Grapes from California, which can be used in dishes of all kinds from refreshing salads and entrees to flavorful condiments and sweet desserts. Grapes are crisp, juicy and sweet, making them a fantastic addition of flavor and texture for a wide range of recipes. Whether fresh, sauteed, roasted, grilled or even pickled, grapes make it easy to take meals to the next level.

For example, you can start the festivities with grapes as an easy, portable and healthy snack perfect for summer days or use them as a juicy addition to this all-in-one Honey-Lime Quinoa and Grape Salad that's ideal as a light appetizer or a meal all on its own. Follow it up (or pair it) with a summertime staple – hot dogs – given a sweet-tart twist from pickled grape relish that takes these Sweet and Tangy Pickled Grape Hot Dogs to new heights.

Dessert can't be much easier than Creamy Vegan Grape Ice Cream as a dairy-free alternative to traditional summer sweets. Oat coffee creamer and pureed grapes are all you need to create this delicious frozen treat. Simply freezing whole grapes also makes for an easy and healthy frozen dessert.

Visit GrapesFromCalifornia.com to discover more summer entertaining inspiration.



Honey-Lime Quinoa and Grape Salad

Prep time: 15 minutes, plus at least 1 hour chill time
Cook time: 22 minutes
Servings: 6 (1 1/3 cups per serving)

Lime Vinaigrette:

- 1/2 cup extra-virgin olive oil
- 1/3 cup lime juice
- 2 tablespoons honey
- 3/4 teaspoon sea salt
- freshly ground pepper, to taste

Salad:

- 1 1/2 cups quinoa
- 2 cups vegetable broth
- 2 cups halved Grapes from California
- 1/2 cup minced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons minced jalapeno pepper
- 1 large firm, ripe avocado, peeled, pitted and cut into bite-size pieces
- 1/2 cup chopped peanuts (optional)

To make lime vinaigrette: In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Nutritional information per serving: 520 calories; 10 g protein; 52 g carbohydrates; 32 g fat (55% calories from fat); 4 1/2 g saturated fat (8% calories from saturated fat); 0 mg cholesterol; 490 mg sodium; 7 g fiber.



Sweet and Tangy Pickled Grape Dogs

Prep time: 15 minutes, plus 1 hour marinating time
Cook time: 5 minutes
Servings: 8 (1/4 cup relish per serving)

- 1/2 teaspoon mustard seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon black peppercorns
- 1/2 cup wine vinegar
- 1/4 cup packed brown sugar
- 2 1/4 cups quartered or coarsely chopped Grapes from California (red, green, black or combination)
- 1/4 cup thinly sliced red onion
- 8 turkey or chicken hot dogs
- 8 hot dog buns, lightly toasted

Place mustard seeds, coriander seeds and black peppercorns in small resealable bag. Using meat mallet or rolling pin, crush seeds and peppercorns.

In small saucepan, stir vinegar, sugar, seeds and peppercorns; bring to boil. Remove from heat and stir to dissolve sugar; let cool. Stir in grapes and onion; set aside to cool and marinate 1 hour, stirring occasionally.

Heat grill to medium heat.

Grill hot dogs 5 minutes, turning occasionally, or until charred and heated through.

Place hot dogs in buns. Using slotted spoon, top with pickled grapes.

Nutritional information per serving: 280 calories; 10 g protein; 39 g carbohydrates; 10 g fat (32% calories from fat); 2 g saturated fat (6% calories from saturated fat); 35 mg cholesterol; 630 mg sodium; 1 g fiber.

Creamy Vegan Grape Ice Cream

Prep time: 20 minutes
Cook time: 10-15 minutes
Servings: 8 (1/2 cup per serving)

- 1 pound stemmed black Grapes from California
- 12 ounces vanilla oat coffee creamer, well chilled
- 12 ounces unsweetened oat coffee creamer, well chilled

In high-speed blender, puree grapes until smooth. Transfer to medium saucepan and bring to simmer. Reduce heat to low and cook 10-15 minutes, or until reduced to 1 cup. Cover and refrigerate until well chilled.

Stir creamer into pureed grapes and pour into bowl of ice cream maker. Freeze according to manufacturer's directions. Transfer to freezer-safe container; cover and freeze until firm.

Substitution: For lighter color, use 3/4 pound black grapes and 1/4 pound red.

Note: Make sure ice cream maker bowl is well chilled or frozen before making ice cream.

Nutritional information per serving: 140 calories; 0 g protein; 22 g carbohydrates; 6 g fat (39% calories from fat); 0 g saturated fat; 0 mg cholesterol; 45 mg sodium; 1 g fiber.

