

➔ TODAY'S VERSE

John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Kate Baker smile? "The kindness of others, my nieces and nephew, laughter, my dogs, the ocean. There are so many things that bring me joy." She's "an incredibly proud aunt, the best title I've ever had," and "a proud mom" to her two sweet huskies, Dakota and Dasher. Since coming on to the job as Noblesville Main Street's executive director, Baker feels right at home. She was found Saturday afternoon volunteering at the 9th Street Bistro food booth at the Noblesville Front Porch Music Festival on Logan Street in downtown Noblesville. The festival was later in the day after Noblesville Main Street's Farmers Market, where Baker is usually found on Saturday mornings. In Noblesville, Baker grew up singing and loving theater. She was involved in high-school drama productions and sang with Noblesville High School's NHS Singers and New Dimension show choirs, and she still sings in the chancel choir at Noblesville First United Methodist Church. Read more about Saturday's Music Festival in the Betsy Reason column in today's edition of The Times.

And Another Few Things...

1. Most County Offices will be Closed Monday

County Observed Holiday: Typically, Hamilton County Government is closed in observance of this Holiday. There are occasional exceptions. If in doubt, please check directly with the office or agency in question.

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.

The TIMES

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NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

The Long Arm band performs Saturday afternoon at 1107 Logan St., during the Noblesville Front Porch Music Festival on Logan Street.



The Times photo by Betsy Reason

Lawn chairs filled Logan Street with folks listening to bands, including Sweet Poison Victim, at 1147 Logan St., Saturday afternoon during the Noblesville Front Porch Music Festival at 1147 Logan Street.

Cool Down Just In Time For Weekend



BETSY REASON
From The Editor's Desk...

The weather cooled down Saturday just in time for the Noblesville Front Porch Music Festival on Logan Street, the Bruno Mars tribute concert at Federal Hill

Commons, Greekfest in Carmel, the Cicero Street Festival, Noblesville Cultural Arts Commission's summer band Sunday concert and other weekend activities.

What great weather for these events.

People came out with their lawn chairs and filled the brick Logan Street to listen to 20 different musical acts performing Saturday afternoon on 12 front porches.

There was so much great live music. Many familiar faces playing music. And many new faces.

Attendees of the Porch Festival likely noticed that Noblesville Preservation Alliance's signs for the 36th annual Historic Home Tour were put up just in time for the festival.

Four of the front porches -- at

1039 Logan St., 1107 Logan St., 1359 Logan St. and 1407 Logan St. -- will be among 10 homes or structures that will open to visitors during NPA's Historic Home Tour on Sept. 16.

Locally known as well as regionally and nationally known singers and musicians performed during the four-hour festival, including Noblesville High School Alumni Jazz Band, Moontown Pickle Stompers featuring Geoff Davis and Ryan Shelton, The Problem Children (teenage boy band), Kelli Yates, John Gilmore, Ghosts on Maple, Fishers High School language arts teacher Glenn Seland, Andy Schomburg Band, Pork & Beans, and Rod (Schindler) & Tina Rose (the daughter of Leon Russell and who sang "After the Fire Is Gone" with Willie Nelson about 10 years ago). Schindler later joined The Long Arm band on drums at the same porch.

There were lots of food vendors to grab a light bite to eat, and beer, and first year for "Support Live Music" event T-shirts.

The whole event was lots of fun.

At Federal Hill Commons,

➔ See BETSY Page A6

Preview Of September Hamilton County Bicentennial



The Hamilton County Bicentennial Commission would like to announce its lineup of grant-funded and community events for September 2023. Fall Creek Township, located in the southeastern corner of Hamilton County and home to parts of Fishers, is being celebrated during September. You can see details and other events on our online calendar at www.hamcoturns200.com/events

TRAVELING EXHIBIT

Our traveling exhibit celebrates all five themes of the Bicentennial and showcases events, places, and people that you may not know about even if you've lived in Hamilton County your whole life! Get familiar with these stories and think about how they affect Hamilton County residents into the present and future. Contact each host location for information on open hours.

September 2-8 Hamilton East Public Library, Fishers

September 9-15 Carmel Clay Public Library, Carmel

September 16-22 White River Elementary School, Noblesville

September 23-29 Promise Road Elementary School, Noblesville

DELAWARE AND FALL CREEK TOWNSHIPS SIGNATURE EVENT: BICENTENNIAL MEMORIAL UNVEILING

September 9, 11 a.m.

Conner Prairie Allisonville Road, Fishers FREE

Delaware and Fall Creek Townships are partnering with Conner Prairie to create a permanent reminder of the Hamilton County Bicentennial! A memorial will be unveiled at 11am in Clowes Commons near the Lenape Camp showcasing the history of Delaware and Fall Creek Townships, including Conner Prairie itself. Come learn about the history of this area, and join Conner Prairie for an architectural tour of the Conner House (also turning 200!) after the unveiling. Gather in the lobby before 11am to be sure and get your spot! Admission to Conner Prairie required for other activities and experiences.

TASTE OF HISTORY:

➔ See PREVIEW Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 7:11 a.m.
SET: 8:25 p.m.



High/Low Temperatures
High: 82 °F
Low: 56 °F



Today is...

- Lemon Juice Day
- Touch-A-Heart Tuesday
- Individual Rights Day



What Happened On This Day

- **1966** Beatles' Last Commercial Performance. Popular British rock group, the Beatles, played their last live concert in front of a paying public at Candlestick Park in San Francisco, California. The band came together one last time for an unannounced performance in January 1969 on the rooftop of the Apple building in London.
- **1949** Soviet Union Tests its First Atomic Bomb. Code named Izdelye 501 or First Lightening, the 22 kiloton atomic bomb was detonated at the Semipalatinsk Test Site in Kazakhstan.
- **1831** Michael Faraday Discovers Electromagnetic Induction. Michael Faraday experimentally demonstrated that a changing magnetic field can induce a voltage in a conductor. The discovery of electromagnetic induction helped in the creation of electric generators, transformers, and even induction cook tops.



Births On This Day

- **1936** John McCain American politician
- **1915** Ingrid Bergman Swedish actress

Deaths On This Day

- **1982** Ingrid Bergman Swedish actress
- **1877** Brigham Young American religious leader 2nd

➔ INSIDE TODAY

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➔ OBITUARIES

Winnie Lou Michael

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

➔ HONEST HOOSIER

I know that the saying "money talks" is true. Mine is constantly saying goodbye!



➔ TODAY'S HEALTH TIP

People over 40 as well as those with serious illnesses should have a living will and appoint a health care representative. 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

"It's not about ideas. It's about making ideas happen."
-Scott Belsky

➔ TODAY'S JOKE

What'd the rubber band factory worker say when he got fired.
Oh, snap.

3 WTHR 7 DAY FORECAST

58/79 SUNNY AND WET MON	56/82 SUNNY TUE	59/78 MAINLY SUNNY WED	53/80 PLEASANT THU	58/85 SUNNY, WARMER FRI	66/90 MOSTLY SUNNY SAT	69/91 SUNNY SUN
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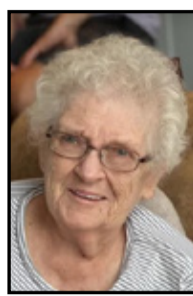


OBITUARIES

Winnie Lou Michael

December 29, 1933, Thursday, August 24, 2023

Winnie Lou Michael, age 89, passed away peacefully at her home in Terhune, Indiana, surrounded by her loving family on Thursday afternoon, August 24, 2023. Born December 29, 1933, in Frankfort, Indiana, she was the daughter of the late Russell Leon "Rut" and Avianell K. "Avi" (Harshman) Harris. Out on the family farm, near where Boone and Clinton counties meet, is where Winnie spent her early years, but just a short while after graduating from Kirklint High School (not Clinton Central) with the Class of 1953, the allure of the big city was just too overpowering.



Winnie and her husband, Dale, settled in the "suburbs" of Terhune, Indiana. If you have lived in or around the Terhune area, it is hard to remember a time when you didn't know Winnie. For most of us, it seems that she's always been there. You needed to get a hold of somebody, call Winnie, she would know how to reach them... something needed done around town, she would track down somebody to take care of it... who, what, when and where happened around town years ago, Winnie could probably tell you (or at least point you in the right direction).

Areas like Terhune are wonderful places to find, and when you meet someone like Winnie, you see why people want to call them home. For 25 years Winnie worked at the Johns & Calvert store in Terhune. She was hired to be a clerk, but soon found herself doing a little of everything around the store. Although no official title was ever given to her, Winnie quickly became known as one of the best sandwich makers and free candy distributors in that part of the county.

She was an active member of the Terhune United Methodist Church and was President of the Terhune Ladies Aid for... well... forever. Countless funeral dinners, community dinners, making sure the church was tidy and well kept, checking the heat in the winter and air in the summer, opening up the church when somebody needed in, and checking to make sure it was locked up, plus the multitude of other duties that she welcomed upon her shoulders over the years, was most definitely a labor of love and devotion. She was also a member of the Rebekah's Lodge #631 of Terhune.

For Winnie, family was the single most important thing. She followed every activity that her grandchildren (as well as her many nieces and nephews) were involved in. Being able to hold each of her grand, and great grandchildren was one of the things that made her the happiest. She also liked having her family and friends over to the house for cookouts from time to time — or as she liked to call them — "Winnie Roasts". Sitting around and visiting, no matter the occasion, was where Winnie was in her element. She also enjoyed doing word searches, and watching the hummingbirds that came by the house to say hello. Winnie was an avid Colts fan, and could be known to have a word... or many words, to say during games. She was a Hall of Fame armchair quarterback, coach, and color commentator, all rolled into one.

Winnie is survived by her son, Jay Evan Michael (Leslie) of Frankfort; 2 daughters, Cindy D. Duchemin (Jan) of Sheridan, and Donna D. Cox (Brian) of Sheridan; 8 grandchildren, Daniel Scott Duchemin (Megan), Craig Michael Duchemin (Tara), Kilee Marie Powell (Allen), Brittney Paige Weathers (Chris), Cody Evan Michael, Mackenzie Noelle Michael, Justin Michael Cox (Sarah), and Caitlin Nicole Whisler (Nate); 20 great grandchildren, Jake, Laney, Miles, Finn, Jovie, Kaleb, Blake, Connor, Grayden, Aubrey, Evan, Allison, Rorey, Lylyan, Abel, Easton, Kade, Huxton, Emma, and Ian; sister, Wanda Lee Kercheval of Kirklint; and many, many nieces and nephews. She was preceded in death by her parents, Russell Leon "Rut" and Avianell K. "Avi" (Harshman) Harris; brother, Bud Harris and his wife Kay Harris; brother-in-law, David L. Kercheval; brother-in-law, Alan Michael and his wife Patty Michael; and by the love of her life, Dale Evan Michael on March 14, 1988. She and Dale were married on May 28, 1955. Winnie was not much of a risk taker, and never left things entirely to chance. She provided her family semi-detailed instructions as to how things needed to be done, and in what manner, when it came to her funeral... termed by Winnie as "My Day".

Funeral services will be held at 7:00 PM on Thursday, August 31, 2023, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with visitation from 4:00 PM until the time of service. Reverend Karl Kercheval and Pastor Cheryl Weesner will be officiating. Winnie will be laid to rest at 11 AM on Friday, September 1, 2023, at Crown View Cemetery in Sheridan. In lieu of flowers, memorial contributions may be presented to the Terhune United Methodist Church.

Fishers Health Department Launches Restaurant Grading Scale Letter Grades Will Be Posted On Restaurant Doors Beginning September 1

The Fishers Health Department has launched a Retail Food Inspection Grading System for Fishers restaurants. As the second municipality in the state to implement this protocol, the system showcases the Fishers Health Department's commitment to prioritizing the health and safety of its residents.

The system was approved by Fishers City Council in November

2022 and was put into effect during 2023 food inspections. As a result of the inspection, restaurants receive a letter grade based on a 100-point scale. Grades are available to the public through an interactive dashboard at fishers.in.us/FoodGrade. Beginning in September, grades will also be posted on the exterior doors of all Fishers restaurants. Labels are required to be

displayed by September 30, 2023.

"Although a popular program in cities around the United States, this is not something that Indiana residents are used to seeing as they enter their favorite restaurant," said Monica Heltz, Fishers Health Department Director. "We hope to lead the charge in improving food safety standards in Central Indiana. Food grades

are an evidenced-based strategy to achieve this aim. The health and safety of our residents is our top priority, and we are dedicated to partnering with our local restaurants to ensure they are successful under this new model."

New grades will be distributed each year during annual inspections. To learn more and view the online dashboard, visit fishers.in.us/FoodGrade.

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Big or Small
We Cut Them All



Photos courtesy of Subaru

All-New 2024 Subaru Impreza Rs, Crosstrek Sport Make You Turn Around

2024 Subaru Impreza RS

My daughter and I are finishing our avocado toast when she asks if we can go to the bookstore. When a nine-year-old wants to put down screens and read, parents dare not resist. But since we're in the 2024 Subaru Impreza RS, I suggest we take the long way. She can pick the music. Giggles and nods abound. While she's dialing in "The 10 Spot" I crank the RS onto the I465 on-ramp in north Indianapolis and watch her smile grow.

Back in the spring, I drove the RS, based on the redesigned Impreza hatchback, through California wine country near Paso Robles. Its solid structure, crisp responses, and practical cabin made great first impressions. Back home in Indiana, I wondered if it would be as enjoyable on roads I know well whether strafing cornfields or taking my daughter to piano lessons.

Back in the café, I'm reminded how this all-new model does not look dramatically different from the outgoing Impreza. Sure, the RS package drives between Sport and WRX, but all Imprezas are distinguished by wider grilles and more muscular fender forms. I especially like the 18" dark alloy wheels, black trim, and

optional Oasis Blue paint exclusive to RS (though, ours is red). Notice RS logos that incorporate horizontally opposed piston heads in reference to Subaru's Boxer engines. It's all very cool.

While this car looks sporty, it is also very practical. The body shell is shared with the Crosstrek, making it adept at supporting active lifestyles with a wide hatch, fold-down rear seats, and crossbar mounting points on the roof for kayaks and bicycles. Heated cloth seats with red trim and alloy pedals add allure. Technology is enhanced by a new tablet-sized infotainment touchscreen plus wireless Apple CarPlay, Android Auto, and console charging. Crank up Harman Kardon audio. Safety is enhanced by a new three-camera EyeSight system to better employ automatic emergency braking, lane keep assist, and new crash-avoidance steering.

The RS employs Subaru's 2.5-liter "Boxer" four-cylinder engine developing 182 horsepower and 178 lb.-ft. of torque. It connects to standard all-wheel-drive through a continuously variable automatic transmission, which I don't love, but it can be paddle-shifted through eight pre-set

2024 Subaru Impreza RS Five-passenger, AWD Hatchback

Powertrain: 2.5-liter I4, CVT
Output: 182hp/178 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Fuel economy: 26/33 mpg city/hwy
Assembly: Gunma, Japan
Base/As-tested price: \$22,795/\$28,975

ratios. There's no manual. Fuel economy is a frugal 26/33-MPG city highway.

As we trade the comfortable ride of I65 for undulating two-lanes connecting Lebanon with Westfield, plus a couple of detours to flex the chassis, I rediscovered the joy I felt in California. This car's suspension is near magical in its ability to go from a compliant commuter to one that grabs curves by the scruff. Tip into a corner and you notice how the horizontally-opposed engine keeps weight balanced low in the chassis, torque-vectoring all-wheel-drive gently rotates the car to sharpen corners, and steering provides precise feedback. It does very sports car things without any penalty during

LIKES

- Multi-talented chassis
- Tech-laden interior
- Standard AWD

daily use.

It's said that if you don't turn around and look at your car as you walk away, you're driving the wrong car. As we walk into the bookstore – over sixty miles later – I look back. The RS' crossover utility is matched with sassy style and competent performance – an uncompromising driver's car that enjoys a little backpacking. Imprezas start at a very affordable \$22,795 and rising to just \$28,975 for our RS.

2024 Subaru Crosstrek Sport

While in California for the Impreza RS debut, we also had a chance to preview the first-ever Crosstrek Wilderness all started up in a sportier suit and fortified for off-road duty. Since then, I reviewed the Crosstrek Premium with the 2.0-liter engine. By stepping up to the Crosstrek Sport with the larger 2.5-liter four-cylinder, we also source our fly ride from Lafayette, Indiana.

Jack up the Impreza for an impressive 8.7" of ground clearance, add gold trim, fortify bodysides with gray plastic, and

DISLIKES

- Tame body design
- No manual transmission
- Marginal power styling

you essentially have the Crosstrek Sport. Its 18" black wheels are shod in off-road tires, and it has a roof rack pre-installed, but off-road is where the two cars diverge.

Behind a more extreme black plastic grille is the same 2.5-liter four-cylinder generating 182 horsepower and 178 lb.-ft. of torque, but Dual-function X-Mode allows the Crosstrek to automatically creep down inclines and better handle mud and deep snow. Fuel economy is also the same frugal 26/33-MPG city/highway as the Impreza RS. Unfortunately, drivers are also stuck with the high-revving continuously-variable transmission with paddle shifters.

Moving inside, the Crosstrek Sport is dressed with cloth seats – heated in front – with gold instead of red accents. The large tablet-style touchscreen, dual-zone automatic climate control, power sunroof, and wireless phone charger are included. Listen to the six-speaker audio system, though, and you'll pray to Subaru Gods for the superior Harman Kardon audio system. Subaru's new



CASEY WILLIAMS
Auto Reviews

three-camera EyeSight system keeps everybody safe.

So, should you buy an Impreza RS or a Crosstrek Sport? If you really want to swish through two-lane backroads for weekend joy, buy the RS. I like both cars, but for most of us, the added ground clearance and crossover utility will win the day. However, there's one more thing to consider. While the Crosstrek Sport hails from Lafayette, Indiana, the RS is built in Japan with the other Imprezas. Given a base price of \$24,995, rising to \$32,210 as-tested in Sport trim, Crosstrek offers strong value against the Chevy Trax, Jeep Renegade, Honda HR-V, and Buick Envista.

Storm Forward!

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

The Times

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Mike Pence's First Presidential Debate



BRIAN HOWEY
Howey Political Report

Less than 24 hours before Donald J. Trump was to be "proudly" arrested, booked, finger printed and have his mug shot taken at the Fulton County Jail in Atlanta (in primetime!), eight of the Republicans gathered for the Fox News debate in Milwaukee Wednesday night.

"We are going to take a brief moment to talk about the elephant, not in the room," co-moderator Bret Baier said, acknowledging Trump, who ducked the debate. They were then asked to raise their hands if they would support Trump as the GOP nominee if he is convicted on any of the 91 criminal charges he now faces.

Six of the eight candidates raised their hands - including former vice president Mike Pence - with Florida Gov. Ron DeSantis looking down the line to see who else would. Others raising their hands included South Carolina Sen. Tim Scott, former U.N. Ambassador Nikki Haley, biotech entrepreneur Vivek Ramaswamy, and North Dakota Gov. Doug Burgum. Two other former governors, Asa Hutchinson of Arkansas and Chris Christie of New Jersey didn't.

Watching Pence raise his hand was a surreal moment. He has spent most of his life aspiring for the presidency. Last March at the Reagan Library,

Pence had said of the Jan. 6 U.S. Capitol insurrection, "President Trump was wrong. I had no right to overturn the election. And his reckless words endangered my family and everyone at the Capitol that day, and I know history will hold Donald Trump accountable. Make no mistake about it, what happened that day was a disgrace."

A disgrace. It used to be in American history that anyone who acted in a disgraceful manner would be disqualified for the highest office of the land. In a column Pence wrote during the era of President Bill Clinton in the 1990s, the future Indiana governor and vice president had said, "If you and I fall into bad moral habits, we can harm our families, our employers and our friends. The President of the United States can incinerate the planet. Seriously, the very idea that we ought to have at or less than the same moral demands placed on the Chief Executive that we place on our next door neighbor is ludicrous and dangerous."

"Throughout our history, we have seen the presidency as the repository of all of our highest hopes and ideals and values," Pence continued. "To demand less is to do an injustice to the blood that bought our freedoms."

Christie seemed to be equivocating, seemingly half raising his hand. Asked by the moderators to clarify, Christie said, "Here's the bottom line. Someone's got to stop normalizing this conduct.

Whether or not you believe the criminal charges are right or wrong, the conduct is beneath the office of the president of the United States."

Christie's remarks were met with boos as well as some cheers and whistling by the Milwaukee audience.

Christie said during the debate that Pence "deserves our thanks as Americans for putting his oath of office and the Constitution of the United States before personal, political and unfair pressure."

At a later point in the debate, DeSantis was asked whether Pence was right to reject Trump's pressure campaign to overturn the 2020 presidential election. DeSantis deflected, complaining about the "weaponization" of the Department of Justice.

Pence wouldn't let him off the hook. "The American people deserve to know whether everyone on this stage agrees that I kept my oath to the Constitution that day. There's no more important duty, so answer the question," he said.

"Mike did his duty. I've got no beef with him," DeSantis said.

Christie mocked DeSantis's answer, adding, Pence "deserves not grudging credit; he deserves our thanks as Americans."

Other candidates agreed. "Absolutely, he did the right thing," said U.S. Sen. Tim Scott of South Carolina. Former United Nations ambassador Nikki Haley added, "I do think Mike Pence did the right thing." North Dakota Gov. Doug Burgum agreed,

adding, "Mike Pence did the right thing on January 6th."

Hutchinson went further, citing a recent analysis by conservative legal scholars William Baude and Michael Stokes Paulson - both members of the Federalist Society - who say the Jan. 6, 2021, rebellion disqualifies Trump under the 14th Amendment, arguing the section is still in effect and is "ready for use," by state officials who can bar Trump from the ballot.

"The bottom line is that Donald Trump both 'engaged in' 'insurrection or rebellion' and gave 'aid or comfort' to others engaging in such conduct, within the original meaning of those terms as employed in Section Three of the 14th Amendment. If the public record is accurate, the case is not even close," Baude and Paulson wrote. "He is no longer eligible to the office of Presidency, or any other state or federal office covered by the Constitution."

Hutchinson said during the debate that Trump could even be "disqualified under the 14th Amendment from being president again as a result of the insurrection."

The question facing Mike Pence, who has called Trump's actions leading up to Jan. 6 "a disgrace," is how he could then support the former president should he win the GOP nomination.

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

Could Gulf Stream Collapse Lead To A New Ice Age?

EARTHTALK

Dear EarthTalk: Could the supposedly imminent collapse of the Gulf Stream cause another ice age?

The Atlantic Meridional Overturning Circulation (AMOC)—aka the "Gulf Stream"—is a vital system of ocean currents, driven by temperature and salinity disparities at various locales and depths. Warm surface waters are propelled poleward by winds and tides. At the poles, the water cools, forming ice crystals devoid of salt and nutrients. The denser salt and nutrients sink to the cooler waters below, while warmer, less dense waters rise. This transports warmth and nutrients to the coasts of Africa and the Americas. In essence, the AMOC serves as a conveyor belt that transports nutrients and heat all around the globe.

Why are people worried about a Gulf Stream collapse? Rising global temperatures cause rapid melting of polar ice caps, introducing non-saline water. This dilutes deep currents, weakens AMOC's upwelling, and disrupts circulation. Freshwater doesn't sink rapidly, leading to a "traffic jam." University College London researcher David Thornalley reports that the AMOC is at its weakest point in 1,600 years.

The future of AMOC is debated. Some predict it will halt; others foresee a slowdown. Some believe the point-of-no-return will come in 2025 while optimists believe we have until 2095 to stabilize the situation. Regardless, scientists have reached a consensus on the consequences of melting polar ice. The U.S. East Coast will certainly experience flooding and cooling. The Gulf Stream brings warm waters along the east coast of North America. If it stops completely, the East Coast may experience a 9°F cooldown within a decade. The National Oceanic and Atmospheric Administration (NOAA) estimates that water levels are rising at a rate of one inch every three years. Between now and 2050, coastal sea levels are projected to rise one to four feet. Areas like Miami, New Orleans, Atlantic City, Manhattan, Long Island, San Francisco, San

Diego and Honolulu could face severe infrastructure damage from flooding. This is not a global-scale Ice Age, but it certainly implicates grave repercussions.

Areas in Africa and Asia will grapple with drought. The AMOC brings monsoonal rainfall to areas in West Africa and South Asia. Without this circulation, countries such as Sudan, Senegal, India and Thailand will encounter drought. The supply of freshwater for human activities and agriculture will be jeopardized. The Amazon Rainforest may transform into a savanna. The AMOC brings rainfall to the Amazon Rainforest. Without this precipitation, Harvard researchers hypothesize that this tropical forest may transition into a dry savanna. The Amazon would absorb less carbon dioxide and produce less oxygen. In addition, the over three million Amazon species will struggle to survive.

Biodiversity in aquatic ecosystems will decline. The AMOC transports nutrients and oxygen. Without the circulating presence of these organic materials, populations of life forms on all tiers of the food chain will most likely dwindle. Though neither the collapse of the Gulf Stream nor a modern-day Ice Age are guaranteed, the declining rate of the AMOC poses serious threats to our current way of life and the survival of other organisms around the globe. Reining in carbon emissions at home and around the globe is our only hope of avoiding this among many cataclysmic natural disasters in the years to come.

-CONTACTS: Gulf Stream current could collapse in 2025, plunging Earth into climate chaos, <https://www.livescience.com/planet-earth/climate-change/gulf-stream-current-could-collapse-in-2025-plunging-earth-into-climate-chaos-we-were-actually-bewildered/>; The Collapse Of The Gulf Stream — An Epitaph For A Dying Planet, <https://cleantechnica.com/2023/07/27/the-collapse-of-the-gulf-stream-an-epitaph-for-a-dying-planet/>. 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.

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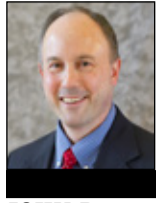
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Conjunctivitis “Pink Eye” Causes And Treatments



JOHN R. ROBERTS, M.D.
Hamilton Health

Now that schools are back in session, the incidence of “pink eye” will likely start to pick up. This common condition accounts for over 30 percent of patient visits for eye problems.

Conjunctivitis is the medical term for “pink eye.” The conjunctiva is the continuous connective tissue membrane that covers the inside of the eyelids. It then folds back on itself to cover the front of the eyeball up to the edge of the cornea where the white part of the eye (sclera) meets the colored part of the eye (iris).

The purpose of the conjunctiva is to provide a barrier to keep infectious organisms from entering sensitive eye tissues. Conjunctivitis occurs when there is an irritation or breakdown of this defensive layer, a change in the normal organisms inhabiting the eye, or trauma that breaches the membrane.

The most common causes of conjunctivitis are bacteria, viruses, allergies, fungi, parasites, and chemicals. These irritants cause varying degrees of redness, discharge, irritation and perhaps even pain on exposure to bright light (photophobia).

It can be difficult to determine the exact cause of conjunctivitis unless a doctor has special equipment. Ophthalmologists and optometrists use special microscopes called slit lamps that can help differentiate the cause. A slit lamp is the instrument that you rest your chin on while the doctor sweeps a bright light across your eye.

Doctors without slit lamps can sometimes get clues to the cause of the inflammation. For in-

stance, people who have had a recent cold are more likely to be suffering from a viral conjunctivitis. Viruses are also more common from early spring through late fall. Bacterial conjunctivitis is more common in the winter and spring. Patients can usually recall an exposure to something that might cause a chemical or allergic conjunctivitis.

The symptoms of conjunctivitis can be quite variable. Most causes result in some type of eye discharge that results in matting of the eyes, particularly in the morning when the eyelids may stick together. Patients may describe cloudy vision and itching, burning or a gritty “dust in the eyes” sensation.

Bacterial conjunctivitis usually comes on fairly rapidly, has minimal pain, and may have some associated itching. There is often thick discharge that may be yellow or green. Staph and Strep are the usual causative organisms. More serious bacterial organisms include Chlamydia and Neisseria gonorrhoeae, the organism responsible for gonorrhea. These latter two bacteria can lead to severe scarring and blindness, particularly in infants.

Viral conjunctivitis typically starts more slowly than bacterial types and is usually painless. The discharge is generally more watery and does not result in as much matting of the eyelids. It usually lasts a week or longer and is transmitted like the common cold – through sneezing, coughing, touching infected surfaces and also through contact with contaminated swimming pools.

Adenoviruses are the most common cause of viral conjunctivitis. Varicella virus, the virus that causes shingles, can cause very serious eye infections. It can infect the surface of the cornea

and cause scarring and loss of vision.

Allergic conjunctivitis is also very common. The hallmark is itching along with watery discharge and burning. There is often associated sneezing and usually a history of exposure to some known allergen.

Treatment for conjunctivitis is based on the cause. Most cases will resolve on their own with time and don’t have any lasting effects. However, most people don’t want to wait it out.

Since it is often difficult to tell whether the infectious agent is bacterial or viral, most doctors choose to treat a presumed infection with antibiotic eye drops or ointments. Most patients prefer drops since they don’t interfere with vision. Ointments are more soothing and allow the medication to be in contact with the conjunctiva longer, but can temporarily cloud vision.

Local treatment with cool compresses can also be soothing. Most schools and daycares prefer children to be treated for at least 24 hours before they return.

Allergic conjunctivitis can be an ongoing problem as long as the offending agent comes into contact with the eye. The person should avoid the allergen if possible. In addition to cool compresses, over the counter antihistamine eye drops such as Naphcon A (naphazoline/pheniramine) can also help reduce symptoms.

There are steps you can take to help prevent conjunctivitis. Wash your hands frequently. You can also use hand sanitizer, but it is not as effective. Also, don’t share eye drops or washcloths with people who have colds or eye infections.

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

Learning About Wonderful Treat, Apple Empanadas



CARRIE CLASSON
The Postscript

Usually, just as I am getting close to leaving Mexico, I find some absolutely irresistible treat and have to eat it every single day until I leave.

I arrive back in the U.S. a few pounds heavier, wondering how I ever got so carried away. I return to my more or less normal eating habits and more or less normal weight, only to return and discover some new treat across the border.

This week, it was apple empanadas.

I didn’t know what an empanada was. I thought it was a sort of meat sandwich and not something I’d get excited about. That was until Jorge, our benevolent landlord (possibly too benevolent), showed up at our doorstep with a small plate. On the plate were two large, crispy, perfectly browned triangles covered in cinnamon sugar and filled with apples.

“For you!” He explained, unnecessarily. “Empanadas!”

It was midafternoon and not exactly our coffee and pastry hour. (Full disclosure: My husband, Peter, and I didn’t have a coffee and pastry hour, although this soon changed.) We cut one of those apple empanadas in

half and tried it. And that was pretty much it.

We ate the second empanada. Then, I went downstairs to find Jorge.

“Where do we get more of these?”

Jorge laughed and gave me directions, but no address. The next day, I went hunting.

“But only after 2 p.m.!” he warned me.

Jorge said it was near the flower shop. There was a bakery across the street, but I’d been in there, and there were no empanadas.

San Miguel is a historic town, so they don’t put up much permanent signage. They will hang a shingle out when they are open and take it down at night. Many times, I have walked right by a business with no way to recognize it after it was closed.

On my first day, I found no sign of empanadas. On the second day, I asked a couple of gringos nearby, and they knew nothing about them. On the third day, I went into the flower shop and asked in Spanish. The owner pointed to the bakery.

“No, not the bakery.” I told him it was empanadas, specifically, I was looking for.

The people in San Miguel are used to being asked stupid questions.

They answer the same stupid questions over and over, and then gringos come up with new ones.

The owner of the flow-

er shop stopped working on the roses at his table.

He took me gently by the arm and guided me out the door. I wondered where we were going. He walked directly to the bakery that I had, by now, passed at least half a dozen times.

“Here are empanadas,” he told me. Still, I doubted.

I stepped inside. There they were.

Miraculously, a whole new selection of baked goods had appeared. Because a crispy apple pastry was something I would eat in the morning, I expected them to be there in the morning. But that would be foolish if you wanted to eat them warm and fresh from the oven in the afternoon, as they do in San Miguel.

I got the last two on the tray and brought them home to Peter.

“Now we’re in trouble!” I announced as we ate an empanada each.

But, before I went home, I stopped at the flower shop to thank the store owner. The vocabulary I have in Spanish to explain that I am stubborn and pigheaded is limited. And now I think I should do something about that—both the vocabulary and the stubbornness.

Till next time,
Carrie

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

Carmel Fire Auxiliary And CarmelFest Parade Spectators Set World Record

The Carmel Fire Auxiliary was able to set the world record for the most people wearing red plastic fire helmets at the CarmelFest parade this year. This past July 4th, parade attendees donned their red plastic fire helmets and looked to the sky as a drone flew over taking a tally of just how many folks were participating. The official number: 14,834! This number was certified by Record Setters.

Angie Edwards, Auxiliary Board Member, came up with the idea of setting a world record with the most people wearing red fire helmets. She thought it would be a zany fun thing to bring the community together. The Board met with Jeff Worrell, Grand Marshal of this year’s parade and Carmel City Councilman, and he was instantly supportive of the fun idea.

They coordinated with the Carmel Police Department, who had one licensed drone pilot, and Carmel Fire Department who provided the other licensed drone pilot. Together with the City IT department, they were able to add street camera views and “regular” pictures. There were over 50 volunteer strategically placed along the parade route passing out the helmets.

“We are grateful for



Photo courtesy of Meg Osborne

Pictured above is the Auxiliary Board presenting a thank you plaque to the citizens of Carmel via the City Council meeting.

everyone who participated, and grateful to our sponsors who purchased the helmets: KBSO, Studio M, Ryan Fire Protection, F. A. Wilhelm, Koorsen and Local 4444. We passed out almost 17,000 helmets. We also collected the helmets back from anyone who didn’t want to keep theirs and recycled them,” said Renee L. Butts, Public Education Officer for Carmel Fire Department.

“We had a limited window due to the military flyover (we coordinated with the Fort Wayne 122nd Fighter Wing)—we had to be done with our drones 15 minutes prior to their scheduled 10:30 flyover,” explained Butts. “We submitted all the

evidence to Record Setters and waited ‘patiently’. Finally, we were certified. YAY!!”

The whole parade route was 2.1 miles long, so counting the participants was quite a feat. And to add to the occasion, Spiderman and local hero Spokes (the mascot for Bike Carmel) took part!

The Carmel Fire Auxiliary does amazing work in and around the Carmel Community. Their mission is to create, support and improve outreach programs that enhance the Carmel community, ensuring a positive environment for growth. Events like this world record allow the Auxiliary to meet that goal.

2023 Indiana Living Legends Gala Presented By Indiana Historical Society

Northern Hamilton County’s Sonny Beck and others were honored last week in front of nearly 300 people at the Eugene and Marilyn Glick Indiana History Center as the Indiana Historical Society recognized the 2023 Indiana Living Legends at its annual gala. A record-setting year, the gala raised more than \$200,000 for IHS’s statewide programs and services. In addition to Beck, this year’s class of Living Legends included Dennis Bland, Ben Lytle, Tomas Morales and Melissa Proffitt.

Each year, IHS recognizes extraordinary Hoosiers for their local, statewide and national accomplishments in a variety of areas and disciplines. The gala is IHS’s signature fundraising event and helps IHS fulfill its mission to collect and preserve Indiana’s unique stories.

Lawrence “Sonny” Beck is CEO of Beck’s Hybrids in Atlanta, Indiana, where his business philosophy emphasizes quality, service, and the importance of agronomic research to the future well-being of the American farmer. Under his leadership, Beck’s Hybrids has become the largest family-owned retail seed company and the

third largest seed brand in the United States, serving farmers throughout the Midwest and Mid-South.

Sonny earned a Bachelor of Science degree in Agronomy and Plant Breeding and a Master of Arts Degree in Agricultural Economics, both from Purdue University. When he graduated in 1962, he became the first College of Agriculture student to receive Purdue’s G. A. Ross Award, presented annually to the overall outstanding graduating senior man. Sonny was also awarded the Purdue University Distinguished Agriculture Alumni Award in 1992, and he received an Honorary Doctorate of Agriculture from Purdue University in 2007. Sonny has held a variety of leadership positions within the agriculture industry, including president of the American Seed Trade Association; president of the Indiana Crop Improvement Association; a charter member of the Indiana State Department of Agriculture Advisory Board; a charter member of the Purdue Foundation Development Council; a founding member of the Purdue FarmHouse Fraternity Foundation Board; member of the Board of Directors for the Purdue Research Foundation;



Photo courtesys of IHS

Sonny Beck and his award.

member of the Board of Governors for the U.S. Grains Council; and a member of the Purdue Agriculture Dean’s Advisory Council.

Since 2013, Sonny has served on Purdue University’s Board of Trustees. He has also been named the Indiana Chamber’s Business Leader of the Year in 2016; NAMA Agribusiness Leader of the Year in 2014; and FarmHouse Master Builder of Men in 2014. Sonny and his wife, Glendia, enjoy spending time with their three children, 13 grandchildren, and three great-grandchildren.

Thanks for reading The Times!

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BETSY From Page A1



The Times photo by Betsy Reason

John Gilmore performs Saturday on the porch of Noblesville Preservation Alliance's Preservation Hall at 1274 Logan St., during the the Noblesville Front Porch Music Festival.

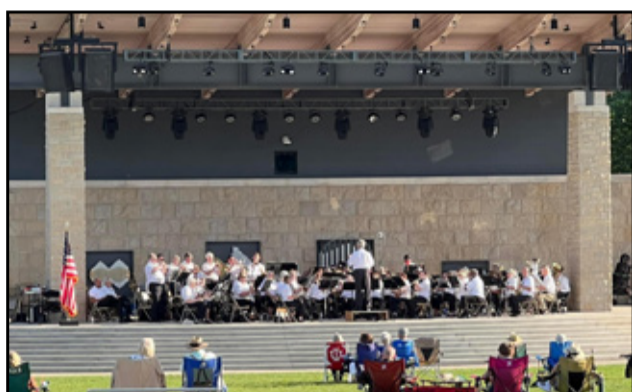


Photo courtesy of Noblesville Lodge F&AM

Noblesville Cultural Arts Commission presented a free Summer Band Concert featuring Indianapolis Municipal band on Sunday night at Federal Hill Commons, and the Noblesville Lodge F&AM No. 57 provided all of the chairs "for the performers' comfort."



The Times photo by Betsy Reason

The Cicero Street Festival had vendors lining Jackson Street and bands during Our Town Cicero Main Street Association's Cicero Street Festival.



The Times photo by Betsy Reason

Krista & The Night Shift was the headlining band on Saturday night at the Cicero Street Festival on Jackson Street in Cicero.

later on Saturday night, Noblesville Parks & Recreation offered the Bruno Mars tribute concert, which had folks parked everywhere there was space in the area. I haven't attended all of the tribute concerts this season, but this Bruno Mars concert attracted a whole lot of people. There were people even sitting outside their vehicles in lawn chairs at the Kroger gas station across the street.

A few miles north up 19 in Cicero, the Cicero Street Festival had vendors lining Jackson Street and bands during Our Town Cicero Main Street Association's Cicero Street Festival. A cornhole tournament, food booths, beer tents and a kid zone. The American Legion Color Guard presents the colors, and Hamilton Heights Band played The National Anthem.

Entertainment featured Laura Hayden School of Dance, Kathryn Grace, Josh Frawley and Travis Scott, and the night ended with Krista & The Night Shift on a Main Stage.

The 50th annual Greekfest in Carmel featured an array of food tents and desserts and live music and dancing.

Noblesville Cultural Arts Commission's summer band concert, the Indianapolis Municipal Band, brought folks out with their lawn chairs and blankets to watch and listen to this wonderful band.

Yes, lots of wonderful things to do on this beautiful weekend.

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

PREVIEW From Page A1

FISHING IN FALL CREEK

September 13, 6:30-7:30 p.m.

Hamilton East Public Library - Fishers
Municipal Drive, Fishers

FREE
Discover the "lure" of fishing in and around Geist, Fall Creek Township, and Hamilton County! Join the staff of the Hamilton East Public Library's Indiana Room to learn about Hamilton County waterways and aquatic life past, present, and future. Connect modern fishing methods to the history of fishing in our area as you learn to tie your own fishing lure. Sign up on the library website.

WHAT'S BENEATH GEIST RESERVOIR?

September 23, 11 a.m.-12 p.m.

Hamilton East Public Library - Fishers
Municipal Drive, Fishers

FREE
Flooded in 1943, Geist Reservoir was the result of decades of planning. Join our speakers, local historian Robert Bowling and area descendant and genealogist Susan Lucas, to learn about the community of Germantown and surrounding farms and how Geist came to be. If you're a descendant of a family from this area, bring your memories and records! Register on the library's website.

Leadership Connection Looking To Local Leaders To Join In And Support Students In Upcoming Events

The Rotary Club of Carmel is pleased to present the "Leadership Connection Day of Service" at the Carmel Clay Public Library on September 14 and their "Leadership Connection Event" on October 27 at the One America Building in Indianapolis.

Leadership Connection launched in 2021 from a unique partnership between the Carmel Rotary and community and civic partners, including the Carmel Fire Department, Carmel-Clay Schools, the Hamilton County Leadership Academy, Elevate Indy, iTeam, ProAct Indy, the Carmel Mayor's Student Advisory Council and Christel House Watanabe Manual High School.

The vision: to develop a forum for local high school students to engage with distinguished professionals from both the private and public sectors, allowing students to build professional and personal leadership skills while providing members of our community the opportunity to impact the next generation positively.

The mission: "Inspire Today. Impact Tomorrow."

The Leadership Connection Day of Service in September will have students working on Human-Centered Service projects with three local area non-profits. Attendees will demonstrate leadership in action through a joint service project between students from Carmel High School, ProAct Indy and Christel House Watanabe Manual High School. Students join for a civic project, performing community service alongside local businesses and civic leaders.

The Leadership Connection Event at the One America Building will be a one-day workshop offering a dynamic lineup of keynote speakers and panelists that provides

students the opportunity to connect and share with a diverse group of professionals. Speakers inspire and connect with local high school students eager to learn how to navigate planning for their futures, serving their communities through giving back and developing leadership skills.

The Keynote Speaker is Danny Portee, the CEO of Professional Management Services. The leadership panels will include speakers such as Stephon Tuitt, former defensive tackle for the Pittsburgh Steelers.

Opportunities will abound in the information center area where students can browse area businesses, universities and charitable organizations, inquiring about the ones that interest them.

In addition to these opportunities will be Lunch with a Leader. This will provide a chance to have small-table discussions with a local leader. Each table will host a limited number of seats for a more beneficial interaction with the leader and a table moderator. Each leader has local ties to our community and a heart for service. This is a valuable opportunity to connect with other professionals looking to extend their fabric of connectivity and philanthropy.

There is no cost for students to attend. Sponsorships cover all panel discussions, group activities and lunch expenses. This is where you and your organization come in. Leadership Connection offers a variety of sponsorship levels, each with benefits to your organization. The hope is that you can join in the event as Leadership Connection works to inspire and impact our future generation.

There are several sponsorship opportunities available. For more information about sponsorships, visit RotaryLeadershipConnection.com.

Gov. Holcomb Announces JAG Indiana To Double Workforce Program Across Indiana

Governor Eric J. Holcomb today announced the goal to expand Jobs for America's Graduates (JAG) to 250 programs in Indiana by the 2024-2025 school year. The Department of Workforce Development (DWD) has partnered with the Family and Social Services Administration (FSSA) who will invest more than \$23.1 million in Temporary Assistance for Needy Families (TANF) block grants to realize this expansion from 125 to 250 programs in the state.

"Every day, Indiana's JAG program is helping more Hoosier students achieve their career and personal goals—all while helping ensure our state is prepared to meet 21st century workforce demands," Gov. Holcomb said. "With this expansion, more Hoosier communities and schools will be taking advantage of JAG's proven results and experience the positive effects of partnerships at the state, regional and local levels."

JAG is a resiliency-building workforce program that helps Hoosier high school students encountering significant barriers to graduation learn in-demand employability skills and receive career exploration and coaching experiences. JAG programming provides a structured bridge to successful post-secondary education and workforce opportunities. Administered by DWD, JAG Indiana has served 40,000 Hoosier youth and graduated more than 95% of its students from high school since its inception in 2006.

This partnership aims to launch 40 new JAG programs at Indiana high schools or college campuses by January 2024, another 45 programs by August 2024, and an additional 40 programs by January 2025. Once fully implemented, JAG Indiana's footprint will double to impact an estimated 10,000 Hoosier high school students per year.

"The skills students obtain while in JAG go beyond just getting a job; they leave high school as leaders in their community, they're more confident and they have a sense of purpose," said DWD Commissioner Richard Paulk. "The growth of Indiana's JAG program ensures opportunities for a new generation of student leaders across our state."

JAG Indiana staff and leadership have been recognized as one of the top statewide programs, earning JAG National's most prestigious award, the 6-for-6 Award. The award recognizes states surpassing graduation, further

education and employment performance metrics set by the national organization. The accomplishments of the JAG Indiana class for the 2022-2023 school year included a 95% graduation rate, 83% full-time employment rate and 39% pursuing further education. In 2023, JAG Indiana's graduating class earned more than \$23.2 million in grants and scholarships.

"We are absolutely thrilled with the commitment of Governor Holcomb and the Department of Workforce Development to expand JAG Indiana programming to serve several more thousand youth across the state," said incoming JAG National President and CEO Janelle Duray. "At JAG National, we know there is incredible need across the nation to ensure young people are connected to education and employment opportunities in their communities and provided the support needed to thrive, and our National Network of Affiliates are working hard to heed that call. Indiana is among those states leading the charge, and as a result, lives will be positively impacted and its employers, communities, and citizens will benefit."

FSSA's Division of Disability and Rehabilitative Services Vocational Rehabilitation program, in partnership with DWD, will continue to provide funding to support an increasing number of students with disabilities participating in JAG. The partnership, which is in its fifth year, contributes \$1.5 million in federal funds per year to support students with disabilities in the program.

Expansion programs will be determined based on the following:

- Schools that have already expressed interest in establishing a JAG program;
- Schools with existing JAG programs that have at least an additional 40 students who will benefit from the program;
- Schools with lower graduation rates and higher rates of Free-or-Reduced Lunch and/or special education cohorts;
- Middle school pilot sites that align with existing JAG high school programming that focuses on study skills development, self-esteem and graduation pathways development to ensure successful transitions into high school; and
- College Success Program expansion at post-secondary institution campuses; currently, JAG has programs at Ivy Tech Community College Fort Wayne and Vincennes University.

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A7



Trendy Takes on Kitchen and Bath Design

FAMILY FEATURES

Designing a new home, remodeling your own or simply rethinking aesthetics and decor all require a little imagination and a lot of inspiration. A quick online search brings up hundreds if not thousands of thoughtful ways to make your kitchen or bathroom match your desired style from modern to traditional or anything in between.

All those results can be slightly overwhelming, however. Rather than having a go at it alone, rely on the professionals to guide you toward looks that are all the rage and fit a variety of budgets. Consider these on-trend design ideas from the kitchen and bathroom experts at Wellborn Cabinet, whose whole-home solutions double as functional and beautiful.

Kitchen Trends

Let it Flow: Open concepts have become quite common as it allows the kitchen to feel like one large room where loved ones and guests can intermingle as opposed to an enclosed space. This flowing openness lends continuous visibility to the area ranging from the (seemingly) always active kitchen to gathering spaces in the dining and living rooms. An open

floor plan also helps connect design aesthetics from each room to the next.

Opt for Concealed Storage: Pots, pans, knives and all your favorite kitchen gadgets need hidden somewhere. Rather than taking up valuable pantry space, turn to a stylish storage solution from Wellborn Cabinet's line of pullout cabinets that give you the room you need. With options ranging from pullout peg boards to sleek tray dividers, these clever contraptions can help you stay organized while making functionality beautiful.

Incorporate Smart Tech: Trends aren't exclusively about aesthetics – practicality via technology is equally important for those looking to update their kitchens to the 21st century. Devices like smart refrigerators that allow you to take inventory from an app, smart lighting that brightens and dims to save on electricity and voice assistants that help you keep track of recipes are all trendy paths toward a top-of-the-line kitchen.

Bring in Organic Touches: Organic modern is in, which means adding organic touches using natural materials like stone and wood in your cabinets, countertops, flooring and more. Achieve a warm vibe with these organic elements paired with a neutral color palette (soft whites and earthy tones) and natural light.



4 Alternative Uses for Kitchen Cabinets

If you love the look of beautiful kitchen cabinets and appreciate their functionality, try incorporating them throughout the house with these ideas.

- **Home Office** – As working from home continues to rise in popularity, you might need that extra storage space around or above your desk whether it's in a full-blown office or a nook in the den.
- **Laundry Room** – Uppers and lowers alike can help you stow away detergents, cleaning products, laundry baskets and even last season's wardrobe.
- **Mud Room** – All those shoes and jackets need space somewhere, and kitchen cabinets in the mudroom can help you contain the mess.
- **Garage** – Whether your garage serves as a secondary entertainment area, home gym or simply storage for outdoor tools and toys, cabinets allow you to organize (and hide) that equipment.



Bathroom Trends

Add Accents that Pop: Obvious accents like bold pops of color and unique patterns come to mind, but you can also make your bathroom stand out by experimenting with materials, accessories and shapes. Think eye-catching cabinet hardware, fun mirror shapes and open-shelf decor that grabs attention without overdoing it.

Show Off Wood Vanities: As an important area you'll use to get ready for each day, vanities should be purposeful and practical but can also brandish your personal style. Types and sizes may vary but one look seeing an upward trend, according to Wellborn Cabinet's design experts, is the use of natural tones and textures like woodgrain to complement the rise in popularity of warm colors in recent years.

Go for Decorative Lighting: The same tired light fixtures in bathrooms can feel drab and dreary. Evaluate the amount of natural light available (often if you can go more subdued or need to effectively and efficiently illuminate

the area. Bell-shaped, wall-mounted sconces next to mirrors are in vogue, as are glass globes to complement ample natural light. For a true touch of modern flair, consider dramatic accent lighting like underlights on a floating vanity that do double duty as a convenient nightlight.

Make it Spa-Like: Lavish luxury is the goal with a spa-like bathroom in the comfort of home. Organic materials, natural light, traditional decor and, maybe most importantly, an oversized soaking tub are at the core of this look. While it may sound counterintuitive, you can actually create your own oasis with some simple, budget-friendly aesthetics. The first step for many is to incorporate more storage using sleek cabinets, shelves and wall-mounted hooks to achieve a decluttered look. Next, simply replace your old showerhead and faucet with spa lookalikes and stock up on plush, fluffy towels for that luxurious appearance without a complete remodel.

Find more design inspiration by visiting Wellborn.com.

TUESDAY

In The Kitchen

DAY

Tuesday, August 29, 2023

A8

POWER FAMILY FAVORITES

WITH PEANUT PROTEIN

FAMILY FEATURES

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

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

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

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

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

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

Mexinit Dip

Recipe courtesy of the Georgia Peanut Commission

Yield: 4 cups

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

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

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

Stir before serving with corn chips or crackers.



Beef and Peanut Empanadas with Chimichurri

Recipe courtesy of “Set the Table” on behalf of the Georgia Peanut Commission

Yield: 30-40 small empanadas

Spicy Beef and Peanut Empanadas:

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

Chimichurri:

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

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

Preheat oven to 375 F.

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

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

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

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

Bake 20-25 minutes on upper rack.

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



Asian Peanut Slaw

Recipe courtesy of the Georgia Peanut Commission

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

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

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

Garnish with chow mein noodles before serving.



Peanut Butter Banana Pops

Recipe courtesy of registered dietitian Annessa Chumbley on behalf of the Georgia Peanut Commission

Yield: 8 pops

Craft sticks

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

Toppings:

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

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

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

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