

➔ TODAY'S VERSE

Psalm 51:10 Create in me a clean heart, O God; and renew a right spirit within me.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ethan Schaefer smile? The county fair," said the 8-year-old Noblesville resident, a third-grader at Hazel Dell Elementary School. He was found dressed in costume as a lion tamer with Oscar, the goat, dressed as a lion. The goat belongs to his aunt, who trained the goat to do tricks and taught Ethan how to get the goat to do tricks that included shaking his hand, walking through a "ring of fire" hoop, spinning around and bowing. Ethan and Oscar won the Youth Pet Parade for his age level on July 23 during the Hamilton County 4-H Fair. Ethan is the son of Marcellus and Sara Schaefer and is a Hamilton County Mini 4-H'er and this year showed the Foods and Crafts Mini 4-H projects. Favorite food at the Fair? "Candy." Favorite event at the Fair? "The pet parade." What did Ethan and Oscar win? A \$25 grand champion prize, meal ticket, goodie bag and "a big ribbon." 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. Call Before You Dig

Every few minutes, an underground utility line is damaged because someone began digging without first contacting 811. Customers should contact 811 to request that local utility companies mark the approximate location of buried electric, natural gas, water, telecommunications, and cable lines in the designated project space and minimize the risk of injury or disruption of utility service. Every digging project, no matter how large or small, requires contacting 811 by phone or online to notify utility providers of planned digging and to allow for marking of underground utilities before digging. Striking a single line can cause repair costs, inconvenient service outages and fines, severe injuries and even death. The depth of utility lines can vary for several reasons, such as erosion, previous digging projects and uneven surfaces.

2. Make Plans To Join The Chamber On September 14!

We all know business gets done on the golf course! Birdies & Brews has been a catalyst for local businesses for 8 years. Building relationships, conducting business, and connecting with partners is best done with a 7 iron in one hand and a cold beverage in the other. Birdies & Brews features businesses at every tee box with fun activities and giveaways. Every 3rd hole has the addition of breweries & distilleries offering tastings and samples! Between the on course games, give away items, and friendly faces.

3. ROAD CLOSURE - 246th Street between SR-213 and Brehm Road (Bridge No. 89)

Please be advised, effective immediately, 246th Street between SR-213 and Brehm Road will be closed to all thru traffic for bridge repair. An estimated project completion date is not yet known. This immediate closure is due to structural damages. Another release will be forthcoming once a road opening date is known.

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Photo provided by Terri Sigman-Kennedy

Steve and Linda Renner are Platinum sponsors every year for the annual Noblesville Elks' Steve Renner Golf Outing for Cancer Research.



Photo provided by Terri Sigman-Kennedy

The Noblesville Elks Club's annual Steve Renner Golf Outing committee of 16 members began meeting in early March led by Steve Vallier and Jerry Wides, who have been on the committee and co-chaired the past five years.

Sold-Out Elks Steve Renner Golf Outing Brings In \$\$ For Cancer



BETSY REASON
From The Editor's Desk...

After the rain cleared Saturday morning, it was a beautiful day for Noblesville Elks Club's 37th annual Steve Renner Golf Outing. The Elks, over the past 10 years, have donated more than \$145,000 to help fight cancer, thanks to this outing, Elks Lodge member Terri Sigman-Kennedy said.

"Over 65 sponsors and many more donors help fight this battle, she said, of Saturday's golf outing, which sold out five months ago and took place at Fox Prairie Golf Course in Noblesville.

With a membership of now more than 600, the Club is among the successful clubs in the area.

The golf event committee of

16 members began meeting in early March led by Steve Vallier and Jerry Wides, who have been on the committee and co-chaired the past five years. The committee monthly to get the club off the ground.

All hole sponsors paid \$100 and were recognized by signs on holes on the course as well as an in-house sponsor listing that was shown on a screen in the lodge. All donors and sponsors' names will be on display for a month.

The outing included a silent auction that kicked off on Monday and ran through Friday, when a live auction began, then golfing the following morning, Sigman-Kennedy said. The auction raised about \$6,200.

The auction was started by the late Krissi Davis and, after her passing, Steve Vallier and Jerry Wides have kept it going to lead off the golf outing.

Steve and Linda Renner are Platinum sponsors every year for the annual Noblesville Elks'

➔ See BETSY Page A6

Bicentennial Bash Set To Cap Off Hamilton County's 200th Anniversary Year

The Hamilton County Bicentennial Commission will host the ultimate Bicentennial Bash to round out an incredible year of 200th anniversary happenings.

This free, open-house style event is family-friendly and designed to celebrate all that Hamilton County has to offer! Just some of what will be available:

- Free food
- Live music
- Short film commemorating the Bicentennial year
- Free raffle associated with a canned food drive
- Art show in partnership with Nickel Plate Arts that includes commissioned works from the Bicentennial book, "200 Years of Change: Celebrating Hamilton County, Indiana"
- Displays from non-profits around the county, many of whom hosted Bicentennial events
- Fun photo opportunities
- Limited-edition merchandise including the Bicentennial book
- Free giveaways

The Bash will be on December 3 from 1 p.m. to 5 p.m. at Ivy Tech Hamilton County, 300 N. 17th St. Noblesville.

The public is invited to attend this free event! Tickets will become available in October 2023.

The Bicentennial is still accepting vendors for this event. Hamilton County based non-profit organizations can apply and must showcase a piece of Hamilton County history in their booth. Potential vendors can email info@hamcoturns200.com for information.

The Bicentennial is also accepting sponsors for this event. Those interested can email info@hamcoturns200.com for information.

Statement From Hamilton East Public Library Board President, Laura Alerding

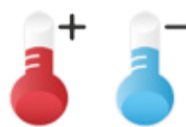
Over the past several months, the Hamilton East Public Library Board of Trustees has taken great strides to protect our most vulnerable patrons, our children, from content that was not age appropriate. While parents or guardians have the responsibility to determine what is appropriate for their own children, our Collection Development Policy ensures that families are no longer confronted with age-inappropriate content in the children's section.

Due to the events of this week, the Board will lead a discussion regarding the book review process and the operational plan to ensure we have the best outcome in the days ahead.

There will be no further comment at this time. The Board will plan to discuss this further at its upcoming board meeting.

The Daily Almanac

Sunrise/Sunset
RISE: 6:57 a.m.
SET: 8:46 p.m.



High/Low Temperatures
High: 74 °F
Low: 62 °F



Today is...

- Chauvin Day
- National Best Friends Day
- National Failures Day



What Happened On This Day

- 1973 US involvement in Vietnam ends. The Case-Church Amendment passed by the US Congress set August 15 as the deadline for the end of the US military involvement in Vietnam, Laos, and Cambodia.
- 1969 The Woodstock Music & Art Fair opens its doors to participants and spectators. The iconic music festival, popularly known as Woodstock was held in Bethel, New York at the 600-acre farm of farmer Max B. Yasgur.
- 1947 India Becomes Independent From British Rule. British control of the South Asian country began in mid 1800s with the East India Company. The company initially established itself in the subcontinent for trading purposes, and then slowly took control over the princely states that separately ruled the country.



Births On This Day

- 1912 Julia Child American chef, author
- 1769 Napoleon Corsican/French military officer, political leader

Deaths On This Day

- 1935 Will Rogers American actor
- 1118 Alexios I Komnenos Byzantine Emperor

➔ INSIDE TODAY

Service Directory.....	A5
Casey Williams.....	A3
Brian Howey.....	A4
Carrie Classon.....	A5
John Roberts.....	A6
Health.....	A7
Kitchen.....	A8

➔ HONEST HOOSIER

Former hippies might recall that on this date in 1969, Woodstock kicked off in Bethel, N.Y. Then again, they may not.



➔ TODAY'S HEALTH TIP

Think of exercise as a way to improve your health, not necessarily as a way to look better. 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

"You can have results or excuses. Not both."
-Arnold Schwarzenegger

➔ TODAY'S JOKE

What do you talk about during that awkward first date? Try global warming. It's a real icebreaker!

➔ OBITUARIES

None

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



WTHR 7 DAY FORECAST

87 DRIVE HOME W/ SUNSHINE	67/78 SHOWERS AND THUNDER	62/74 BREEZY, LOW HUMIDITY	58/79 COOL START, SUNNY	61/83 WARM UP STORE CLOUDS	61/84 SUNNY	65/88 SUNNY, SLIGHT WIND
SUN	MON	TUE	WED	THU	FRI	SAT

Noblesville Lions Supporting Humane Society Run/Walk



Photos courtesy of Noblesville Lions

On August 12th the Noblesville Lions helped the Humane Society 5K Run/Walk fundraiser in Fishers. The event drew over 850 participants. The Lions passed out water at two different water stations. In left photo: Lions Vicki Neddenriep, Jen Carr, Josh Kozicki, Jeff Kozicki, and Tim Baker. Lion Gary Hipes (not pictured) also assisted the Lions group. In right photo: Lion Jen Carr passing out water to a finisher.

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Photos courtesy of GMC

Let's Go Cruising In Barbie's Movie Dream Cars

My daughter spent last week at her grandparents', but when she came home, there was only one thing on her mind: Seeing the Barbie movie with her dads. I'd heard set designers basically ran the world out of pink paint and had to see it for myself. Beyond that, Ryan Gosling is a talented guy no matter the movie, and I'm a fan of Margot Robbie and Will Ferrell too. No arguments here - slipped on my pink polo and stomped to it. I enjoyed the movie, but it was also stocked full of General Motors dream cars that will soon be reality (mostly).

Barbie's 1957ish Corvette

Nowhere but in Barbieland does a first-generation 1950s Corvette have a back seat nor run without an engine, but there's no more classic car than a pink Barbie Corvette. Or, a blue one. My sister had both. I was jealous - would take either and forgive the second seat in pursuit of a plot. Heck, I'll take any 1950s Corvette and love it like Ken. Back in the real world, the first-generation's side coves, toothy grille, wrap-around windshield, and fuel-injected V8 engine made it an icon. Look close at the "ChEVrolet" logo on the rump and you'll realize this one is electric.

1957 Corvette Value: \$100,000

2024 Chevy Blazer EV
When America Ferrara rolls up to collect her daughter and Barbie, she's driving the upcoming Chevy Blazer EV SS. It's blazing hot whether driven by Ugly Betty, Barbie, or your Uncle Bernie. Debuting later this year, the Blazer SS EV lays down 557 horsepower and 648 lb.-ft. of torque. In WOW (Wide Open Watts) mode, and all-wheel-drive gripping, it runs 0-60 mph in under 4 seconds. Suck it, Barbie! Enjoy up to 290 miles range, 22" wheels, camera mirror, and sport tuned chassis too. Future tech includes a head-up display and hands-off Super Cruise. Base price: \$61,790

2024 Hummer EV Pickup
When Ken discovers patriarchy, he goes all-in with a Hummer EV Pickup. It does look pretty buff parked in front of his little cowboy casa. Beyond a dream, the big truck boasts 381 miles range, 0-60 mph in 3 seconds, and 22" wheels. Fortifying capability, it flaunts four-wheel steering with CrabWalk diagonal drive capability, Air Ride Adaptive Suspension, and skid plates. Remove roof panels over all seats to let in the sky and go hands-off with Super Cruise. Production recently began at GM's Factory ZERO in Detroit. Base price: \$106,945

2023 Chevrolet Suburban
When Barbie goes AWOL, Will Farrell and the Mattel clan load up and chase after her in a pair of black Chevrolet Suburbans. Let's be clear: In no real world would those Texas Cadillacs, especially when loaded with a boardroom, catch the new Chevy Blazer EV. Barbie would have left them at the beach! We'll assume the movie trucks ran with a 6.2-liter V8 producing 420 horsepower and 460 lb.-ft. of torque, but Suburban is also available with a 3.0-liter turbo-diesel. Adaptive air suspension provides a smooth ride while a full suite of crash



CASEY WILLIAMS
Auto Reviews

avoidance systems and hands-off Super Cruise keep it safe. It's the perfect limo for Barbie's movie premiere. Base price: \$57,200 Storm Forward!
-Send comments to Casey at AutoCasey@aol.com.

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Indiana Is Becoming An Abortion Restriction Island



BRIAN HOWEY
Howey Political Report

Indiana is turning into an abortion island. Girded by gerrymandered General Assembly maps, along with an anemic and broke Democrat Party, a year ago Republican super majorities passed and Gov. Eric Holcomb signed some of the most restrictive anti-abortion measures in the United States.

But on a single-issue referendum vote on Tuesday, Ohio voters followed a national trend, rejecting by a 57% no vote a measure that would have increased the threshold for constitutional amendments from a simple majority 50% plus one to 60%. That sets the stage for November, when voters in our red state neighbor to the east are expected to ensure continued abortion access.

According to Ballotpedia, in 2022, there were six ballot measures addressing abortion — the most on record for a single year. Measures were approved in California (67%), Michigan

(57%), and Vermont (77%) to preserve abortion access. Measures for constitutional amendments outlawing most abortions were defeated in Kansas (59%), Kentucky (52%), and Montana (53%).

In Kansas and Kentucky — which are as conservative as Indiana, though both have Democrat governors — voters rejected ballot measures to state that nothing in their state constitutions creates a right to abortion or requires government funding of abortions. In Kentucky, 52.3% rejected a constitutional amendment. In Montana, voters rejected a measure called the Born-Alive Infant Protection Act.

In Michigan, 56.7% passed Proposal 3, the Constitutional Right to Reproductive Freedom in 2022.

While Michigan, Ohio and Kentucky have a constitutional amendment process that requires a citizen signature threshold to appear on a ballot, Indiana's process requires two bills in separately elected General Assemblies to pass a constitutional

amendment qualify for the ballot. That will not happen on the abortion issue in the super majority House and Senate.

But Indiana voters are not unlike those in Michigan and Kansas. In a 2022 Hoosier Poll by Ball State University's Bowen Center, 56.7% — identical to the Michigan result — believe abortion should be legal in all or most cases. Most Hoosiers — more than 76% — find abortion to be an important or at least somewhat important issue. Hoosier voters were almost even split on whether they would vote for a candidate that has a different stance on this issue, with 48% saying they would not and 52% saying they would or might still vote for such a candidate.

What does this mean for Hoosiers?

Abortions had been legal up to 22 weeks. But after Gov. Holcomb quietly signed SEA 1ss last August (there was no ceremonial gathering with pro-life supporters for the signature), or instances of rape or incest, abortion will only be allowed up to

10 weeks. Fetal anomaly abortions are only permitted up to 20 weeks.

This means that for Indiana women seeking an abortion, instead of traveling to Indianapolis, Bloomington or South Bend, they will have to drive to Chicago, Kalamazoo, Lansing or Louisville, and after the expected passage of abortion access amendment in November, to Ohio cities like Toledo, Dayton, Columbus or Cincinnati.

As for the political atmosphere, Republicans seeking the 2024 gubernatorial nomination — U.S. Sen. Mike Braun, Lt. Gov. Suzanne Crouch, Fort Wayne businessman Eric Doden, and former attorney general Curtis Hill — are all ardently pro-life.

The lone Democrat running, former Republican superintendent of public instruction Jennifer McCormick, is pro-choice. She told me last June, "I do support the standards that were set by Roe. I support a woman's right to choose."

McCormick's campaign has had little traction, after she posted just \$250,000

on her mid-year campaign finance report (compared to well over \$4 million for Braun and \$3.8 million for Crouch and Doden).

Indiana Right to Life CEO Mike Fichter noted that not one legislator who voted for SEA 1ss lost in 2022. "In spite of predictions by some pundits and pollsters that Indiana went too far in its approach to protecting unborn children, yesterday's election results serve as a reminder that Indiana is a pro-life state," Fichter said the day after the election.

Beyond McCormick's gubernatorial candidacy, few Democrats are stepping up, though many campaigns begin to take shape between Labor Day and next February's filing deadline.

One is Matt McNally, who is seeking a rematch against State Rep. Jerry Torr, R-Carmel, after he lost in 2022 by a 52.4% to 47.6%. Citing "supermajority rule" since 2014 and the signing of SEA 1ss, McNally said, "I believe decision makers at our state capitol have embraced extreme policies that are out of step with our Carmel and Westfield

communities."

Beyond Indiana, the recent referendum results have gotten the attention of Republicans. "The Ohio result tonight, coming on the heels of the shellacking in Michigan and the unexpected loss in Kentucky, needs to be a five-alarm fire for the pro-life movement," Patrick Brown, a conservative scholar at the Ethics and Public Policy Center, tweeted late Tuesday.

"There shouldn't be any sugarcoating over what happened last night. It was a major setback in what became a very public fight between pro-choice and pro-life groups," Bill Stepien, the campaign manager for former President Donald Trump's 2020 campaign, said on Fox News. "This happened in Ohio, which is not a pink state anymore. This is a state that is red."

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

Attorney General Todd Rokita Acts To Protect Lugar Tower Residents And To Hold The Indianapolis Housing Agency Accountable

Subsidized housing does not mean substandard housing.

Following an investigation by his team, Attorney General Todd Rokita has obtained legal commitments from the Indianapolis Housing Agency (IHA) to rectify miserable living conditions at the Lugar Tower Apartments and to extend new protections to tenants.

The problems stem from the IHA's alleged mismanagement of the 17-story, 250-unit apartment building in Downtown Indianapolis, which serves elderly and disabled residents.

"Just like private companies, public agencies must meet their obligations to Hoosiers," Attorney General Rokita said. "Our team works tirelessly to ensure our laws are followed. This is one more instance in which we were honored to serve that mission."

At least 40 tenants filed complaints earlier this year which detailed deteriorating conditions at the property. A lack of building security at the property has attracted criminal activity, including assaults and robberies. Squatters have inhabited vacant units and common areas of the property.

The building at times has also lacked hot water service, working elevators and even secure locking

devices on residents' doors.

Other problems have included fecal matter in common stairwells and rampant pest infestations.

Attorney General Rokita's Homeowner Protection Unit (HPU) responded to tenants' complaints — communicating with IHA, inspecting the building, interviewing residents and engaging with other stakeholders to ensure issues were remedied.

The IHA agreed to address the issues as part of an Assurance of Voluntary Compliance (AVC) that Attorney General Rokita's office filed with the Marion County Superior Court.

Attorney General Rokita commended IHA Chief Executive Officer Marcia Lewis for taking the residents' concerns seriously and working constructively with his team to implement solutions.

Already, crews have cleaned common areas, fixed doors and locks, installed new water heaters and repaired elevators. Management also has increased on-site security.

"What happened at Lugar Tower Apartments was the culmination of years of neglect and mismanagement," Attorney General Rokita said. "That should anger anyone who cares about fairness and justice.

Subsidized housing does not mean substandard housing. Our office will not hesitate to hold any landlord accountable that seeks to deny tenants equal protection of our laws."

The AVC requires IHA to agree to a two-year compliance period in which they must maintain a licensed broker company as property manager of the building, maintain a reasonable security presence, allow access for future inspections and submit quarterly compliance reports to the Attorney General.

The AVC also includes an agreement that IHA will follow the Indiana landlord tenant statutes and local health and housing codes.

Attorney General Rokita thanked his HPU team for their work in this matter — including Investigator Molly Jefford; Deputy Attorney General and Assistant Section Chief Timothy Weber; and Deputy Attorney General and Section Chief Chase Haller.

The HPU's mission is to protect the rights of all individuals involved in the housing market — including tenants, homeowners and aspiring homeowners — by investigating and redressing deceptive acts in connection with mortgage lending and violations of relevant state and federal laws.

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Understanding A Misunderstanding Concussions, A Traumatic Brain Injury That Cannot Be Ignored



CARRIE CLASSON
The Postscript

Every day, whether here in Mexico or in the US, I take a walk. Walking in the morning would be nice, but that's when I write, so, in the afternoon, I head out to see what the world looks like.

I always greet a lot of people on my walk, no matter which country I am in. I talk to dogs if there are dogs involved, or I comment on the weather, or I compliment what someone is wearing, or I simply say, "Hello."

I do pretty much the same thing in either country, and my ability to converse with dogs in Spanish has improved dramatically, but there is one complication in Mexico that I do not encounter in the US, and I have taken to calling it the "Hola Hour."

Because what one typically says in the afternoon to a stranger (unless I am complimenting their hat or their dog or noting the imminence of rain) is simply, "Buenas tardes," ("Good afternoon!")

In English, this sounds a little formal, but teenagers and old women and shopkeepers and street workers all say it. It is the universal greeting—until it isn't.

As it turns to night, everyone naturally

starts saying, "Buenas noches," ("Good evening.") This seems pretty straightforward, but determining when to stop saying "Good afternoon" and start saying "Good evening" is far more complicated than it seems.

I used to think there was some magic time that changed incrementally as the season changed, and everyone knew they should start saying "Good evening." But I could never determine when this was. Was it completely dark? No. Perhaps it was just as the sun set? Not necessarily. Maybe it was the quality of light or when the streetlights turned on?

I would sometimes ask for a clarification; "Is it evening? Or is it still afternoon?" Whoever I asked would scan the sky and give me an answer that sounded very certain. I assumed this knowledge of when afternoon changed definitively to night was something one must be born in the culture to learn, and I would never be able to make this determination on my own.

But I don't think I was correct.

Because in this twilight time—with the sun either up or down, depending on your altitude, or the buildings in the way, or the number of trees, or the density of clouds, or any number of other complications in this brief time of less than an hour—I don't think

anyone knows.

And the reason I believe this is because people start saying "Hola." They simply say "Hello."

It's a simple solution. No one wants to get it wrong. No one wants to get into an argument about it. So, when it's too close to call, people start saying "Hola" to me instead of "Good afternoon," before they've begun to say, "Good evening."

I shared my theory with Jorge, the owner of our hotel. It was a slightly complicated thing to explain in Spanish, but Jorge is very patient. In the past, I had asked Jorge, "Is it afternoon? Or is it evening?" and Jorge, like everyone else I asked before, claimed to know exactly which it was.

But when I shared my theory about the "Hola Hour," he laughed. And he said, "It is true."

Jorge looked just a little embarrassed, as though I'd discovered a secret. And I was pleased.

It takes a very long time to understand another culture, and there are many things I will never know. But I feel much better prepared for the Hola Hour tomorrow.

Till next time,
Carrie

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



JOHN R. ROBERTS, M.D.
Hamilton Health

I see many patients every year who have suffered concussions. Usually these are athletic injuries, but it is frequently seen in others as well.

Concussions have always been a part of sports, particularly those involving high-energy impacts including wrestling, football, soccer, lacrosse, basketball, and baseball/softball. Intensive research, along with lawsuits, including the one the NFL Players Association brought against the NFL, are causing research to move rapidly to help get a firmer grasp on how to prevent and manage concussions.

A concussion is a trauma-induced alteration in mental status that usually does not involve a loss of consciousness and does not have to be a result of a blow to the head. In fact, only ten percent of concussions are associated with a loss of consciousness.

Concussions are caused by soft brain tissue moving violently inside the bony skull. This can result in varying degrees of microscopic injuries to brain tissue, the majority vast majority of which do not show up on radiologic imaging studies like CT or MRI scans.

Concussions alter the ability of brain cells to use energy to communicate. The brain's demand for energy exceeds what can be delivered, resulting in the many concussion signs (observable by others) and symptoms (what the athlete perceives). The injured brain is at increased risk of additional injury, occasionally catastrophic, until this mismatch of energy supply and demand is resolved.

Concussion signs may include appearing dazed, stunned, or confused. Observers may note the person is moving clumsily, saying nonsensical

things, or exhibiting mood changes such as aggression or sadness. It may cause amnesia, either retrograde (forgetting what happened before the injury) or anterograde (forgetting events after the incident – a more concerning symptom).

Most concussed individuals report a headache. Other common symptoms may include nausea, dizziness, balance problems, blurred or double vision, light or noise sensitivity, "brain fog," concentration/memory problems, fatigue, anxiety, depression, and changes in sleep patterns.

Athletes who sustain a concussion need to be removed immediately from the contest or practice until they are evaluated by a certified athletic trainer, coach, or physician who has received training in concussion management. This is especially critical in younger athletes who appear to be more susceptible to potential severe neurologic injury if they are allowed to return to competition before recovering fully.

Though a patient's signs and symptoms may appear to resolve, often the brain has not recovered completely. There are subtle neurologic changes that often can't be picked up by doing a medical history or physical examination.

Computerized neurocognitive testing such as ImPACT, has enhanced our ability to manage concussions more effectively. These tests are more objective and, most importantly, can assist us in getting athletes back on the field more

safely. Typically, athletes take a baseline examination at the start of the season and repeat the test at varying times following a concussion. Athletes are usually kept out of competition until their physical exam is normal and their test returns to their baseline.

All NFL and NHL teams and virtually all colleges utilize neurocognitive assessment software of some type.

Thankfully, this type of testing has filtered down to the high school level in most areas. While not infallible, most doctors consider these tests to be a standard aid in the management of concussions. However, it is important to note that these tests are but one tool in determining a person's readiness to return to normal activity. Concussion is a clinical diagnosis that requires an assessment by a clinician with experience in concussion management.

We are constantly searching for tools to aid us in diagnosing and managing concussions. Some of my patients have asked me about the "concussion blood test." These questions have originated from headlines such as this one from the New York Times: "Concussions Can Be Detected With New Blood Test Approved by FDA." Unfortunately, this is inaccurate.

The test was developed to detect two proteins released into the bloodstream that indicate there is bleeding in the brain, not to aid in the diagnosis of concussion. The test will be used primarily in emergency rooms to determine if a patient needs a CT scan to detect bleeding in the brain.

There are steps that can be taken to help reduce the risk of concussion. It is critical to teach players to wear properly fitted safety gear and instruct them on proper technique, especially tackling in football. Prevention of falls is important in non-athletes, particularly the elderly.

Everyone should understand the potential serious nature of even a "minor" concussion. Athletes in particular need to be taught to report their own or their teammates' symptoms or signs immediately.

More information may be found at www.cdc.gov/TraumaticBrainInjury/

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

How Are Amphibians Faring?



Dear EarthTalk: How are amphibians doing in the U.S. and around the world these days?

Amphibians, such as frogs, toads, salamanders and newts, live on both land and in water. Having emerged over 300 million years ago, today there are over 7,000 known species. However, they are perishing at an alarming rate. In 2004, about a third of amphibian species were threatened by extinction. Scientists have calculated that amphibian populations are decreasing at an annual rate of 3.79 percent in the U.S. alone.

Amphibians are crucial for ecosystem viability. They improve biodiversity and resilience in aquatic and terrestrial ecosystems by transferring energy and organic matter. Certain amphibians eat decomposers, allowing soil to retain nutrients longer. Tadpoles feed on algae, slowing algal blooms and subsequent eutrophication. Lizards, birds, fish and snakes rely on amphibians as a source of food. Certainly, the disappearance of amphibians will have serious repercussions throughout a wide range of ecosystems.

Amphibians typically have highly permeable skin that helps them breathe. Oxygen molecules dissolve into the skin's mucus membrane and surface blood vessels. Since their skin is so permeable,

amphibians are very sensitive to their surroundings. As such they are considered an "indicator species" because they react so quickly when environmental factors change and can signal trouble for the wider environment.

There are many reasons why amphibian populations are declining, many of which are human-related. When people build roads and dams, amphibians may be separated from other members of their species. The infrastructure also interrupts migrating patterns and the flow of larvae in water. Water retention in rivers, streams and ponds is declining and shorelines are receding. Additionally, people exploit amphibians as pets or ingredients in medicinal/biological markets.

Many amphibians lay eggs in water, and toxins like road salts, pesticides, fertilizers, industrial wastes and plastics can penetrate the eggs' membranes and poison the developing larvae. Pollutants can also cause behavioral irregularities, lower reproductive success, and even cause death. Moreover, ozone layer erosion has let more of the sun's ultraviolet rays infiltrate the atmosphere. UV-B rays can kill amphibians directly and cause growth delays and immune dysfunction. These changes result in the mass mortality of eggs, larvae, and metamorphosing amphibians.

Since the mid-1900s,

there has been a pandemic of the infectious chytrid fungus in over 700 amphibian species. The fungal spores move through water and stick in soil. When amphibians (notably frogs) come in contact with this fungus, it degrades the keratin layer of their skin, causing skin sloughing, lethargy, weight loss and death. Scientists are still exploring efficient ways to slow the spread of this lethal fungus.

Everyone can play a part in helping amphibians, from keeping pets indoors, reducing fertilizer and pesticide usage, covering your pool when not in use (to save amphibians from falling in). These are some of many ways that you can do your part to help these endangered critters out!

-CONTACTS: Why are amphibian populations declining? usgs.gov/faqs/why-are-amphibian-populations-declining; Water Quality and Amphibians, conservewildlifeny.org/blog/2015/03/27/water-quality-and-amphibians/; What Amphibians Can Tell Us About Water Quality, cnr.ncsu.edu/news/2023/04/amphibians-water-quality/; What You Can Do, nps.gov/subjects/amphibiansandrep-tiles/what-you-can-do.htm.

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BETSY From Page A1

Steve Renner Golf Outing for Cancer Research. Indiana State Elks' major project is IU/PU Cancer Research.

This year's sponsorships of \$500 or more included: Renner Nixon Bodywork, Community First Bank, Weihe Construction, Ferguson Enterprises, Reslers Tax Service, Hallmark Homes and Creative Planning.

"The outing is lots of work but a great committee and 30 volunteers made this event work," she said. A final total of money raised won't be known for a couple of weeks, she said. The committee will meet in a couple of weeks to wrap up this year's event and to write "thank you" cards to people who "helped make this year's shouting the success it is."

There were 32 teams of four. Each golf team required at least one Elk member in good standing. All entry fees had to be paid in full by members of the team to guarantee the team spot, she said. Fox Prairie Golf Course pro and Noblesville Elk Gary Deakayne of Noblesville helped facilitate this event.

Indiana Elks State president was last year's State

president, Geoff Robinson, a member of the Noblesville Elks.

The luncheon after the golf event was prepared by volunteers, who met at the Elks Club on Thursday night. "Some snapped green beans. "Green beans have for many years been something that the late Ron Reasoner, along with Kim Groves, took great pride in preparing for the luncheon on golf day. Cindy King, has stepped in helping Kim with the beans."

Lunch was served of fried chicken, green beans, macaroni and cheese, baked beans, sliced tomatoes and homemade chocolate chip cookies.

Volunteers on Thursday night met at the Elks Club and filled coolers provided by runners for every golfer with golf balls, snacks and other donated items. "When golfers arrive at the course after checking in, they find these coolers along with golf towels, golf hats and this year, grilling aprons already loaded in their carts."

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



Photo provided by Terri Sigman-Kennedy

The Barbies golf team was all in pink – Terri Sigman-Kennedy (from left), Lu McKee, Vicky Smith and Hannah Osborn – during the Noblesville Elks Club's 37th annual Steve Renner Golf Outing on Saturday at Fox Prairie Golf Course in Noblesville.



Photo provided by Terri Sigman-Kennedy

Past Indiana State President Geoff Robinson, a Noblesville Elks, and Todd Thurston, Cory Foor and current Indiana Brian Pillar celebrate a sunny, warm day on the golf course during the Club's 37th annual Steve Renner Golf Outing on Saturday at Fox Prairie Golf Course.,



Photo provided by Terri Sigman-Kennedy

Golfers arrive at the Noblesville Elks Club's 37th annual Steve Renner Golf Outing on Saturday at Fox Prairie Golf Course.



Photo provided by Terri Sigman-Kennedy

Jerry Wides, Noblesville Elks trustee, and co-chairman of the golfing committee, addresses golfers during the Noblesville Elks Club's 37th annual Steve Renner Golf Outing on Saturday at Fox Prairie Golf Course

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TUESDAY

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GO BEYOND QUICK FIXES

WITH LONG-TERM ALLERGY RELIEF OPTIONS



Photos courtesy of Getty Images

4 TIPS TO TACKLE AND ALLEVIATE SYMPTOMS FOR LASTING RELIEF OPTIONS

FAMILY FEATURES

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

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

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

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

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

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

Recognize Allergy Symptoms

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

Reduce Exposure to Allergens Outdoors

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

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

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

Look for Long-Term Symptom Relief

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

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

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

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

Keep Indoor Air Clean

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

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



BRING ON DESSERT WITH BETTER-FOR-YOU SWEETS

FAMILY FEATURES

If healthier eating holds a prominent spot on your list of goals, you may feel it's necessary to eliminate some of your sweetest favorites. However, committing to a nutritionally friendly way of life doesn't have to leave desserts by the wayside.

Instead, rethinking nighttime treats with better-for-you ingredients like California Prunes as a quick substitution can make healthier eating easy. As a versatile ingredient that can replace added sugar, fats and eggs in all kinds of recipes, prunes can also add nutrients important for bone and gut health.

Plus, the copper in prunes inhibits bone breakdown, while boron plays a role in calcium metabolism and polyphenols can help decrease bone breakdown through their antioxidant power. As a fruit that's high in vitamin K, which helps improve calcium balance and promotes bone mineralization, prunes are also a "good gut food," meaning a single serving (roughly 4-6 prunes) can help support a healthy microbiome.

They're easy to use in recipes that can become favorites in your household such as these Chocolate Energy Balls. Enjoyed as an easy, on-the-go snack, they're a perfect way to refuel for an adventure, recharge after a workout or to simply savor as a healthy snack.

Chocolate lovers rejoice: This rich, delicious, gluten-free, grain-free Chocolate Covered Prune Fudge Cake is naturally sweetened using prunes instead of added sugar. If brownies are more your style, prunes can also take the place of eggs in these Vegan Brownies for a family-friendly treat that won't wreck your eating plan.

To find more better-for-you desserts, visit californiaprunes.org.

Vegan Brownies

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 9

Prune Puree:

16 ounces pitted California prunes
1/2 cup hot water

Brownies:

nonstick cooking spray
6 ounces unsweetened chocolate
1/2 cup California extra-virgin olive oil
2 cups light brown sugar
10 ounces California prune puree
1 1/2 cups all-purpose flour
1 tablespoon baking powder
1/4 cup cocoa powder
2 teaspoons vanilla extract
flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.



Vegan Brownies



Chocolate Covered Prune Fudge Cake

Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes
Cook time: 55 minutes
Yield: 1 cake (8 inches)

Cake:

Coconut oil spray
14 tablespoons butter, chopped
2 teaspoons vanilla extract
3/4 cup cocoa powder
10 soft, pitted prunes, chopped small
1/3 cup maple syrup
6 eggs
1/2 cup coconut sugar
1 cup almond meal

Ganache:

1 cup full-fat coconut milk
1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.

In small saucepan over low heat, place butter and vanilla. Use sieve to sift cocoa

into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

Chocolate Energy Balls

Recipe courtesy of Meg van der Kruik on behalf of California Prunes

Prep time: 10 minutes
Cook time: 30 minutes
Yield: 24 pieces

Prune Puree:

16 ounces pitted California prunes
1/2 cup hot water

Energy Balls:

1 cup old-fashioned or gluten-free oats
2/3 cup toasted, unsweetened shredded coconut
1/2 cup creamy natural nut butter (peanut or almond)
1/2 cup pecan meal
1/2 cup prune puree
1/4 cup unsweetened cocoa powder
1 teaspoon vanilla extract

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make energy balls: In mixing bowl, stir oats, coconut, nut butter, pecan meal, prune puree, cocoa powder and vanilla until completely combined.

Cover and chill in refrigerator 30 minutes. Once chilled, use small cookie scoop or measuring spoon to measure equal-sized amounts of mixture then form into balls by applying gentle pressure to dough using palms. Do not roll as balls will break apart.

Store covered in airtight container in refrigerator up to 1 week.



Chocolate Energy Balls