

➔ TODAY'S VERSE

Nahum 1:7 The Lord is good,
a strong hold in the day of
trouble; and He knoweth them
that trust in Him.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Libby Ambrous smile? "Being able to show a dog. It's not something everybody can do," said the 16-year-old Hamilton County 4-H'er, who won Champion for Senior Showmanship and Reserve Champion in Showmanship Overall during the Dog Show in pre-fair activities for the Hamilton County 4-H Fair. She competed with 2-year-old dog, Forrest, a black English Labrador Retriever. In the three months that she has had the dog in her family, she has "put a lot of hard work" into working with him, she said. What stood out about the two in the competition? "I just tried to stay composed the whole time. I tried to be calm, smiling and happy to be there," she said. She completed two 4-H projects this year, Horse & Pony and Dog, and is a member of Giddy-Gang 4-H Club, which meets at the Fairgrounds. She won Champion for Senior Showmanship and Reserve Champion in Showmanship Overall and represented the Dog project during Royal Showmanship at the Fair. "It was my goal to get into it," said Ambrous, who went on to compete in the Royal contest with showmanship winners from each of the Dog, Cat, Poultry, Llama and Pygmy Goat projects. "Since it was my goal, I went ahead and learned Rabbit ahead of time. She is the daughter of Jeff and Meg Ambrous. Favorite event at the Fair? "Showmanship." Favorite food at the Fair? "The corn dog." The 2023 4-H Fair is over but watch for more Fair photos and Fair results in upcoming editions of The Times.

And Another Few Things...

1. Lt. Gov. Crouch statement on lost farmland:

"As I travel the state, I'm hearing growing concerns from farmers and other constituents regarding the loss of farmland in the LEAP district in Boone County and in other parts of our state. Today, in addition to inventorying farmland lost from 2010 to 2022 (per HEA 1557), I've asked the Indiana Department of Agriculture to conduct an economic analysis of lost farmland to determine its value to local and state economies. Let me be clear, I am not opposed to the LEAP district or others like it. I applaud the investment and jobs it will bring to our state. As the eighth largest farming state in the country, agriculture contributes more than \$35 billion to our economy. State leaders must carefully consider the impact of lost agricultural production and, as Indiana's Secretary of Agriculture and Rural Development, I will ensure this happens."

2. Volunteers Needed

The Westfield-Washington Historical Society is in need of volunteers to host the opening of the Museum and Barker Cabin. The Museum and Barker Cabin are open Saturdays from 10 AM - 2 PM. For those who have not volunteered for one or the other, training will be provided. Please consider helping the Historical Society by volunteering to be a Museum or Barker Cabin host. We have openings starting the 2nd week of August thru September. Text Jeff Beals at 317-460-4844 to be scheduled.

The TIMES

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Noblesville Heads Back To School Back to School



Photo courtesy of Mamie Cooke/Noblesville Schools

Noble Crossing Elementary School students smile as they head into school for the first day of classes on Monday morning. Noblesville Schools is the first school district to head back to school for the 2023-23 school year.



Photo courtesy of Mamie Cooke/Noblesville Schools

Noble Crossing Elementary School students step off their school bus on Monday morning ready for the first day of classes for Noblesville Schools.



Photo courtesy of Mamie Cooke/Noblesville Schools

A Noble Crossing Elementary School student, carrying a backpack, heads into school Monday morning ready for the first day of classes for Noblesville Schools.



Photo courtesy of Mamie Cooke/Noblesville Schools

Noble Crossing Elementary School Principal Pat Haney walks a family into school for the first day of classes on Monday morning at Noblesville Schools. Haney, who has been with the district since 1996, is in his fifth year as principal at Noble Crossing.



The Times Editor Betsy Reason's daughter, Addie, smiles for a photo on the first day of kindergarten 12 years ago, in 2011, and also smiles for a current photo on the first day of Senior Year, on Monday, in 2023.



The Times photos by Betsy Reason

First Day Of Senior Year



BETSY REASON
From The Editor's Desk...

Monday was the first day of the final year of high school for my daughter.

Yes, it was the first day of Senior Year.

It was a tough day with tears

shed.

How could time fly so quickly?

It seemed like yesterday that I was snapping her photo on her first day of afternoon kindergarten on the front porch and then in front of North Elementary School.

Being in afternoon kindergarten, she was a car rider to school and a bus rider to home.

➔ See BETSY Page A5

Discussion Along With Eggs And Issues

Discussion with Elaine Bedel, IDDC
Join the OneZone Chamber of Commerce for our August Eggs & Issues, featuring Elaine Bedel!

Elaine Bedel was appointed by Governor Holcomb in 2019 to serve as the first Secretary and Chief Executive Officer of the newly established Indiana Destination Development Corporation (IDDC), a quasi-government agency focused on making Indiana a great place to live and visit and to learn and earn.

Prior to her recent appointment, Bedel served as President of the Indiana Economic Development Corporation (IEDC), the state's lead economic development agency from 2017-2019.

Prior to serving the state, Bedel served as Chief Executive Officer of Bedel Financial Consulting Inc., a role held since she founded the company in 1989.

➔ See EGGS Page A5

The Daily Almanac

Sunrise/Sunset
RISE: 6:44 a.m.
SET: 9:03 p.m.

High/Low Temperatures
High: 85 °F
Low: 61 °F

Today is...

- Play Ball Day
- Spider-Man Day
- World Lung Cancer Day

What Happened On This Day

- 1981 Music Television is launched.
- 1936 The XI Summer Olympics are opened in Berlin by Adolf Hitler.
- 1834 Slavery abolished in British Empire.

Births On This Day

- 1942 Jerry Garcia American singer-songwriter, guitarist
- 1819 Herman Melville American writer

Deaths On This Day

- 1970 Frances Farmer American actress
- 1714 Anne, Queen of Great Britain

Sheridan Public Library August Events

Preschool:

- August 10 | 10:30am Baby Time (0-18mos)
- August 24 | 11am Mindful Movements (3-6)

Grades K-5:

- August 8,22 | 11am Homeschool Playdate

Grades 6-12:

- August 8,22 | 11am Homeschool Meetup

Adults:

- August 2,9,16,23,30 | 11am-1:30pm Needle Crafters
- August 8,22 | 1:30pm Euchre Club
- August 9 | 6pm Friends of the Library Meeting
- August 16 | 5:30pm Sheridan Readers Book Club: Book- Horse by Geraldine Brooks
- August 21 | 6pm Pinners
- All Ages:**
- August 11 | 6pm Bingo Night, Free Event
- August 26 | 9am-1pm Puzzle Swap
- August 29 | 6pm Author Visit: Rob Harrell, Award-winning author and illustrator.

For more information on programming and services, please visit: <https://sheridan.lib.in.us>

➔ INSIDE TODAY

- Service Directory.....A5
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- Carrie Classon.....A5
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➔ OBITUARIES

None

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

➔ HONEST HOOSIER

Welcome to August – the month we used to chuckle at schools starting too early. Little did we know, huh? Let's go back to starting after Labor Day! All those in favor raise their hands.



➔ TODAY'S HEALTH TIP

Do you spend a lot of time at a computer? Set a timer to take breaks every half hour or so to help prevent repetitive strain injuries. 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

"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color. Often at night there is lightning, but it quivers all alone." – Natalie Babbitt

➔ TODAY'S JOKE

What are a teacher's favorite three words: June, July and August.

3 WTHR 7 DAY FORECAST

61/84 BUNNY & PLEASANT	61/85 HEAVY RAIN	64/85 PARTLY SUNNY	66/86 SHOWERS	70/87 MISTY	67/87 WAINY SUNNY	66/86 MISTY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN



Lettuce Talk About Westfield Farmers Market

Volunteers Needed
We are looking for volunteers to help with the Westfield Farmers Market. Volunteers are welcome to dress casually at the Market. A name tag will be provided for you to wear while volunteering at the event. We ask that volunteers shop before or after their shift so that we can have your full attention during the Market. Questions about volunteering should be sent to markets@westfieldchamberindy.com.

Getting to the Market
Below is a map of the available parking spaces within the immediate vicinity of Downtown Westfield. With all of the great improvements underway in our downtown parking is limited. Beyond this immediate area there is also parking on Penn Street or behind Westfield City Hall, which is just a 7-minute walk to Grand Junction Plaza.

We strongly encourage you to ride your bike to the Plaza or walk down the Midland Trail, which will take you directly to the park. There are plenty of bike lock-up spaces available at the Plaza along Union Street. If you do decide to

drive, park in the designated parking spaces. Be on the lookout for the new blue (pictured below) signs throughout downtown which will direct you to parking areas. DWA does operate a small six seat shuttle that will take Market Patrons to and from parking spaces on the on the left side of the map (yellow star) along Park Street. The shuttle will run every 10 minutes, beginning at 5:00 pm until 7:45 pm.

About the Market
The Westfield Summer Farmers Market and Winter Market are managed and operated by the Downtown Westfield Association located at 116 East Main Street, Westfield, IN 46074. Interested in volunteering at the Market or have an idea or question? You can reach the Market Manager, Nick Stepaniak at markets@westfieldchamberindy.com.

The Market would not be possible without the support of the City of Westfield, the Westfield Welcome Department, and the Parks & Trails Department, especially the City Staff from those departments who help support the weekly market.

CCPR To Host Annual Preschool Splash Bash At The Waterpark

A big day out for our littlest kiddos. The little kids are having a bash! Carmel Clay Parks & Recreation (CCPR) is hosting a morning of fun for preschoolers at The Waterpark in Carmel, 1195 Central Park Dr. W. Preschool Splash Bash will be held on Monday, August 7 from 11:00 a.m.-2:00 p.m. This event is for children ages six

years and younger. Tickets are \$15 per child; accompanying adults are free. Participants will have access to the kiddie pool, activity pool, and the lazy river. Concessions will not be available during the event. Guests are welcome to bring their own snacks or lunch. Space is limited and pre-registration is required.

Westfield's Best Party and Largest Single Day Fundraiser!

Be our guest at this year's Dinner Party on Union featuring a three-course meal from Prime 47, live entertainment from GrooveSmash, and an incredible silent and live auction! Help us in our mission to endow, enhance, and enrich Downtown Westfield!

Cocktail Reception | 6:00 PM - 7:00 PM
Dinner, Dancing & Live Auction | 7:00 PM - 11:00 PM

Food, Fun & Philanthropy
Save your seat at the Dinner Party on Union featuring the largest outdoor dinner party in Indiana! Seated throughout the length of Union Street in Westfield, our guests will enjoy a delicious meal from Prime 47, live entertainment from GrooveSmash, and an incredible silent and live auction featuring experiences around

the city and beyond. All proceeds from this event directly go toward our mission of endowing, enhancing, and enriching Downtown Westfield. In past years, we have donated to projects in the Grand Junction Plaza, the Westfield Playhouse, and the Student Impact Organization.

Purchase Now
Save your seats for one of Westfield's best and most unique events. Invite your neighbors, coworkers, friends and family to this exciting event. If you live or work in Westfield, this is the event to support!
\$400 - Per Couple
\$1600 - 8-person table
\$2000 - 10-person table
Ticket Includes:
- Cocktail Reception (comped drinks)
- Dinner from Prime 47
- Assorted Desserts

Russell Dickerson Live In Concert In Fishers On Sunday, Sep. 10

Tickets on sale this Friday, Aug. 4 at 10 a.m. at npdamp.com & mokbpresents.com.

4th concert announced as part of popular venue's annual summer national show series.

MOKB Presents and The Nickel Plate District Amphitheater (NPD AMP) in Fishers today announced Russell Dickerson live in concert on Sunday, September 10, 2023 along with special guest David J. Tickets for the Russell Dickerson show go on sale this Friday, August 4 at npdamp.com.

Russell Dickerson's show is part of the venue's annual summer series. Previously, Ripe was announced for July 15, Snarky Puppy on September 8, and additional summer shows and events will be announced soon. Additionally, the NPD AMP will continue to host the Fishers Farmers Market and local community concerts and national tours. Details on the 2023 summer schedule can be found at npdamp.com.

More about Russell Dickerson:

Russell Dickerson is a Tennessee native country music artist that made a name for himself with his first studio album, Yours, back in 2017, including his first big single of the same name. Determined to

get his music on the road, Russell Dickerson began playing for any audience he could find, no matter how big, leading to him becoming the first artist to release four consecutive career-starting singles that reached No. 1 on the Billboard Country Airplay chart since Luke Combs, placing himself along some of the best of the best.

Earlier this year, Russell Dickerson announced The Big Wheels & Back Roads Tour, which will be making 15 stops in the U.S. starting in September and continuing throughout the fall. Prior to the U.S. tour dates, Dickerson embarked on a sold-out tour in the UK. Just last month the artist released a new summer EP titled Three Months Two Streets Down, and is available to stream HERE.

Tickets for the Russell Dickerson concert go on sale this Friday, August 4 at 10 a.m. and will be available at npdamp.com and mokbpresents.com. For ticketed shows, the venue is an all ages facility and children ages two and under are permitted for free. Fans can also bring their own lawn chair and blankets. Additional information is available on the venue website.

Visit www.russelldickerson.com for more information.

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Photos courtesy of Casey Williams

2022 Nissan Frontier PRO-4X Is Ready For A Summer Day Away

I realized this week that summer is quickly flying by and my daughter will soon be back in the classroom and piano lessons. So, I took the day off and made quick plans to travel to a local state park where we could hike, eat lunch at the inn, relax in the nature center, and swim in the pool. Fortunately, I have a pickup ready for adventure: The 2022 Nissan Frontier PRO-4X. To be honest, this is far more pickup than we need. We barely go anywhere more challenging than a rutted gravel road to and from a covered bridge, but the truck is dressed with skid plates, bug shield, and aggressive off-road tires on black 17" wheels. The Frontier, which was recently redesigned, is already a pretty handsome truck with its wide stance and bulging fenders, but looks especially fetching with red trimmed

2023 Nissan Frontier PRO-4X Five-passenger, 4WD Pickup

Powertrain: 3.8-liter V6, 9-spd
Output: 310hp/281 lb.-ft. torque
Suspension f/r: Ind/Solid axle
Wheels f/r: 17"/17" alloy
Brakes f/r: disc/disc
Fuel economy city/hwy: 17/22-MPG
Assembly: Canton, MS
Base/As-tested price: \$29,370/\$46,380

NISSAN badges, welded footsteps, bed bars, and spray-in bedliner. Look close to notice the built-in trailer hitch and electrical connections. It's ready to get busy. Standard Frontiers have pretty comfy interiors, but I like the styling flourishes and extra luxe in the PRO-4X Crew Cab. Check the orange stitching on the seats,

LIKES

- Saturating interior
- Handsome style
- Safety tech

orange metallic rings on the doors, and orange stitching on the leather-wrapped steering wheel. Adding comfort, front leather seats and steering wheel are heated. We also enjoyed dual-zone automatic climate control, power sunroof, and crisp 10-speaker Fender audio system from which we could hear every strum as if at The Ryman. Of course my daughter, who can't travel two miles without screens, connected easily via wireless Apple CarPlay, Android Auto, Wi-Fi, and in-console charging. I'm a fan of the built-in touchscreen with easy tabs for audio, phone, and navigation plus actual knobs for volume and tuning. Given the Frontier

DISLIKES

- Useless steps
- Fuel economy
- Turning radius

is carrying precious cargo, it's comforting to know adaptive cruise, automatic emergency braking, lane keep assist, and rear cross path detection with auto brake stand by to keep us safe. This is a pretty serious truck, so if you're just looking for a crossover with a bed, go check out the Ford Maverick or Hyundai Santa Cruz. This one feels much tougher riding on Bilstein off-road shocks, slinging a solid rear axle, and returning heavy steering. It takes a country mile to turn it around, so tight trails are not its playground. An electronically locking rear differential and two-speed transfer case amp its off-road capability though. Fortunately, the same

thick tires that enhance off-road capability soak up potholes. Just understand the solid rear axle will dance if the road is rough enough.

Beyond gravel roads to the bridge and through the park, we spend most of our time on two-lane backroads and wide open Interstate. Either way, it's up to the task with a 3.8-liter V6 engine delivering 310 horsepower and 281 lb.-ft. of torque through a nine-speed automatic transmission that always keeps the engine in the right rev range whether stomping down to pass a tractor or gently accelerating up a hill above legal speeds. Fuel economy is not terrible at 17/22-MPG city/highway. Days are long, but summers are short. It's always nice to spend quality time with my daughter...and convenient the Nissan Frontier PRO-4X was in the driveway.



CASEY WILLIAMS
Auto Reviews

It would be fun to get it a little farther off-road, but the beefy truck served us well. Frontiers start at \$29,370, but came to \$46,380 as-tested. Competitors include the Ford Ranger Tremor, Jeep Gladiator, Toyota Tacoma Trail Special Edition, Chevy Colorado Trail Boss, and GMC Canyon AT4. 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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Congresswoman Houchin Recognizes Summer Interns In Washington

“This summer Adam and Jacob got an up-close look at the work of Congress. I’m grateful for their hard work and dedication serving as our very first interns in Washington for the ninth district,” – Rep. Houchin.

Congresswoman Erin Houchin (R-Ind.-09) recognizes her first ninth district summer interns in the Washington, D.C. office. Adam Longstreth and Jacob Crosley, both students at Indiana University, joined the office for a nine-week internship.

“This summer Adam and Jacob got an up-close look at the work of Congress. I’m grateful for their hard work and dedication serving as our very first interns in Washington for the ninth district. Their contributions have made a significant impact for folks back home, and I have no doubt that their futures will be filled with countless possibilities,” said Congresswoman Houchin.

Jacob Crosley is a graduate student from Fishers attending Indiana University in Bloomington.

“This summer taught me that politics isn’t a one-man show, but a team effort,” said Jacob from Fishers. “As a 7th generation Hoosier, it was an honor to serve Indiana. It meant bringing Hoosier and Midwestern values to DC; that is, staying true to the voter base while being neighborly to people on both sides of the aisle.”

Adam Longstreth is a rising junior from Batesville attending



Photo courtesy of Erin Houchin

Jacob Crosley from Fishers with Congresswoman Houchin outside the U.S. Capitol Building.

Indiana University in Bloomington.

“I wanted to intern in an office where I felt like the work I did would benefit others, and I felt like working in Rep. Houchin’s office would be the perfect opportunity. I am grateful to have been in a position in which I can serve my fellow Hoosiers. My hometown of Batesville is a town of kind and hardworking people, and I am glad to have been able to serve it and the many other towns within the district comprised of similarly kind-hearted Hoosiers,” said Adam from Batesville.

The Hoosier students

assisted the legislative and communications staff with daily projects and constituent services. Congresswoman Houchin is now accepting internship applications for the Fall, Spring, and Summer sessions. Interested students can visit Houchin.House.Gov or call (202) 225-5315.

“I would absolutely recommend interning in Rep. Houchin’s office to other Hoosier students. I believe that this opportunity would be informative and fulfilling for students wishing to learn more about U.S. government and support our state,” said Adam from Batesville.

Spartz Provides Updates From Our Nation’s Capital



VICTORIA SPARTZ
Guest Column

Oversight of the DHS This week, the House Judiciary Committee conducted an oversight hearing of the Department of Homeland Security (DHS) with Secretary Mayorkas who came prepared to not answer any Republican questions with a smirk on his face.

Legislative Update
This week, Rep. Spartz introduced an amendment

to the Agriculture Appropriations legislation as part of transparency and accountability efforts for farmers paying involuntary checkoff fees.

Helsinki Commission Update

On Wednesday, the Helsinki Commission held a hearing on human trafficking and the kidnaping of Ukrainian children by Russia as well as the dysfunctionality of international institutions like the UN, which need to be seriously reformed or dissolved.

Spartz Hosts Town Hall in Noblesville

Thank you to all who came out to the Hamilton County Fair for our town hall and milk shakes with the Congresswoman! Stay tuned for details on our next town hall.

– 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.

An Artist, Ever-Present Provides A Sense Of Gravity



CARRIE CLASSON
The Postscript

I see him painting every afternoon. Every day I take a walk and, when I am in San Miguel de Allende, Mexico, my walk usually takes me through an old fabric mill that has been converted into gallery space. Most of the galleries sell the work of artists from Mexico City and beyond. But some of the galleries are spaces where artists are both working, and selling their work and the floor is spattered with paint, and easels hold paintings in various stages of completion.

Usually, I don’t see the artists. They seem to be somewhat elusive. Perhaps they don’t like being pestered by looky-loos coming by to see what they are doing and how they create their magic on canvas.

But one artist is always working. For a long time, I would wave as I walked by.

Then one day, I stopped to tell him how inspiring it was to see him working every day. I told him I was a writer and that sometimes it felt as if there was no one else writing.

“But I see you painting here, every day, and I feel less alone,” I told him.

He said he was honored. He spoke English with an accent, but it was not a Spanish accent. He is Italian, as it turns out. His girlfriend is Mexican, from San Miguel.

His work is imposing. He does portrait art, and within the realistic paintings of his subjects, he has abstract art bursting out from inside them, as if their thoughts and emotions had turned into vivid colors and shapes.

“Do you have days when it is easier?” I asked. “Are there days when the painting flows more freely than others?”

I felt a little bad because, in order to answer the question, he paused his painting. He was working on the background of a male figure. The background was flesh-toned, so the person almost melted into it. He was mixing colors of brown and white, painting, covering, mixing again. It was mesmerizing.

“No,” he said. “I think the work flows on every day I am painting. If it is not flowing at all, I go home.”

But I know he is always there—because I see him. And then he told me he had not always been a painter. He was trained as an actor and worked in films in Italy. He hated it. He said he was only valued for how he looked.

Then he met his wonderful girlfriend, and

he moved to Mexico to be with her. But he had no job. So he and a business partner set up a small export company. He spent eight months working on it and then—without warning—his partner quit. His business dream was over.

That was when he started to paint. Now he has more commissions and offers to show in galleries than he can accept. People love his work, and so does he.

“It freed me, my partner leaving,” he said. “If he hadn’t done that, I would never have gotten to paint!”

“But how did you learn?” I asked.

“On YouTube!” he said. “I just practiced and practiced.”

And I know this is true because he is the one painter who is there every day, working on a new canvas, carefully mixing the colors on his brush, contemplating what he sees growing before him.

I saw him there yesterday. He was concentrating intently, and I didn’t want to take up his time. But it is a great comfort to know—even without seeing him—he is there right now, painting.

Till next time,
Carrie

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

Care To Discuss Some Nail Fungus Among Us?



JOHN R. ROBERTS, M.D.
Hamilton Health

I have removed a lot of toenails over my career. Usually, it’s a last ditch effort to help someone get rid of their toenails that were infected with fungus. The medical term for a fungal infection of the toenails or fingernails is tinea unguium, also known as onychomycosis (OM).

This condition is generally more of a nuisance than a real health threat. However, infected nails can become quite enlarged and painful. Diabetics and people who have poorly functioning immune systems need to be concerned about OM. Infected nails in these people can lead to inflammation of the skin around the nails and entry of skin bacteria that can lead to serious skin and even bone infections.

Most people visit their doctors for OM because of disfigured nails. It is the most common nail disorder in adults and affects up to 13 percent of North Americans. It is 30 times more common in adults than children.

OM is caused by two major species of fungi, *Trichophyton rubrum* and *Trichophyton interdigitalis*. These organisms are called dermatophytes meaning they grow by feeding on hair, skin and nails. These types of fungi account for up to 99 percent of OM.

Yeasts and molds cause the remaining cases. It’s often difficult to tell what organism is causing the infection without growing the organism in culture media or doing DNA testing in a lab.

OM is a condition that we are seeing with increasing frequency. This is likely due to the large

number of dermatophytes that traveled to North America by hitching a ride on people who lived in or visited West Africa and/or Southeast Asia where the fungi thrive in the warm, moist climates.

Risk factors for developing OM include a history of fungal infection in the family, increasing age, poor health, trauma to the nail complex, warm moist climate, and participation in fitness activities. Sharing shower facilities is also a risk factor as is wearing shoes that do not allow adequate air circulation.

The fungi can invade the part of the nail under the cuticle (matrix), the skin beneath the nail (nail bed), or the nail itself (nail plate). There are actually up to five types of OM depending on what part of the nail complex is involved.

The most common type of OM starts when fungus from the bottom of the foot invades the underside of the nail at the outside corners where it grows over the end of the toe.

OM can have various appearances. The most common is characterized by a thickened nail that becomes opaque and may even become brownish in color. The nail becomes brittle and a white or yellow substance (keratin) may build up under the nail. Other types may simply present with a milky discoloration of the nail or just redness around the edge of the nail.

Treatment of OM can be very difficult and is most effective if the exact organism can be identified and determining what antifungal agents will kill it. Most dermatophytes respond to common antifungal medications. Since there is no blood supply within the nail to deliver medication, they can take weeks or months to work as the diseased nail is replaced with treated, healthy nail

tissue.

Topical treatment of OM usually only works for very mild cases involving less than half the nail. Effectiveness is limited by the medication’s ability to penetrate into the nail to kill the fungus. The most commonly used agent is ciclopirox (Penlac®).

The oral antifungals terbinafine (Lamisil) and itraconazole (Sporanox) are also very effective. These agents are more popular because of shorter treatment regimens (around 12 weeks), higher cure rates, and fewer side effects. They can occasionally inflame the liver, so it is important to obtain baseline blood tests before treatment and to monitor liver tests every 4-6 weeks throughout treatment.

Mycologic cure rates (no evidence of fungal growth on culture) for oral medication varies from 25 to 50 percent depending on the study. Clinical cure rates (normal-appearing nails) may reach 75 percent. Fingernails typically do much better than toenails.

The recurrence rate of abnormal nails varies in different studies, but is about 20 percent three years after therapy. Factors that may lead to increased relapse rates include very thick nails, age, trauma, and disease on the outside edges of the nails.

If there is marked involvement of the nail, many physicians will also advise surgical removal of the infected nail. This helps speed recovery from the infection while taking oral medication. Following adequate treatment, the nail may take up to a year or so to look normal.

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

Dreaming of a new home?

find it here!

thetimes

BETSY From Page A1

On her first day of kindergarten, she wore her hair in two high ponytails with pink pom pom hair ties with her sleeveless pink and white dress with floral tulle skirt and white sandals, and she carried her huge blue Tinker Bell backpack.

Yes, I was looking at the first-day-of-kindergarten photos the night before school started. Those oh-so-cute photos have been on our refrigerator door ever since kindergarten.

On that first day of kindergarten, parents got to stay a little while at school to make sure their kindergartners were acclimated. Our kindergartner was so happy, smiling, sitting at her kindergarten table, coloring a picture in class. (Yes, I have the photo.) She couldn't stop smiling on that first day of school. It was evident she was going to love school so much.

Kindergarten class was so much fun for parents, too. I volunteered whenever the teacher needed parents to come in and help with class or parties or special events. We were also invited in for Veterans Day activities and when our kindergartner was presented a special T-shirt for perfect attendance.

Since then, the years have flown by.

The good part is that I have been able to be a parent volunteer and field trip chaperone at every opportunity possible, especially in elementary and middle school.

In elementary school, parents could also have lunch with their kids in

the cafeteria, and I spent many school days visiting at lunchtime. In middle school, the lunch room was closed to parents, and the only time I got to visit at lunch was when I volunteered, selling school musical tickets because my daughter was in the school musical in Grades 6, 7 and 8. Plus she was on the seventh-grade girls basketball team in middle school, so we got to go to the school and watch the games.

As a parent of a student in high school, I've been fortunate to volunteer during show choir competition season, attending every show choir competition, whether traveling on the bus with the choir or following the bus.

This year will be a good senior year. Her class schedule looks fun, with seven classes that include Reading, Writing and Inquiry (English), Music Theory, NHS Singers Show Choir and Electronic Music on Black days, and Media Broadcast, Quantitative Reasoning (Math) and Mass Media on Gold Days. Black and Gold days alternate every other day for the entire school year.

Sunday night, she cleaned up her room a little, and she picked out her clothes and packed her bag for the first day.

Monday morning, she got up more than two hours before the start of school, ate a breakfast of eggs, oatmeal, banana and almond milk, and got ready for school.

On her first day of school in afternoon kindergarten, we took her to

school, and she rode the bus home.

Then every year after that, she has ridden the school bus on the first day of school. And I snapped a photo of her right before the bus stopped every year.

On her first day of school her senior year, on Monday, she didn't ride the bus. Since she got her driver's license over the summer, she was excited to drive to school on the first day of classes her senior year.

I cleaned out the car Sunday night, and I went to the carwash while she was getting ready Monday morning.

She was dressed and ready in plenty of time for our annual first-day-of-school photos.

It's still hard to believe that it was her first day of her senior year, her last year of high school. Boy, how time flies.

-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at betsy@thetimes24-7.com. Noblesville Schools is the first district to go back to classes in Hamilton County. Here are the first day of classes for the other five public school districts in Hamilton County: Carmel Clay Schools, Aug. 7; Hamilton Heights Schools, Aug. 8; Hamilton Southeastern Schools, Aug. 9; Sheridan Community Schools, Aug. 8; Westfield Washington Schools, Aug. 10. In addition, Guerin Catholic High School heads back Aug. 9, and University High School's first day of classes is Aug. 14.

Dreaming of a new home?



EGGS From Page A1

Bedel, who resides in Indianapolis, is an author of a personal finance book and has spoken nationally and internationally sharing her financial expertise and experience. Bedel earned a bachelor's degree from Hanover College and an MBA from Butler University.

Westfield Chamber, Northern Hamilton County Chamber members, and HCLA alumnae are invited to join at member rate.

Westfield Announces

Eggs & Issues Partnership with OneZone Chamber

Westfield Chamber announces its partnership with OneZone and Northern Hamilton County Chamber to host a monthly advocacy event, Eggs & Issues. The partnership will officially begin with the August Eggs & Issues event.

Eggs & Issues gives attendees the opportunity to hear about a variety of topics affecting our cities and towns, our county, and our state. Through this partnership, all three

organizations will begin to look at current trends and provide high-quality speaker experiences.

"We live in the most dynamic and fastest growing county in the State of Indiana. We have topics large and small to discuss and tackle as a business community, as residents, and as elected officials, so when the opportunity was extended to partner with OneZone to co-host their monthly Eggs & Issues event, we had to say yes," said Westfield Chamber CEO Steve Latour.

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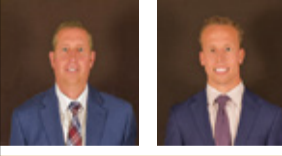
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TUESDAY

Health and WELLNESS

Tuesday, August 1, 2023

A6



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

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.¹

TYPICAL TRIGGERS!

- 79% Coughing or sneezing
- 88% Laughing
- 82% Exercise

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.¹

Nearly a third of women have experienced the urge!¹

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

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FitRightFreshStart.com **fresh start**

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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're experiencing a slow, continuous drip, you're experiencing 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.