

➔ TODAY'S VERSE

John 1:12 But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Kyler Sherck smile? "My mom," said the 7-year-old Cicero resident, a second-grader at Hamilton Heights Elementary School in Arcadia. He was found holding onto his blue ribbon after competing in the Youth Pedal Tractor Pull, ages 6-7 category, at the Hamilton County 4-H Fair in July. "It was easy to pedal." Kyler said playing basketball, baseball and football makes him strong. He is the son of Matt and Lindsey Sherck and has a sister, Kinsley, 11, a sixth-grader at Hamilton Heights, who also won her age category, for ages 10-11, of the Youth Pedal Truck Pull. What was difficult? "The weights." He competed twice and the second time, the tractor was too hard to pedal. "Kyler attended the 4-H Fair with his family to watch his sister show goats. Favorite food at the Fair? "Elephant ear." When he joins 4-H next year, he's going to show a "black goat named Polly." He said, "We live on a farm." The 2023 Hamilton County 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. We Need Help

It is with great urgency that we ask you to make a donation of any amount to the Woofstock Survivor 5K & Dog Walk. The number of sick and injured animals coming to us has nearly depleted the funds in our Survivor Program which provides life-saving medical care to those who need it most. This includes diagnostics, medication, and emergency care - we can't keep up. This program is what stands between an animal's second chance and no chance at all. We only have five days left to reach our goal of raising \$60,000 to replenish the Survivor Program fund. We firmly believe with your support we can reach this goal and save even more lives.

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

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Photo courtesy of Nicholas Shotwell

Sheridan High School Marching Blackhawks Jasmine Pettit, Grant Ferren and Avery Hayden are ready to begin the Blackhawk competition set on Friday morning at Indiana State Fair Band Day, where the band finished 17th of 37 bands and second in Class A.



Photo courtesy of Hamilton Heights Marching Huskies

Hamilton Heights High School Marching Huskies celebrate with a "thumbs up" as Heights wins Best Percussion in Class AA and 20th of 37 bands overall during their first trip to the Indiana State Fair Band Day on Friday.

## Heights Wins Best Percussion In Class AA; Sheridan Awarded 2nd In Class A, 17th Of 37 Bands In State Fair Band Day Contest



**BETSY REASON**  
From The Editor's Desk...

Hamilton Heights High School Marching Huskies and Sheridan High School Marching Blackhawks are celebrating their awards from Friday's Indiana State Fair Band Day presented by Music Travel Consultants and Paige's Music.

Hamilton Heights Marching Huskies won Best Percussion in Class AA.

"After every performance and almost every rehearsal, we continued to be blown away with our newly formed Marching Huskies," said Hamilton Heights band director Mark Snelson following the competition. Snelson and Billy Cox are Heights band directors.

"Mr. Cox and I were ecstatic with our debut State Fair performance. No moment seemed too big, always performing with confidence and intensity. The atmosphere and crowd here could have easily intimidated anyone, especially a first-year marcher, causing mental mistakes. However, our kids truly performed like a veteran group today and

all season long," Snelson said.

Heights' State Fair competition set was titled, "The Elements of Feng Shui." Each movement developed a concert of harmony and balance between a variety of elements ... wood, metal, earth, water and fire. A drum major, 15 wind instruments, eight battery percussion and 13 in the percussion pit made up the Huskies marching band. Class AA is for bands 26 to 50 playing members (winds and percussion).

Hamilton Heights finished 20th in the preliminary contest during the day.

"To finish in the Top 20, their energetic performance even gave us hope of a potential Sweet 16 performance. What more could we have asked of them? And let's not forget about our percussion section who won Best Percussion - (Class) AA. Simply amazing. Our first State Fair experience is one we can all look back on fondly for the rest of our lives."

The Sheridan Blackhawks performed with "excellence, integrity and fierce determination," assistant band director Libby Doublestein said of her school's band, which placed 17th out of 37 high school bands and second place in Class A (25

➔See BETSY Page A5

## Fines Will Be Enforced For Those Not Protecting Animals During Extreme Heat

As temperatures soar this summer, the Hamilton County Commissioners and the Humane Society for Hamilton County are reminding pet owners to be extra vigilant when it comes to ensuring the safety and well-being of their pets.

"Leaving animals outside in the heat can have serious and even fatal consequences," says Rebecca Stevens, President & CEO of the Humane Society. "The Sheriff's Office recently brought a senior dog into the shelter suffering from heat stroke. I don't know that he will make it."

Not only is protecting your animal from heat the humane thing to do, but it's also the law. Hamilton County updated its animal ordinance in 2019 to include new temperature guidelines to protect animals from extreme weather conditions. The ordinance stipulates that pet owners must provide animals with adequate shelter, food, water, and space, including adequate shade when the temperature exceeds 80 degrees. Any person caught violating this section of the ordinance can be fined up to \$500.00 per occurrence.

"Animals are highly susceptible to heat stress," Stevens adds. "Even on seemingly mild days, the sun's intensity can make outdoor surfaces extremely hot. Pets left without access to shade and fresh water are at risk of heatstroke, dehydration, burned paw pads, and organ damage."

Senior dogs, puppies, heavy-coated dogs, and any type of brachycephalic dog breed like Pugs, French Bulldogs, Boxers, and English Bulldogs are particularly vulnerable, as they cannot regulate their body temperature as effectively as humans.

Pet owners are encouraged to take the following precautions when temperatures rise:

- Limit Outdoor Time: Minimize your pet's time outdoors during peak heat hours, typically between 10 a.m. and 4 p.m.
- Provide Ample Shade: If your pet must be outside, ensure they have access to shady areas at all times. Shade helps reduce the risk of heatstroke.
- Plenty of Water: Always provide cool, clean water for your pets to stay hydrated. Check the water dish frequently to ensure it hasn't run dry.
- Never Leave Pets in Vehicles: Even with the windows

➔See FINES Page A6

## The Daily Almanac

Sunrise/Sunset  
RISE: 6:51 a.m.  
SET: 8:55 p.m.

High/Low  
Temperatures  
High: 82 °F  
Low: 63 °F

Today is...

- International Cat Day
- The Date To Create
- National Frozen Custard Day

What Happened On This Day

- 1974 President Richard Nixon Resigns.
- 1975 The term "Global Warming" appears for the first time in print.
- 1945 Soviet Union declares war against Japan.

Births On This Day

- 1937 Dustin Hoffman American actor
- 1902 Paul Dirac English physicist

Deaths On This Day

- 2010 Patricia Neal American Actress
- 1965 Shirley Jackson American Author

## Bicentennial Buzz: Coming In August

It's Wayne Township's Month! Always remember to check out even MORE events on our website!

August 8-12 - NOBLESVILLE TOWNSHIP'S SIGNATURE EVENT: HAMILTON COUNTY FABRIC ARTS SHOW Noblesville FREE

Join us during August in celebrating the fabric arts, both old and new! Hosted in partnership with Nickel Plate Arts, this art show will showcase dozens of artists and techniques for different fabric arts. Noblesville Township's Signature Event is so big we had to squeeze it into August instead of July! Check out heirlooms and new pieces and vote for your favorite. Tues-Thurs 12-5p, Friday 12-7p, Saturday 12-5 with awards ceremony

August 12 - FIND YOUR FARMING ANCESTOR Hamilton East Public Library - Noblesville 11a-12p FREE

In the 1820s, 72% of the American workforce was engaged in "farm occupations." Join the staff of Hamilton East Public Library's Indiana Room to learn more about the source-

➔See BUZZ Page A6

➔ INSIDE TODAY

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➔ HONEST HOOSIER

It's the one-year anniversary of the infamous raid on Donald Trump's Florida estate. Isn't it amazing how much the government and life has changed?



➔ TODAY'S QUOTE

"Better three hours too soon than a minute too late." -William Shakespeare

➔ TODAY'S JOKE

What do you call a chicken staring at lettuce? Chicken Sees-A-Salad!

➔ TODAY'S HEALTH TIP

If you're over 50, make sure to see your doctor for screening for colon cancer. 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.



➔ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

80 DRY DAY STORMS LATE	68/76 SHOWERS & STORMS	63/82 LESS HUMID	64/83 CLOUDY BREEZY W/IN SHOWERS	66/83 SHOWERS & STORMS	66/85 MAINLY DRY	65/82 PARTLY CLOUDY
SUN	MON	TUE	WED	THU	FRI	SAT



Letters



Photo courtesy of Ron Harmon

## Car Show A Success

Dear Editor,  
On behalf of the Central Indiana Vintage Vehicles Car Club, we want to thank the Noblesville Parks Department, Noblesville Lions Club and all of our sponsors for their support of our annual Father's Day Car Show at Forest Park on June 18th.

This year's sponsors included:

- Agm auto
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- Noble auto service
- Alexander's on the square
- Noblesville trophies
- Auto outfitters
- Perkins of noblesville
- Ayer's real estate
- Pizza hut of noblesville
- Dean's auto parts
- Randall & roberts funeral homes
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- Reggie's motorworks
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- Renner nixon body works
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- Mary sue & ted rowland
- Steve castlow
- Sander's castleton tv
- Toby fulks
- Simple engine & machine

- Grabb/o'dell families
- Son shine service
- Ron & Janet Harmon
- Story's collision center
- Kent's
- Supply warehouse inc
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- Triangle sales company
- Travis mcgee

2023 marked the 32nd annual Father's Day Car Show. Each year proceeds go to Elysian's Foundation, to benefit the residents of Normal Life of Sheridan (a "home based" care program for the severely brain injured men and women.

This year's show brought 261 vehicles to a sunny Forest Park for the community to enjoy. Central Indiana Vintage Vehicles presented Tamela Grabb, Elysian's Foundation a check for \$5,000 on August 5, 2023. Thanks again to our sponsors and the community for making this such a successful event.

Ron Harmon  
CENTRAL INDIANA VINTAGE VEHICLES  
P.O. BOX 635  
NOBLESVILLE IN 46061  
317-432-3089

## Proposals Sought For Arts Commission Project

Submission deadline Sept. 15 for third annual New Works program.

Three winning entries to receive \$2,500 awards. Indiana-based artists and organizations are invited to submit proposals for New Works, an annual commission program now in its third year at the Center for the Performing Arts.

New Works is an initiative by the Center for the Performing Arts to promote and sustain local artists and arts communities by supporting the creation of new works across all

performing arts disciplines, including but not limited to music, theater and dance. Three winning proposals will receive \$2,500 each in funding, along with rehearsal time and technical support, to premiere the works onstage during a public, livestreamed event June 1, 2024, at the Center's Tarkington theater.

The theme of the proposed works must align with one or more of the Center's organizational Core Values: excellence, innovation, integrity, collaboration and inclusion.

Artists of color, Indigenous artists, artists in the LGBTQ+ community, artists with disabilities, and women artists are strongly encouraged to apply. There is no application fee.

\*\*\*

The submission deadline is Sept. 15. Further details and application instructions are available at TheCenterPresents.org/NewWorks. Questions can be emailed to NewWorks@TheCenterPresents.org. Awards will be announced in January. Last season, New

Works supported the development of three performance works: Boon Bestowed, a contemporary classical piece written by Katie Madonna Lee and performed by saxophonist Cecily Terhune with projected images; Open Heart Surgery, a short opera by Jamey Guzman and Caroline Cao; and Suits, a dance performance created by Emily Franks and En Pointe Indiana Ballet. Video of the June 10 premiere at the Palladium is viewable on the Center's YouTube channel.

## Health Department Monitoring Water Quality In Local Streams

Hoosier Riverwatch Program Helps to Preserve the Health of Indiana's Rivers.

The Hamilton County Health Department, in conjunction with the Indiana Department of Environmental Management (IDEM), is monitoring the health of our rivers and streams as part of the Hoosier Riverwatch program, a state-sponsored water quality monitoring initiative.

"Our office participates as often as we can," says Morgan Bennett, Senior

Environmental Health Specialist at the Health Department. "It is not a part of our regulatory requirements, but it is a nice break from our normal activities during the summer months. It allows us to get directly involved with the stream and connect to nature."

The group, which includes college students working as part-time water quality technicians, recently took samples from a stretch of Little Cicero Creek in Bishops Park near Arcadia. They

measured chemical and biological markers like water flow, temperature, and transparency, as well as levels of nitrate, pH, phosphate, and dissolved oxygen.

"We also test for E. coli and collect and identify macroinvertebrates," Bennett adds. "Some species are more pollution tolerant than others. We're looking for diversity of these organisms as they can indicate the overall water quality of the stream."

The data the group

collects is then added to Hoosier Riverwatch's online database to determine the water quality of streams and how they are changing over time. Since 1996, Hoosier Riverwatch has trained more than 3,000 stream monitors as part of its volunteer stream monitoring program. The volunteer network serves as active stewards of Indiana's valuable water resources. Those interested in participating can visit <https://www.hoosieriverwatch.com/>

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Thanks for reading The Times!

**NOBLESVILLE BABE RUTH BASEBALL**

## 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](http://www.noblesvillebaberuthbaseball.com)

**Registration Deadline: August 6th**

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Photos courtesy of Honda

## Gen-Friendly 2024 Honda HR-V Is A Whole Lotta Crossover For \$25k

Twenty-five thousand dollars may still be a lot of money to most of us, but it is a pittance for a new automobile. At that price, one should normally expect many compromises in terms of quality, features, and engineering. Automakers rarely make their best effort for drivers in the cheap seats, but the redesigned 2023 Honda HR-V crossover is a case point that Honda is not most automakers.

Honda claims the all-new HR-V is America's most popular SUV with first-time and Gen-Z buyers, however I suspect "higher generational" drivers will want one too.

Standing curbside, the HR-V looks more mature than the previous generation, boasting larger and more flowing flanks aping the latest Civic, Accord, and larger CR-V. In fact, it even seem a little German in its more muscular proportions and

### 2023 Honda HR-V Five-passenger, FWD Crossover

Powertrain: 2.0-liter I4, CVT  
Output: 158hp/138 lb.-ft. torque  
Suspension f/r: Ind/Ind  
Wheels f/r: 17"/17" alloy  
Brakes f/r: disc/disc  
Fuel economy city/hwy: 26/32-MPG  
Assembly: Celaya, Mexico  
Base/As-tested price: \$25,395/\$25,850

arching roofline – like an affordable Porsche Macan. Front styling is a little amorphous, but handsome enough. The previous model was based on the Fit; this one feels more like a Civic crossover. Base models get 17" alloy wheels to fill the fenders. Inside, there's another dollop of that Civic feel with style that's more

### LIKES

- Upscale features
- Precise handling
- Super affordable price

sports car than crossover. Seats are cloth, but are stitched in waffle pattern and are all-day supportive. Steering wheels are rubber, but have controls for audio and cruise. The center flybridge console is at arm height with a small storage area and USB ports beneath. Air vents are cleverly hidden in a swath of mesh plastic that stretches across the dash. There's a lot of hard plastic, but upscale soft stuff where appreciated. It's cost-conscious without feeling cheap.

And, it's very well equipped. Push button starting, automatic climate control, and auto up/down power windows are a start. Devices connect via Bluetooth, Apple CarPlay,

### DISLIKES

- Buzzy CVT
- No Sport mode
- Amorphous front

and Android Auto. The 7" touchscreen with volume and tuning knobs was super intuitive. Safety is bolstered by standard automatic emergency braking, lane keep assist with steering nudge, adaptive cruise, hill descent control, and road departure mitigation. Everybody deserves to be comfortable and safe.

On paper, the 2.0-liter four-cylinder engine should be potent enough in a compact crossover, but it routs its 158 horsepower and 138 lb.-ft. of torque through a continuously variable transmission that unfortunately screams like a scalded puppy when putting power to the road. While delightfully smooth and quiet at cruise, climbing to speed rattles ear-

drums. Drivers can select a drive mode to make the throttle less sensitive for fuel economy, but there's no Sport mode for sharper response.

I drove from Indianapolis, Indiana to near Memphis, Tennessee and back – nearly 14 hours through flat cornfields, rolling Kentucky hills, and more challenging highway deluged by a rainstorm through western Tennessee. Unlike some competitors who use a torsion beam rear suspension, the Honda gets a fully independent set-up and quick steering. It likes to play on twisty backroads, but settles comfortably on the highway and on city streets. It feels sophisticated, very Honda, and far more fun than required.

More than a third of HR-Vs are bought by Gen Y. It's also the #1 SUV for Hispanic buyers. If I did a survey of any other demographic, I imagine it would



CASEY WILLIAMS  
Auto Reviews

rank high with them too. That's because everybody wants a well-engineered, fuel-efficient crossover that is one of the most affordable new cars available. Prices start at just \$25,395 for an LX trim with front-drive. Add \$1,500 for all-wheel-drive. A completely loaded HR-V barely scrapes \$30k.

Storm Forward!

-Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @ AutoCasey.

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# Preparing For The Trial (And Election) Of The Millennium



**BRIAN HOWEY**  
Howey Political Report

After reluctantly coming out of retirement to lead a fledgling nation, in 1796 President George Washington gave up power, which at that point in human history had been unthinkable. In his "Farewell Address" he warned that the preservation of the Union was at the core of nationhood.

"We must guard our inheritance," Washington said. "If we allow sectional jealousies to eclipse national interests, the republic will be in peril."

Four years later, after President John Adams was defeated for reelection by Vice President Thomas Jefferson, the idea of a "peaceful transfer of power" was further established. Adams was bitter over the defeat to his rival, but abided by the verdict of the American people.

For 220 years, these precedents by Washington

and Adams endured, enshrined in our rollicking politics through 44 presidencies, until the people, by a plurality of more than seven million votes, rejected a second term of President Donald J. Trump in 2020.

On Tuesday, special counsel Jack Smith filed four criminal charges against Trump, alleging that the attack on the Capitol on Jan. 6, 2021, was "fueled by lies — lies by the defendant targeted at obstructing a bedrock function of the U.S. government."

Starting around Nov. 13, 2020 by using "baseless fraud claims" that had been rejected by some 60 courts (with many of these cases presided over by Trump-appointed judges), Trump pushed seven state legislatures — Arizona, Georgia, Michigan, Nevada, New Mexico, Pennsylvania, and Wisconsin — to establish alternative electors. He attempted to convince Vice President Mike Pence to embrace the fraudulent electors scheme, reject legitimate Electoral College verdicts, throwing

the election outcome back to these states. After Pence refused, Smith alleges that Trump attempted an outright coup d'etat on Jan. 6, with a mob moving from a Trump speech on the Ellipse to erecting gallows on Capitol Hill while chanting, "Hang Mike Pence."

"Today's indictment serves as an important reminder: Anyone who puts himself over the Constitution should never be president of the United States," Pence said. "Our country is more important than one man. Our Constitution is more important than any one man's career. I chose the Constitution and always will."

Former Republican New Jersey governor and Trump ally Chris Christie was far more blunt: "The events around the White House from election night forward are a stain on our country's history and a disgrace to the people who participated. This disgrace falls the most on Donald Trump. He swore an oath to the Constitution, violated his oath and brought shame to his

presidency."

That Trump is seeking the 2024 Republican presidential nomination, has a 30 to 40% lead over his closest rival in many polls while facing more than 70 criminal charges filed against him in two federal jurisdictions (along with one in New York) is a collision of epic forces with the peaceful transfer of power as well as the rule of law hanging in the balance.

Sometime in 2024, either jurors or American voters will render a verdict in what will be the trial (and the election) not just of the century, but, perhaps, the millennium.

"This is the moment that will decide our future as a democracy," observed Tom Nichols of The Atlantic. Or as New York Times reporter Peter Baker writes, "At the core of the United States of America v. Donald J. Trump is no less than the viability of the system constructed during that (1787) summer in Philadelphia. Can a sitting president spread lies about an election and try to employ the authority of the government to overturn the

will of the voters without consequence? In effect, Jack Smith ... charged Mr. Trump with one of the most sensational frauds in the history of the United States."

The conservative Wall Street Journal editorial board observed: "Donald Trump's post-election behavior in 2020 was deceitful and destructive, and his malfeasance on Jan. 6, 2021, was disgraceful, but was it criminal? We've argued that an indictment of a former President should be based on serious charges with enough evidence to convince most Americans that it is justly brought. We doubt most Republicans will see this one in that light, and that means we are headed for more difficult and dangerous months ahead."

To put this in Hoosier parlance, if Purdue defeats Michigan State on the hardwood or gridiron, and then the loser claims the rules weren't fair or the refs stole the game, they would be branded "poor losers." Pence told Fox News, "The President specifically asked me and

his gaggle of crackpot lawyers ... to literally reject votes. They asked me to reject votes, return votes, essentially, to overturn the election."

In writing this, I am mindful of Donald Trump's political strengths in Indiana, winning the contested 2016 primary and carrying the state's 11 Electoral College votes twice. But it is worth noting that key Hoosier Republicans (Pence, former National Intelligence Director Dan Coats, former Surgeon General Jerome Adams, and former Medicaid/Medicare Director Seema Verma) who served under Trump are not backing him for a second term.

Such a second Trump administration would likely be festooned with crackpots and cranks. Whether he returns for a second term will be in the hands of voters in November 2024.

*-Brian Howey is senior writer and columnist for Howey Politics Indiana/State Affairs. Find Howey on Facebook and Twitter @hwypol.*

## Giving Multiplied With School Supplies For Children Overseas

As the school year approaches, shoebox packers are making use of back-to-school prices to purchase gifts and essential items for children in need around the world. Residents in Crawfordsville are collecting school supplies, along with personal care items and fun toys, to pack in shoeboxes. Operation Christmas Child, a project of Samaritan's Purse, will deliver these gift-filled shoeboxes to children in more than 100 countries.

For many children, access to these simple items is essential to an education. This was the case for Justin Thomas, a shoebox recipient in Southeast Asia whose parents could not afford the supplies needed for school. Thomas remembers the specific day he received a gift-

filled shoebox from Operation Christmas Child and found it filled with toys and most exciting to him—school supplies!

Growing up with hand-me-down clothes and used items, Thomas used to write with a pencil so short that he held it using a pen cap. Having an entire packet of new pencils and a pencil sharpener all his own was a treasure to him. This simple gift made a life-changing impact for Thomas because it opened the doors for him to receive an education.

For more information, visit [samaritanspurse.org/occ](http://samaritanspurse.org/occ). National Collection Week is Nov. 13-20. Participants can donate \$10 per shoebox gift online through "Follow Your Box" and receive a tracking label to discover its destination. Those who

prefer the convenience of online shopping can browse [samaritanspurse.org/buildonline](http://samaritanspurse.org/buildonline) to select gifts matched to a child's specific age and gender, then finish packing the virtual shoebox by adding a photo and personal note of encouragement.

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 209 million gift-filled shoeboxes to children in more than 170 countries and territories. This year, Operation Christmas Child will celebrate its 30th year of ministry!

## Don't Miss The Final Weekends Of Kroger Symphony On The Prairie!

Buy tickets to 3 or more concerts and automatically receive a 10% discount! You still have four more weekends to catch a concert at Kroger Symphony on the Prairie! This Friday, August 11, it's a tribute to the Beatles with the Fab Four. And on Saturday, August 12, it's the funky sounds of Here Come the Mummies with special guest Rock E Bassoon featuring musicians from the Indianapolis Symphony Orchestra. Upcoming season highlights include The Marshall Tucker Band with special guest Jennie Devoe, two nights of Queen with Gary Mullen and the Works, and the U2 tribute show Unforgettable Fire. Labor Day weekend, the Prairie will be rocking with Aeromith, the Ultimate Aerosmith Tribute Band; Pyromania, the Def Leppard Experience; and Voyage, the Ultimate Journey Tribute band! Buy a ticket and can't attend? No problem! The ISO offers a flexible ticket exchange policy up until the start time of the concert. Just email [iso@IndianapolisSymphony.org](mailto:iso@IndianapolisSymphony.org) before the 8 p.m. start of the concert and indicate which performance you'd like to exchange your ticket into (subject to availability).

Buy tickets now on the ISO's website. Tickets may also be purchased at central Indiana Kroger stores, at the Hilbert Circle Theatre Box Office at 45 Monument Circle, Indianapolis, or by calling

the Box Office at 317-639-4300. Purchase tickets to three or more concerts and automatically receive a 10% discount! No code needed. Discount calculated at checkout. 2023 Kroger Symphony on the Prairie schedule August Aug. 11: The Fab Four: The Ultimate Tribute Aug. 12: Here Come the Mummies with Rock E Bassoon (featuring musicians of the ISO!) Aug. 18: Marshall Tucker Band Aug. 19: Unforgettable Fire: U2 Tribute Show Aug. 25-26: One Night of Queen with Gary Mullen and the Works September Sept. 1: Aeromith: The Ultimate Aerosmith Tribute Experience Sept. 2: Pyromania: The Def Leppard Experience Sept. 3: Voyage - The Ultimate Journey Tribute Band

Know before you go: •Gates open at 6 p.m. and concerts begin at 8 p.m. •Call the Indianapolis Symphony Orchestra Box Office at (317) 639-4300 for weather information on the date of the concert. •Date-specific tickets may be purchased via the official ISO website. Attendees must have tickets (mobile or hard copy) to enter each performance. Children two years old and under do not need a ticket. •In addition to purchasing online, patrons may scan a QR code at Central Indiana Kroger stores to receive a discount when they purchase tickets on the ISO

website. Tickets are also sold at the ISO Box Office located on Monument Circle. Patrons are advised to use one of these three methods to purchase tickets.

•Tickets can be downloaded to phones as mobile tickets for all ISO concerts at Conner Prairie. Likewise, patrons can print their tickets at home and bring them. •Table rentals, reserved seating, and tickets to the Huntington Bank Sunset Lounge are available in limited quantities. Visit the ISO website for the list of shows that have reserved seating available. •Patrons may carry in their own food and beverages and purchase refreshments on-site including beer, wine, and spirits. •Three large LED screens enhance the stage view from every location on the lawn. •Reserved parking is \$40 for each show and provides easy-access parking. Reserved parking is available for individual concerts. •Groups of 30 or more may purchase discounted tickets to Kroger Symphony on the Prairie at a 10% discount. For group sales, contact the Indianapolis Symphony Orchestra Box Office at (317) 639-4300.

For more information on any Indianapolis Symphony Orchestra indoor or outdoor presentation, contact the Box Office at (317) 639-4300 or online at [IndianapolisSymphony.org](http://IndianapolisSymphony.org).

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**BETSY** From Page A1

or fewer playing members.) The Blackhawks competed with 25 winds/percussion, eight guards and a drum major.

Usually, the top or "Sweet 16" bands participate in the finals. However, this year, the top placing 17 bands were chosen to compete in the finals.

Doublestein said, "There was a situation involving another band's performance. Because it required further discussion and couldn't be resolved at that time, they made the decision to allow 17 bands to compete in the finals."

Sheridan Blackhawks' show title was "Ascension" with music by Randall Standridge entitled "Ritual." The show was conceptualized and designed by Johnny McGinnis, the band's co-director with Doublestein, and was about a fallen angel seeking redemption. Many visual effects were created to enhance the show.

Doublestein said, "Our students were elated to be able to perform their show one last time under the lights of the night show. We were awarded 17th place, less than one point away from 16th."

She said, "Despite disappointing public behavior from the grandstands and other band members towards our band, we held our heads up and eyes with pride."

The band director chose not to elaborate but remained focused on the positive.

She said, "This competition should be an equitable competition for all students, where all bands are treated with respect, and where each and every student should know and feel they are a part of something incredible." Doublestein is proud

of the Blackhawks' band program.

"Marching Band is such a special thing, and summer track band is especially unique ... We have official rehearsals for seven weeks; that's it. Music is distributed prior to the start of rehearsals, but everything else is learned and rehearsed during seven extremely intense weeks. Blood, sweat, laughs, tears... a band family bond is created that is incredibly strong ... This bond allows our students to know beyond a doubt that they are loved and valued, and that we believe in them," she said. "We have high expectations, hold them accountable, and are extraordinarily proud of them."

For Hamilton Heights, State Fair Band Day is about the culmination of the season, "a competition full of bands recognizing, appreciating, and celebrating the hard work of their peers," Doublestein said.

While she believes that "some of that has been lost" with other bands, Doublestein said, "We will continue to do everything we can to bring it back."

Sheridan and Heights marching bands each were awarded a plaque and will receive \$750 in prize money.

Also, congratulations to the Kokomo Marching Wildkats, Class AAA (51 or more playing members) competitors and overall champion at the State Fair Band Day. Kokomo received a trophy and will receive \$3,500 in prize money.

*-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).*



Photo courtesy of Nicholas Shotwell

**Sheridan High School Marching Blackhawks compete on Friday at Indiana State Fair Band Day, where the band finished 17th of 37 bands and second in Class A.+**



Photo courtesy of Hamilton Heights Marching Huskies

**Hamilton Heights High School Marching Huskies percussionists Zane Jones (from left), Ethan Halverson, Hunter Powell and Jack Powell perform during Indiana State Fair Band Day.**



Photo courtesy of Nicholas Shotwell

**Sheridan High School Marching Blackhawks Stephanie Hunt (left) and Anna Knochel perform Friday during Indiana State Fair Band Day.**



Photo courtesy of Hamilton Heights Marching Huskies

**Hamilton Heights Marching Huskies drum major Maggie Pache, second drum major Andrea Ward and senior Ethan Halverson await awards Friday at Indiana State Fair Band Day. Heights won Best Percussion in Class AA and 20th of 37 bands overall during their first trip to Indiana State Fair Band Day.**



Photo courtesy of Nicholas Shotwell

**Sheridan High School Marching Blackhawks John Smith (from left), Milton Kelshaw and Doug Early, and Brooklyn Abrams (back) compete Friday at Indiana State Fair Band Day.**

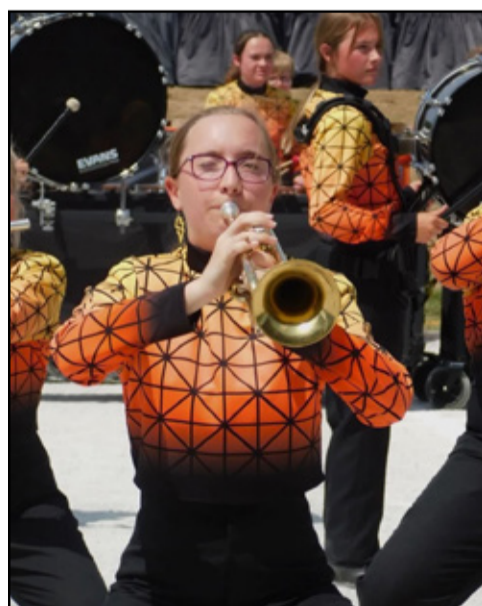


Photo courtesy of Hamilton Heights Marching Huskies

**Hamilton Heights High School Marching Huskies band member Rachel England plays trumpet during Indiana State Fair Band Day.**

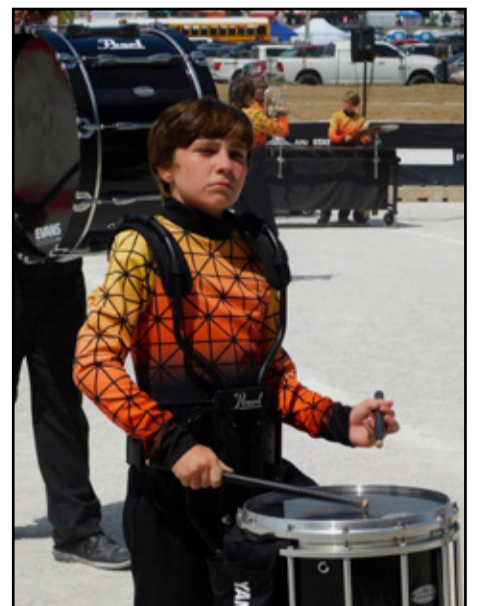


Photo courtesy of HH Marching Huskies

**Hamilton Heights High School Marching Huskies band member Jack Powell on percussion performs during Indiana State Fair Band Day.**

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## Stress Fractures, A Serious Micro-Trauma



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

I saw a college athlete recently who complained of shin pain. He had been upping his running mileage in preparation for the

upcoming cross country season. His pain was due to a stress fracture. Every year, somewhere between five and 30 percent of athletes develop a stress fracture. Briefhaupt first described the condition in 1855 when examining military recruits, a group that frequently develops stress fractures.

Everyone is familiar with bone fractures, especially those from an acute injury. Even untrained eyes can usually identify the fracture lines on an X-ray; the bone often looks like a broken stick. Stress fractures, however, can be much more difficult to diagnose.

Stress fractures, as the name implies, are caused by ongoing stress on bone tissue. This repetitive microtrauma causes disruption of the microscopic structure of the bone over time that eventually exceeds the bone's ability to heal itself. A tiny crack subsequently develops in the bone that may or may not be visible on an X-ray. Think of bending a piece of metal over and over – it eventually weakens and breaks.

Stress fractures predictably occur in bones that are prone to repetitive stress based on the sporting activity. The fractures can involve any bone, but the most common locations and their associated sports include the hip, leg, and foot (runners & jumpers), the spine (gymnasts, divers, and volleyball players), arms (throwers), and ribs (rowers). The forces experienced by bones in the feet and legs can be up to twelve times a person's weight. Stress fractures are one of the five most common injuries in runners and account for up to half of injuries in soldiers.

Risk factors for stress fractures can be divided into intrinsic (originating within the person), and extrinsic (coming from outside the body). Intrinsic factors include being genetically female (twice as likely as in males), weak or imbalanced muscles, prolonged rest that can lead to weak bones, leg misalignment, being tall, and having poor foot structure.

One very important intrinsic risk factor is osteopenia (decreased bone mineral density) and its more severe form, osteoporosis. This is especially worrisome in young female athletes who can develop the "female athlete triad." This triad includes disordered eating such as anorexia and bulimia, amenorrhea (no

menstrual periods) and decreased bone density. Any young woman who has a stress fracture needs to be evaluated for the female athlete triad.

Extrinsic risk factors usually include an excessive amount or intensity of training, a poor training surface (too hard or irregular), and worn out or improperly fitted shoes. Running shoes should be fitted correctly to the foot structure, preferably at a professional running shoe store, and should be changed out every 300 miles or so. Other extrinsic factors include smoking, poor nutrition, and medications, especially oral steroids.

People with stress fractures typically present with a common history. The pain usually comes on gradually and is felt at the end of the activity causing the pain. The pain then becomes more severe, causing the person to limit participation. During the early phase of the injury the pain is relieved with rest. This is usually not the case as the damage progresses. Many patients complain of pain at night and athletes frequently have a hard time pinpointing a specific location of the pain.

The physical exam often offers clues to the diagnosis. Pressing or tapping the affected area usually elicits pain. Swelling or redness may be present. Putting stress on the bone by hopping, etc. may worsen the pain.

If the history and physical exam does not identify the problem other tests need to be performed. Conventional X-rays are frequently normal. Often CT or MRI scanning is required to locate and assess the severity of the fracture. Nuclear bone scans can also be helpful. Which study to order is usually determined by the site of the possible fracture as well as other medical conditions the patient may have.

Treatment is fairly simple – break the cycle of repetitive stress on the bone. This is done by cross training to strengthen the muscles around the fracture site without putting undue stress on the fracture site. Rehabilitation usually takes four to 12 weeks depending on the site and severity of the fracture. Occasionally stress fractures do not heal and require surgical stabilization. One rule of thumb is to increase activity about ten percent a week during rehabilitation. There is some evidence in animal models that treating the pain with non-steroidal medications such as Aleve and ibuprofen may delay healing, so we usually try to stick with Tylenol and other local treatments such as icing.

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

## In Wake Of Yellow Collapse, Can Trucking Get Greener?

**EARTHTALK**  
*Dear EarthTalk: Is the widely publicized failure of Yellow Trucking actually an opportunity for the U.S. trucking industry to reduce its carbon footprint?*

While no one likes to see companies fail and people lose their livelihoods, some environmental advocates do see the recent collapse of Yellow Trucking as a way to force the industry down a greener path. After all, the transportation sector is the largest U.S. carbon dioxide (CO2) polluter, generating 20 percent of all domestic emissions. The freight trucking sector alone is responsible for roughly half of that. Given the slowness of trucking to adopt greener fuels, drivetrains and operations, environmental advocates see a lot of low-hanging fruit for reducing transportation's carbon footprint.

What can trucking do to start becoming part of the solution to climate change? The obvious place to start is the adoption of electric vehicles (EVs). There is no reason the same technologies now so widespread for passenger cars can't be implemented at a scale for trucks, too. Indeed, Tesla is showing the way with the recent roll-out of its all-electric Semi, currently in use by a handful of major corporations and soon to be more common on U.S. highways. To that end, Tesla recently applied for \$100 million in grant funding to develop a recharging infrastructure for EV trucks traveling between Texas and California. Tesla isn't alone in trying to electrify trucking: At least 17 other manufacturers (e.g., BYD, Mercedes-Benz, Freightliner, Volvo, Tata) are competing for pieces of the EV truck pie.

Besides a wholesale move to EVs, there's a lot we can do to green the truck operations. Encouraging the use of alternative fuels such as natural gas and biodiesel where applicable is a no-brainer. Meanwhile, enhancing the aerodynamics of trucks and trailers can reduce fuel consumption and emissions. Installing technologies like side skirts, boat tails and better tires

can make a big difference in fuel efficiency.

Another way to green trucking is to implement so-called "smart logistics"—using advanced technology for route planning and load optimization to reduce fuel consumption and emissions. Likewise, providing training to truck drivers on fuel-efficient driving practices and rewarding drivers for fuel-efficient behaviors can lead to significant fuel and emission savings. Employing real-time monitoring and data analytics to track fuel consumption, emissions and operational efficiency can help identify areas for improvement and further optimize trucking operations. And promoting freight consolidation and intermodal transportation—combining multiple "modes" like rail and truck—can reduce emissions by shifting some of the freight transport load to greener modes like rail, thus reducing the trucks on the road.

In 2022, the Biden administration unveiled stricter standards on emissions from trucks, vans and buses starting in the 2027 model year, the first update to clean air standards for heavy-duty vehicles in more than 20 years. Environmental advocates see this as a long time coming and still not enough—and the trucking industry is challenging the new regulations, claiming they are too onerous. We'll see how things shake out for the trucks of the near future when the dust settles in this fight over regulations.

*CONTACTS: Biden unveils stricter emissions rules for heavy-duty trucks, cnbc.com/2022/12/20/biden-unveils-stricter-emissions-rules-for-heavy-duty-trucks.html; Trucking Interests Ask Biden to Reduce Emission Rule, tnews.com/articles/trucking-biden-emission-rule; Tesla Wants to Build a Semi Truck-Charging Route From Texas to California, bloomberg.com/news/articles/2023-08-01/tesla-semi-truck-charging-route-pitched-at-100-million.*

*EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at https://emagazine.com. To donate, visit https://earthtalk.org. Send questions to: question@earthtalk.org.*

## FINES From Page A1

cracked, temperatures inside a vehicle can become dangerously high within minutes. Leave your pets at home if you're running errands.

- Protective Paw Care: Asphalt and concrete can become scorching hot in the summer sun, causing burns to your pet's paw pads. Walk them on grassy areas or invest in protective booties.
- Recognize Signs of Heat Stress: Be attentive to signs of heat exhaus-

tion, including heavy panting, lethargy, vomiting, and rapid pulse. If you suspect heatstroke, seek immediate veterinary assistance.

- Indoor Comfort: Create a comfortable indoor environment with proper ventilation and air conditioning for your pets to retreat to during hot days.

Hamilton County's animal ordinance can be found at the following website. <https://ow.ly/3yN550PsIuX>.

## Ravages Of A Summer Cold



**CARRIE CLASSON**  
The Postscript

So, I got a cold.

If you catch a cold in the winter, everyone is sympathetic. They tell you to drink hot

tea and put on another sweater. A cold in the winter just seems like part of the season, and I can turn the thermostat up and wait it out.

A summer cold is totally different.

A summer cold seems like an act of idiocy. A summer cold feels like I'm being difficult on purpose. I feel I must have done something really stupid—because who gets sick in the middle of the summer? And yet, here we are.

My husband, Peter, takes good care of me when I have a cold. He shows up with all sorts of pills and supplements he says I should ingest. And so I do, but I'm not sure they help. They make Peter happy, and that's the point. But when I don't get better after two days, Peter starts to frown at me. He wants me to say that I am at least better than yesterday. But today I am not better than yesterday. Today I am considerably worse than yesterday, and yesterday I was worse than the day before.

Peter does not approve of this trajectory. He feels I am headed in the wrong direction and need to do something to rectify my course. But I don't know what I can do—besides drinking orange juice and trying to sleep a bit more. Colds take time.

And Peter probably has a point about pushing myself. I felt bad yesterday but attended a Zoom meeting with some ladies I'm very fond of. I had almost no voice when I started, and much less when I was done. Peter gave me a disapproving look.

In order to get ready for the meeting, I had to work a little harder to get everything done a little earlier. Then I had dinner and got a stomachache. The stomachache had nothing to do with being sick, so you would think it would have the courtesy to hold off until I wasn't coughing quite so much—or at least until I had a voice, so I could complain about it.

But this one was terrible. So I went to bed early with a stomachache and a cough and a sore throat and the feeling that I must have behaved very badly to get all these things at once.

And, while perhaps I didn't behave badly, I suspect I didn't listen as well as I might have. I suspect, if I'd been paying attention, I would have noticed I was getting more and more tired before I finally got sick. I might have noticed a stomachache forming while I ate a bit more. I might have wondered if it wouldn't be a good idea just to rest, for a change, to have a goal or a deadline I had to make—and beat—because it was the only way I had to measure if I'd done well that day.

Maybe "doing well" sometimes means doing less, not trying quite so hard, letting myself simply relax. Maybe paying more attention would be a smart thing to do, since my body is going to insist I rest eventually—either voluntarily, or by force.

"What are you doing out of bed?" Peter wants to know as I write this.

"I'm just writing a little today," I tell him, because I am. I'm going to write just a little. Then I'm going to work very hard at being a little more lazy.

Till next time,  
Carrie

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

## BUZZ From Page A1

es available to research your farming ancestors by looking at a local farm family. Discover historic farming traditions in Wayne Township and take a taste of Hamilton County today as we sample a small harvest from a local farm.

August 13 - WAYNE TOWNSHIP'S SIGNATURE EVENT: FARMING PAST AND PRESENT

Clarksville Christian Church  
2-5p  
FREE

To start the event, join lifelong farmers Donald and David Zeller at 2:30

p.m. or 4 p.m. as they explain how farming in Wayne Township has changed over the decades. This will include show and tell of artifacts. Also in the church see history displays about the Clarksville and surrounding areas. Outside the church, experience the Hamilton Southeastern Schools FFA "touch a truck" area with old tractors alongside new Reynolds farm equipment and old Ford trucks and Model T's alongside new trucks. Free refreshments will be provided at the church, with the Wayne/Fall Creek Lions Club providing food for sale.

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# TUESDAY

## Health and WELLNESS

Tuesday, August 8, 2023

A7

### What Women Need to Know About Stroke Risks

FAMILY FEATURES

It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke Association, a division of the American Heart Association:

#### Monitor Your Blood Pressure

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

#### Plan for Pregnancy

In the United States, high blood pressure during pregnancy is becoming more common, according to the CDC, and medical conditions including preeclampsia, gestational diabetes and blood clots during pregnancy all increase stroke risk during and immediately following a pregnancy.

Managing conditions like high blood pressure before getting pregnant helps keep you and your baby healthy during pregnancy and beyond. In addition, your health during and immediately after a pregnancy can shape the lifelong health of you and your child. If you're planning to become pregnant or are currently pregnant, it's important to regularly monitor your blood pressure.



Photos courtesy of Getty Images



#### Take Care of Your Mental Health

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top sources of stress are money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being. Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

#### Learn the Warning Signs

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death.

Learn how to spot a stroke F.A.S.T:

- **Face drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."
- **Time to call 911** – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Talk to your doctor about ways to improve your well-being and help prevent stroke. Find more wellness tips at stroke.org.



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# 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](http://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.

