

➤ TODAY'S VERSE

1 John 3:18 My little children, let us not love in word, neither in tongue; but in deed and in truth.



➤ FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Edward Zlaty smile? "I have my faith, which probably makes me smile the most. And everyday life," said the Noblesville resident, who was found playing trumpet at a previous Noblesville Chamber of Commerce Taste of Business. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. A graduate of Kokomo High School and Indiana University, he's lived in Noblesville throughout his adult life. He is vice president of BMO Financial Group. He owns GMHorns, a music ministry with a 20-piece big band, eight-piece combo, 16-piece R&B band and "we tour all over the world playing music." Passions? "I'm pretty blessed. I have a passion for music. I have a passion for community service. I've done mission work all over the world." He's played trumpet since age 3 and is also a jazz and classical pianist and is fluent on almost every instrument. He has a dog named Sam and likes to hang out on his boat in the summer. His band will perform on Saturday during the Noblesville Bridge of Flowers Gala on Logan Street Bridge. The gala is 5 p.m. to 8 p.m. with dinner and remarks by Bridge of Flowers founder Dick Gordon. Reserve your tickets, at \$75 each or \$525 for a table of eight, at noblesville-bridgeofflowers.com Read a preview about Saturday's gala in the Betsy Reason column in last week's Sept. 6 edition of The Times.

And Another Few Things...

1. A Brief History of Noblesville

Popular columnist and author Paula Dunn and co-author and retired HEPL Indiana Room Coordinator Nancy Massey will be doing a book signing of their book "A Brief History of Noblesville" Saturday at First Presbyterian, 1207 Conner St. in Noblesville. The pair will be available from noon to 3 p.m. during the Historic Homes Tour. The book chronicles the growth of Noblesville from the modest beginnings of the settlers on the prairie to becoming one of the larger cities in the state.

2. September 13 - TASTE OF HISTORY: FISHING IN FALL CREEK

Hamilton East Public Library - Fishers 6:30-7:30p 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. Register on the library's website.

3. September 23 - WHAT'S BENEATH GEIST RESERVOIR?

Hamilton East Public Library - Fishers 11 a.m.-12 p.m. 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.

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Photo courtesy of Noblesville Lions

Elevance Health volunteers with Lion Julia Kozicki and Fueled for School volunteer Christine (Guyer) McCormick

Noblesville Lions And Elevance Assist Fueled For School

The Noblesville Lions Club received a grant from the Lions Club International Foundation (LCIF) to assist Fueled for School in fighting food insecurity for Noblesville Schools students. The club was awarded the grant in conjunction with Elevance (formerly Anthem) Health Volunteer Days, an annual project of Elevance Health to support hunger related service projects. The LCIF grant was used to purchase new pallet rack shelving for the new Fueled For School facility on Pleas-

ant Street. On Saturday, September 9, Elevance Health supplied volunteers who constructed the shelving and sorted food donations. Members of the Noblesville Lions collected food donations at area grocery stores that morning totaling approximately 700 pounds of food. Fueled For School provides 400 weekend meal packs each week to students in all 10 Noblesville schools. The Noblesville Lions have regularly supported Fueled For School since 2019.



Photo courtesy of Noblesville Lions

(lft to rt) Christine McCormick, Lions Julia Kozicki and Gene Beck. Not pictured and also helping were: Lions Josh Kozicki, Jeff Kozicki, Julie Davis, Dave Marsh, and Kim Luckey



The Times photo by Addie McMillan

Canines and their owners walk Sunday in the seventh Bryan Clauson "Strut 2 Save Lives" dog walk and fundraiser at Dillon Park in Noblesville.

Dogs Have Their Day At Strut 2 Save Lives



BETSY REASON
From The Editor's Desk...

Dogs had their day on Sunday as about 250 canines and their owners came out for the seventh Bryan Clauson "Strut 2 Save Lives" dog walk and fundraiser at Dr. James A. Dillon Park in Noblesville.

At a comfortable 68 F when the walk stepped off at 11 a.m., Sunday's weather was perfect

for dogs and their owners, who made a lap around the park for the event that also included food, raffles, prizes, vendors and dog agility course, and raised more than \$35,000 for the Indiana Donor Network to bring awareness to organ donations. In total, the Hoosier race car driver Bryan Clauson died seven years ago, on Aug. 7, 2016, at age 27, following a dirt-track racing accident in Belleville, Kan. An organ and tissue donor, he saved many lives, including Bryan's heart recipient.

➤ See BETSY Page A6

Remembering The Legacy Of Joe Edwards

With profound sadness, the City of Westfield announces the passing of District 3 Westfield City Councilor Joe Edwards, who died Friday morning after a courageous battle with a long illness. Councilor Edwards, a lifelong resident of Westfield, spent most of his professional career in business finance. He owned and operated Edwards-Steele Financial Services until 2005. His contributions, vision, and unwavering commitment have left an indelible mark on Westfield's past, present, and future.



JOE EDWARDS

Joe began his public service journey as a town councilor, then a city councilor. During his tenure, Edwards played an instrumental role in guiding Westfield's transformation from a small farming town into the sixth fastest-growing city in the nation. His leadership, thoughtful policymaking, and deep-rooted love for the city helped shape Westfield.

In recognition of his service and dedication, Westfield recently honored Edwards by

➤ See JOE Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 7:24 a.m.
SET: 8:03 p.m.



High/Low Temperatures
High: 72 °F
Low: 64 °F



Today is...

- Video Games Day
- National Day of Encouragement
- National Report Medicare Fraud Day



What Happened On This Day

- 1992 First African American Woman goes into Space. Mae C. Jemison, a physician, was a Mission Specialist on STS-47 which was the 50th space flight of NASA's Space Shuttle Program. It was the space shuttle Endeavour's second flight. During over 190 hours she spent in space, she conducted experiments on weightlessness and motion sickness.
- 1970 The Soviet Union launches the Luna 16. It was the first robotic probe to land on the Moon and return to Earth with rock samples. Luna 16 landed on Earth on September 24.
- 1943 The Gran Sasso Raid is conducted by the German paratroopers at the behest of Hitler. The purpose of the airborne operation, also known as Operation Eiche, was to free Italian dictator Benito Mussolini from a ski resort where he was being held on the orders of the Italian king, Victor Emmanuel III. Using gliders, German troops entered the ski resort and successfully rescued Mussolini.

Births On This Day

- 1980 Yao Ming Chinese basketball player
- 1892 Alfred A. Knopf, Sr. American publisher, founded Alfred A. Knopf Inc.

Deaths On This Day

- 2003 Johnny Cash American singer-songwriter, guitarist, actor
- 1977 Robert Lowell American poet

➤ INSIDE TODAY

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➤ HONEST HOOSIER

Yesterday was 9-11. We will never forget.



➤ TODAY'S HEALTH TIP

Low doses of antidepressant medications can help hot flashes in some women. 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

"If you can't stand the heat, get out of the kitchen."
-Harry S. Truman

➤ TODAY'S JOKE

A man threw a boomerang in 2022. He lives in constant fear now.

➤ OBITUARIES

Thomas A. Jarosz

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



3 WTHR 7 DAY FORECAST

64/72 PARTLY CLOUDY	51/72 CLOUDY BREEZY	49/72 MAINLY SUNNY	49/77 MAINLY SUNNY	51/80 SUNNY & WARM	55/79 MAINLY BREEZY	55/79 REASONABLY BREEZY
TUE	WED	THU	FRI	SAT	SUN	MON

OBITUARIES

Leroy Clark McKinley

July 26, 1941, Tuesday, July 18, 2023

Leroy Clark McKinley, age 81, of Carmel, Indiana, passed away peacefully on Tuesday July 18, 2023. He was born July 26, 1941 in Indianapolis to Loran and Margret (Millikan) McKinley and raised with his brother Loran "Mac" McKinley and his sister Sarah May.



A graduate of Sheridan High School's class of 1959, he was class president and continued to enjoy annual gatherings with teammates he played basketball with during the Hobbs era. He was dedicated to God in all areas of his life which was evident in his love for the Lord and his family.

He was married to his loving wife, Sarah Dian (Hillock) McKinley, for 62 years and was a loving father to his children Michael Leroy (Sheri) McKinley, William Loran (Dawn) McKinley, Christina Marie Kelly, and Kathryn Michele McKinley. Leroy was a current member of Westfield Friends meeting, and served as a pastor with Indiana Friends Yearly Meeting at Cadiz Friends, Morgan Creek Friends, Nettle Creek Friends and Jonesboro Friends meetings. He was a founding member of Brandywine Community Church in Greenfield, IN, and volunteered with World Renewal, and at Heritage Village, Jonesboro Food Pantry, and Carmel United Methodist Food Pantry. He was a dedicated employee of General Motors for 36 years. He may not have always had a green thumb, but he delighted in all of God's creation. Leroy never met a stranger, always having time for a conversation, or an encouraging word to everyone he met.

Leroy is survived by his wife and children; his grandchildren, Jennifer McKinley, Jessica (Hayden) Heeb, Kori (Brent) Williamson, D.J. (Michelle) Wood, Jacob (Taylor) McKinley, Erin McKinley, Chelsea (Karolyn) Copenhaver, Noelle (Kodi) Rodriguez, Gordon (Brook) Copenhaver, Ian Copenhaver, Lauren (Danila) Kelly; and great grandchildren Jamison, Liam, Evie, Teddy, Christopher, Catherine, and River.

He was preceded in death by his parents, Loran and Margret (Millikan) McKinley; sister, Sara May; and by his brother, Loran "Mac" McKinley.

Leroy was laid to rest during a private graveside service at Crown View Cemetery in Sheridan, Indiana. A celebration of life open house was held at the Hunters Glen Condo Clubhouse in Carmel, IN 46032. In lieu of flowers, donations can be made to Quaker Haven Camp, 111 EMS D16C Lane, Syracuse, IN 46567.

Our Twist On A Taste Of The Chamber And Business Expo

Join us for the Westfield Chamber's first annual Showcase and Taste of Westfield! We are just over two weeks away from this incredible event where guests will have the opportunity to enjoy the best of what Westfield has to offer all in one place!

As an attendee, this is an event you won't want to miss! You will have the opportunity to visit each and every exhibitor booth and taste or see what they have to offer. From professional advice to whiskey tastings to savory and sweet food, Showcase & Taste of Westfield will be a great representation of what an experience in the Westfield community looks like!

Exhibitors at the Showcase and Taste of Westfield will have the opportunity to put their businesses on display and connect with businesses and potential customers at one of our largest networking events of the year! Don't miss out on this unique opportunity to promote your business in Westfield!

All types of businesses can participate in the event; exhibitors include restaurants, service and healthcare providers, legal professionals, entertainment venues, food providers, and more! Restaurants, caterers, wineries, breweries, and other food service establishments are invited to provide menu tastings as well.

Hamilton County Republican Party Treasurer Raju Chinthala Enters 5th Congressional District Race

Longtime business and community leader Raju Chinthala has officially announced that he is running for Congress in Indiana's 5th District, stating that he is entering the campaign because of his professional experience and his vision for Indiana and America.

"I've been a proud Hoosier since 1996. My experience in Indiana has been varied and successful, and helped me to understand this community and its great people," says Chinthala. "I've been a speech-language pathologist, helping thousands through their difficulties.

As a businessman, I've managed various enterprises, helped create better health care, and been a key player in acquiring investments in our state and our country totaling more than \$500 million."

As Senior Advisor for India at the Indiana Economic Development Corporation, Chinthala has cultivated relationships that resulted in thousands of jobs. As Founder and President of the Indiana India Business Council, he has helped build an economic bridge between Indiana and India. In recognition of his achieve-

ments, Chinthala has been honored by President Biden with the Presidential Lifetime Achievement Award in 2022 and has received the Sagamore of the Wabash Award from both Governor Pence and Governor Holcomb.

"I'm driven by my firm belief that the Constitution should be honored, valued and upheld. That leaders should serve people, not special interests. That families should be free from government intrusion. And that government should be smaller, smarter and more efficient," Chinthala says. "Our military must

be strong. Veterans should have the best care and opportunities. Our culture should respect and protect life. And America should be energy independent."

Chinthala lives in Carmel with his wife Dr. Prasanna Chinthala, their son Anoop, and their dog Snowball. He currently serves in a wide range of civic organizations and is the Treasurer of the Hamilton County Republican Party



RAJU CHINTHALA



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Photos courtesy of Stellantis

2024 Dodge Hornet Slaps An Historic Name On Its Stingin' Little Crossover Self

It dominated NASCAR, boogied through the '70s, starred in countless movies, and is now enjoying a trip from Italy dressed as a boisterous American tourist. No, this isn't an A-list actor from classic Hollywood, though "Doc Hudson" Hornet in Pixar's "Cars" was voiced by Paul Newman. Hornet reappeared on fenders in the '70s after Hudson merged with Nash to form AMC and on a 2006 concept car. Now, it's on the tailgate of the stingin' little 2023 Dodge Hornet crossover.

Champion Hornet Heritage

Hornet comes from solid breeding stock. The original 1951 Hudson Hornet was known for its streamlined styling and "step down chassis" in which the floorpan and passengers were set between the frame rails for a lower profile and improved center of gravity for safety and handling. In Cars, Doc Hudson was a "3-Time Winner of the Piston Cup", but in reality, the Hornet dominated NASCAR, winning 27 of 34 Grand National races in 1952, 22 of 37 in 1953, and 17 of 37 in 1954.

Not bad for a car with renowned luxury credentials.

But, the Dodge Hornet is an entirely different insect - essentially a domesticated version of the Alfa Romeo Tonale, though not entirely Americanized because it's assembled in Naples, Italy. Sure, it has snarling air extractors on its hood, angry horns on its flanks, and looks menacing with 18" black wheels and black trim included in the Blacktop package, but the curvy muscular sheetmetal would look as sexy in Tuscany as Tucson. In GT trim, it's also a convincing Dodge. I'd say it's even a might sportier than the 1976 AMC Hornet Sportabout wagon.

Forget cheap plastic and cloth seats from The Malaise Era because the Dodge's interior cribs Alfa with deeply bolstered black leather sport seats, flat bottom steering wheel with bulging handgrips, and red stitching throughout. The steering wheel is canted forward in the Italian tradition.

Beyond that, it's pretty comfortable. Flatscreen gauges are clear and concise, and the slick

2023 Dodge Hornet GT Plus Five-passenger, AWD Crossover

Powertrain: 2.0-liter T4, 9-spd
Output: 268hp/295 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
0-60 mph: 6.5s
Fuel economy: 21/29 mpg city/hwy
Assembly: Naples, Italy
Base/As-tested price: \$30,735/\$40,710

center screen looks artful attached to the dash, but putting volume control in the console is a little too Audi. I'd prefer Chrysler Group's super intuitive infotainment with easy icons plus proper volume and tuning knobs. I have no complaints about wireless Apple/Android connectivity, sumptuous Harman Kardon audio, or dual-zone automatic climate control.

Twin H-Power to Hurricanes

The Hudson came with a standard electric clock, but twitched its sting from "Twin H-Power" pow-

LIKES

- Buff styling
- Agile handling
- Turbo-four engine

ertrains that applied twin one-barrel Carter carburetors (\$85 dealer-installed option) to the company's 5.0-liter inline-six engine for a then-potent 145 horsepower and 275 lb.-ft. of torque.

Today's Hornet is available as a plug-in hybrid with 30 miles EV range and putting out 288 horsepower and 383 lb.-ft. of torque, but our super fly buzzes about with Dodge's "Hurricane" 2.0-liter turbocharged four-cylinder engine, connected to a 9-speed automatic transmission, delivering 268 horsepower and 295 lb.-ft. of torque. The old Hudsons would have no hope of matching the latest Hornet's 0-60 mph time of 6.5 seconds.

It's safe to say the Dodge Hornet GT would own 1950s NASCAR, but a proper performance crossover is not born of speed alone. Hailing from Italy suggests the Hornet performs as if old Enzo Ferrari was fettleing the

DISLIKES

- Fuel economy
- Harsher ride
- Volume/tuning controls

chassis. He's not, but the quite firm four-wheel independent suspension and sharp steering are more adept than the average crossover. Add to that torque-vectoring all-wheel-drives to sharpen corners and a Sport mode that makes the throttle more responsive, tightens steering, and employs a limited slip differential to lay power evenly. The Hornet is comfortable on the highway and over most city pavement, but is most fun over smooth twisty pavement.

And while we may dream of attacking two-lanes through Italy, it's more likely time spent in Dodge Hornets will be interrupted by belching kids and slobbering dogs en route to baseball practice. Keeping everybody safe are adaptive cruise, lane-centering steering with haptic counter steer (gently nudges back into lane), and automatic emergency braking. Blind spot warning, rear cross



CASEY WILLIAMS
Auto Reviews

path detection, and surround-view camera protect fenders and pedestrians too.

With an Italian accent and NASCAR heritage, Dodge has a stingin' little Hornet crossover that's unique among rivals. It's a fun commute to work, easy in daily errands, and occasionally enjoys a good romp through the country. A base price of \$30,735 or \$40,710 as-tested elicits competitors like the Subaru Crosstrek Sport, Chevy Equinox RS, Mazda CX-50, Acura RDX, and Buick Envision ST.

Storm Forward!

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

The Times

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Mike Pence's 'Populism Siren Song' Warning To The GOP



BRIAN HOWEY
Howey Political Report

Mike Pence posed the most important question of his lengthy career to conservatives and Republicans from

beneath the deep shadow of Donald J. Trump while campaigning in New Hampshire earlier this week.

"Republican voters face an important choice next year," the former vice president and Indiana governor said. "It will determine both the fate of our party and the course of our nation. Will we be the party of conservatism, or will we follow the siren song of populism unmoored to conservative principles? The divide between these two factions is unbridgeable."

He was conspicuous in naming Trump, his former presidential boss, while speaking at the New Hampshire Institute of Politics at Saint Anselm College in Manchester on Wednesday. "The truth is the Republican Party did not begin on a golden escalator in 2015," Pence said of Trump's campaign kickoff at his Manhattan skyscraper. "He promised to govern as a conservative, and together we did. But it's important for Republicans to know that he and his imitators in this Republican primary make no such promise today."

Pence connected Trump to current and distant progressive populists - Vermont Socialist Sen. Bernie Sanders, thrice-defeated Democrat presidential nominee William Jennings Bryan, and the late Louisiana strongman governor and senator Huey Long - saying they were "fellow travelers on the same road to ruin. Donald Trump, along with his imitators, often sound like an echo of the progressive they would replace in the White House."

Pence, who is expected to testify against Trump in future trials that will determine the former president's fate after 91 criminal indictments in four jurisdictions, said that Republican populists

would "erode our constitutional norms." Trump faces a federal indictment, alleged to have tried to persuade Pence to break with the Constitution over the counting of Electoral College ballots, leading to the Jan. 6 U.S. Capitol insurrection.

He then cited "a leading candidate last year" (Trump) who called for the "termination of all rules, regulations, and articles, even those found in the Constitution, while his imitators have demonstrated willingness to brandish government power to silence critics. Republican populists would have us trade in our time-honored principles for passing public opinion."

"That isn't a trade I am willing to make.

"But a populist movement is now rising in the Republican Party," Pence warned. "This growing faction would substitute our faith in limited government and traditional values for an agenda stitched together by personal grievances and performative outrage. Should the new populism of the right seize and guide our party, the Republican Party as we have long known it will cease to exist. And the fate of American freedom would be in doubt."

This is a Republican Party that has lost the popular vote in seven out of the last eight presidential elections, including twice by Trump. President George W. Bush was the only Republican to carry the popular vote in his 1988 reelection bid since 1992.

Pence cited the nation's "brilliant system of checks and balances, divisions of authority, coequal branches of government and sovereign state governments. Conservatives understand that to advance an agenda. We must work through this system."

Are Hoosier Republicans willing to follow Pence into this historic GOP battle?

U.S. Rep. Jim Banks, the Republican U.S. Senate frontrunner in 2024, tweeted the jail mugshot of Trump following his Georgia indictment and arrest, saying, "There can be no other candidate in 2024." It was an incredible

departure from American political norms where an indicted candidate in the past fades and folds.

Gov. Eric Holcomb, House Speaker Todd Huston and U.S. Reps. Greg Pence and Larry Bucshon have endorsed Pence's presidential bid. Holcomb told me in late June that the coming campaign sequence will be defining. "We'll be in a different place in September than we are today," he said.

There are signs that the Trump fever is breaking here in Indiana. Beyond Banks, the Republican congressional delegation is mostly uncommitted.

U.S. Sen. Todd Young urged Republicans to nominate a candidate who can win, saying Trump can't. U.S. Sen. Mike Braun told reporters he is undecided, while expressing interest in Vivek Ramaswamy.

U.S. Rep. Rudy Yakym told me earlier this that he is "confident we will have a Republican president. At this point, I have not endorsed, or am backing, anyone."

In late August, Bucshon told the Evansville Courier & Press, "I think a lot of people who are still supporting President Trump, the support is soft, and you're hearing that when you actually talk to people. I don't think he's going to drop out; I just think people are going to overtake him and win the nomination because of all the things around him."

U.S. Rep. Erin Houchin told me on Aug. 24, "I am not backing anybody as yet in the presidential race. I've made my support known for Trump-era policies in the past. I think we're better off with a Republican in the White House. I think primaries are good for the party. I think it will vet out who our party wants the nominee to be. It looks like it could be Donald Trump. We shall see."

Republican U.S. Reps. Jim Baird and Victoria Spartz - who is Mike Pence's congresswoman - have not announced who they are supporting.

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

EARTHTALK

Dear EarthTalk: What can I do this fall to ensure my garden looks its best next spring?

Preparing your garden in the fall is an important step to ensure it's in ideal condition for the next spring. Depending on the size and scope of your garden, you might have a lot to do...

Cleaning up and removing any dead plants, weeds and debris from your garden beds now helps prevent diseases and pests from overwintering. Prune any dead or overgrown branches from trees and shrubs. Also, trim back perennials and grasses to about 2-3 inches above the ground. Rather than discarding fallen leaves and garden debris, consider composting them to create nutrient-rich compost for future use.

If you have perennials that have become overcrowded, fall is a great time to divide and transplant them to rejuvenate the plants and improve their health. If you have tender perennials, shrubs or trees that are susceptible to winter damage, consider protecting them with burlap or other insulating materials.

Consider testing your soil to determine its nutrient and pH levels. This will help you know what soil amendments are needed. Based on results,

add organic matter like compost, well-rotted manure or leaf mulch to improve soil structure and fertility. Incorporate these amendments into the top 6-8 inches of soil. And it's never too late to apply a 2 to 3-inch layer of mulch over your garden beds to help retain moisture, regulate soil and suppress weeds. Use organic mulch like wood chips, straw or shredded leaves.

Fall is the ideal time to plant spring-flowering bulbs like tulips, daffodils and crocuses. Follow planting depth and spacing guidelines for each type of bulb. Likewise, many perennial flowers and herbs—daylilies, peonies, lavender—can be planted in the fall so they have time to establish strong root systems before the growing season starts in the spring. Fall is also an excellent time to plant deciduous trees and shrubs because they can focus on root development without the energy demands of leaves. And if you're growing food crops that like cooler temperatures—broccoli, cauliflower, kale, lettuce, spinach, carrots—get them in the ground this fall for an early spring harvest.

Also, continue regular lawn care, including mowing, fertilizing and aerating. Fall is a good time for overseeding if your lawn needs it. Keep watering your garden as needed until the ground

freezes. Plants still need water even as the weather cools down.

Most important, use the fall season to plan your garden for the next spring. Consider what new plants you want to add, any changes in design and any additional improvements. Address any pest or disease issues before winter. Prune and dispose of affected plant material, and consider applying appropriate treatments. If you have bare garden beds, consider planting cover crops like clover or rye to improve soil health and prevent erosion over the winter.

By taking these steps in the fall, you'll set the stage for a thriving garden in the spring. Proper preparation and care during the fall months will help your plants establish strong root systems and ensure they have the nutrients they need for vigorous growth when warmer weather arrives.

-CONTACTS: Penn State Extension Fall Garden Tasks, extension.psu.edu/fall-garden-tasks Fall Vegetable Garden Cleanup Checklist, almanac.com/fall-vegetable-garden-cleanup-11-things-do-now.

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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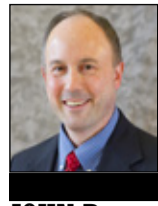
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"I Can't Sleep Doc", Causes Of Insomnia



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated we lose over

\$40 billion in lost worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. I'll focus on some causes of insomnia this week. It's important to remember that insomnia is not a disease - it is a symptom of an underlying problem.

There are three types of insomnia. Transient insomnia lasts a week or less and is usually due to some type of limited stress. Short-term insomnia lasts one to six months and is usually caused by persistent stress, while chronic insomnia lasts greater than six months.

There are many causes of insomnia. Transient and short-term insomnias can be caused by stress as well as environmental factors such as sleeping in an unfamiliar bed or other location. Having too much light or noise in the room can also be contributing factors.

Chronic insomnia has numerous causes, the most common of which is anxiety. Trouble initiating asleep is the primary symptom of people suffering from anxiety. These folks usually report that they can't turn their thoughts off. I see this

frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression is also a common cause of chronic insomnia, though these folks usually present with "terminal insomnia," meaning they wake in the wee morning hours and are unable to get back to sleep.

Pain from arthritis or other conditions like Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) can lead to chronic insomnia. Lung disease such as COPD and heart disease, especially congestive heart failure, can lead to frequent episodes of waking at night. Chronic insomnia is also a symptom of PASC (Post-Acute Sequelae SARS-CoV-2), commonly known as "Long COVID."

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent nighttime awakenings. Over-the-counter medication use can cause chronic insomnia, particularly stimulants such as caffeine as well as sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is a common practice in teens and college students so they don't miss out on social media postings. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or

prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can suffer "rebound insomnia." Sleeping pills can also be very dangerous when used by the elderly. They can cause problems with balance and coordination leading to falls that often result in fractures or traumatic brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually alters various stages of sleep, especially deep sleep. This stage of sleep is critical for the brain to refresh itself. If the brain does not get enough deep sleep, the person constantly feels sleep-deprived.

Shift workers can develop chronic insomnia due to shift work sleep disorder. This condition can result when workers either change shifts or have a brain that is wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem arises when they want to go to bed earlier and can't get to sleep.

Next week I'll cover prevention and treatment of sleep disorders. Pleasant dreams!

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

Up North With Mom And Dad



CARRIE CLASSON
The Postscript

I'm staying "up north" with Mom and Dad, and that is always good.

My mom and dad have built a life that is pretty much exactly the way they like it. They have rituals and habits they do almost without thinking. But the amazing thing—to me—is that just about every one of these daily routines ends up giving them a healthier and much happier life.

At this point, my dad would snort, and my mom would say I was making them sound like saints, and they'd both shake their heads in unison and say that I like to exaggerate, and so I guess you'll have to take my word for it.

My dad turns 90 at the top of next year, and my mom isn't far behind. They still live in the beautiful home they designed and built together more than 30 years ago in the Northwoods. The house is not large, but it is perfectly suited to them. It sits high above the lake in the woods, so their nearest neighbors are squirrels and deer and raccoons, a variety of birds and the occasional bear. Loons fly over their home and land

in the lake. My mother keeps dozens of pots of flowers blooming outside the house. My dad keeps enough wood chopped and split to keep them in firewood all winter, and they are out biking or walking or snowshoeing every single day.

"We don't eat as much as we used to," my mother notes.

But what they eat is healthy. They've got a vegetable garden in town, as it is too shady in the woods for vegetables. Yesterday, they picked up fresh sweet corn and a cantaloupe from the farmer's market.

And I feel as if this is the part of the story where I should tell you the really amazing thing about my parents. But, as I write this, I realize the really amazing thing is not any one thing. It is all of it. As their needs and desires have changed, their habits have remained positive and healthy and filled with joy.

I think I've known for most of my life I would never be as consistent or disciplined or sensible as my parents. They were this way when I grew up, and they remain every bit as remarkable now that I am getting old. I've even thought, from time to time, that it was a lot to live up to. Their marriage, lasting many decades, was

not one I could emulate in my first marriage. My moods fluctuate far more wildly. I require regular "reboots" to stay on track.

But I am no longer envious. I am now simply admiring. And I am grateful. I am so grateful they have taken such good care of themselves and so grateful that they are still here with me, active and happy and as practical as ever.

My dad says he's slowed down a lot, and turning 90 certainly gives a person plenty to think about. But just as I learned how to paddle a canoe and ride a bike by watching him, I now watch him managing the perils of aging with grace and elegance. And I am, once again, learning.

What I've just written, my father will dismiss. He'll say he wasn't so elegant the other day when he tripped over the door-sill and cut his hand open while bringing the laundry in from the line. He'll say he's doing nothing out of the ordinary, nothing worth writing about.

And that's why you'll have to take my word for it.

Till next time,
Carrie

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



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BETSY From Page A1



The Times photo by Addie McMillan

Canines and their owners walk Sunday in the seventh annual Bryan Clauson "Strut 2 Save Lives" dog walk and fundraiser at Dillon Park in Noblesville.



Times photo courtesy of Betsy Reason

Diana Clauson, mother of Hoosier race car driver Bryan Clauson, who died, at age 27, following a dirt-track racing accident, organized the Bryan Clauson "Strut 2 Save Lives," in its seventh year, on Sunday at Dillon Park in Noblesville.



The Times photo by Addie McMillan

Canines and their owners walk Sunday in the seventh annual Bryan Clauson "Strut 2 Save Lives" dog walk and fundraiser at Dillon Park in Noblesville.



The Times photo by Addie McMillan

Canines and their owners walk Sunday in the seventh annual Bryan Clauson "Strut 2 Save Lives" dog walk and fundraiser at Dillon Park in Noblesville.

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INSURED

The Indy 500 driver and short-track racing champion, a 2007 graduate of Noblesville High School, was the son of Tim and Diana Clauson of Noblesville.

Through organ donation, Bryan Clauson was able to save five lives, and he healed many others through tissue donation, according to the Indiana Donor Network Foundation, the charity of the fundraiser.

This year's event attracted about 250 canines and their owners, Diana Clauson said on Sunday.

She sported this year's black and gray tie-dye "Strut to Save Lives" commemorative T-shirt and led the activities, including announcements of raffle winners for items donated from sponsors and donors, plus Golden Tickets, which were drawn for larger items. When Diana Clauson wasn't making announcements, she kept busy visiting with returning canine owners and newbies to the Strut.

Bryan Clauson started the dog walk as a fundraising project to raise money for the Leukemia & Lymphoma Society, in honor of classmate, the late Michael Treinen.

After Bryan Clauson died, the cause became the Indiana Donor Network.

The event, which originally took place in April then moved to June (Bryan Clauson's birthday was June 15, 1989), was moved to September in 2020 due to the COVID-19 (Coronavirus Disease) pandemic.

This year, Diana Clauson said, "We're so happy with the turnout and beautiful weather. The event had a great vibe all day."

Bryan Clauson had a special love for his dogs, Chevy and Stewart, and traveled with them to every track.

"Bryan was very passionate about dogs," his mom had said. "He loved his dogs."

That's why we started the dog walk."

Taylor Clauson McLean, Bryan's sister, has said, "It's just a way for

the community to come out and really celebrate who Bryan was, through and through, both with his love of dogs as well as celebrating the fact that he was an organ donor."

Diana Clauson now is all about awareness. "We're just here to raise awareness for organ donation." She encourages people to "talk to your families about organ donations so everybody in your family knows what your wishes are," she has said.

"It's our biggest year yet," said Diana Clauson.

She said, "We've had the most sponsorships this year" ... with \$28,000. Last year, it was just \$7,000, she said. "That's not counting registrations. It's been good, really good."

The community support has been amazing since Bryan's death.

Bryan Clauson Suite Tower was built and opened in 2018 at Knoxville Raceway, home of the National Sprint Car Hall of Fame in Knoxville, Iowa. Bryan had raced at the Knoxville Nationals for three years.

An historic marker was erected on April 8, 2017, in his name at Noblesville's Forest Park. At the 2017 Indy 500, Bryan was recognized during the 100th lap; he led the 100th lap of the 100th running of the Indy 500 in 2016. Also, Pit Row, Garage No. 21, in 2017, was dedicated to Driven2SaveLives, Indiana Donor Network's campaign to honor Bryan Clauson.

Although she will always feel sadness about the tragedy of her son, Diana Clauson has said, "We're trying to continue our journey, raising awareness to people. It makes our hearts feel full."

On Sunday, she said, "Thank you to everyone that attended to help save lives."

-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at 317-440-3792 betsy@thetimes24-7.com.

JOE From Page A1

naming a future park after him: "Joe Edwards Plaza." "Joe was a tireless proponent for Westfield," said Mayor Andy Cook. "His passion for our community, advocacy for its residents, and relentless pursuit of progress have left a legacy that will continue to benefit future generations of Westfield residents."

Mayor-Elect Scott Willis, a current city council member, served alongside Edwards. "Joe Edwards served this nation and our city throughout his adult life. His deep passion for Westfield and our residents was evident in everything he did. I al-

ways valued his opinions and will miss the advice and mentorship he gave me.

Mike Johns serves as President of the Westfield City Council. "Joe was a thoughtful, humble public servant, trusted friend, and colleague. I will miss his wisdom, humor, and indomitable spirit as he faced his illness with incredible courage. My deepest condolences to Jo Ann and the entire family."

Edwards is survived by his wife of over 50 years, Jo Ann. He was also a father, grandfather, and great-grandfather. Funeral services are pending.

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TUESDAY

Health and WELLNESS

Tuesday, September 12, 2023

A7



Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol, spicy foods, chocolate, artificial sweeteners, caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!

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

28 million women experience moderate or severe urinary incontinence.¹

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.²

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.⁴

Nearly a third of women have experienced the urge!³

38% have stress incontinence

22% have urge incontinence

9% have unspecified incontinence

31% have mixed (stress & urge) incontinence

Tell yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

Ask Yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

DO Stay hydrated and healthy

DO Live life fully

DO Keep moving

DO Laugh a lot

DO Use the best protection

DON'T Limit liquid intake

DON'T Hover next to bathrooms

DON'T Skip the gym

DON'T Skip comedy clubs

DON'T Make do with period pads

¹ Source: University of Wisconsin Study. ² Source: University of Michigan National Poll on Healthy Aging. ³ Source: 100% Breathable of FitRight Fresh Start. ⁴ Source: Women's Health. ⁵ Source: Healthline. © 2022 Medline Industries, LP

FitRightFreshStart.com

Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

FIGHT HUNGER WITH FAMILY MEALS



Selfless ways to support community members in need

Photo courtesy of Getty Images

FAMILY FEATURES

With hectic day-to-day schedules and varying dietary needs, many families face the dreaded daily question: “What sounds good for dinner?” In contrast, millions struggle to put food on the table each night, impacting about 1 in 8 children, according to Feeding America.

You can help support those in need through Safeway and Albertsons’ “Fight Hunger, Serve Hope” cause program – an initiative to fight hunger in local communities during summer months when households with school-aged children face higher rates of food insecurity. The company’s private label will donate one meal for every O Organics® product purchased, up to \$7 million and the equivalent of 28 million meals. Donations will be made to Nourishing Neighbors, a program of Albertsons Companies Foundation, to fund grants dedicated to providing healthy meals for at-risk youth throughout the summer.

“While summertime sparks excitement for countless students, it also marks the unfortunate reality that millions of children face when they lose access to school cafeteria lunches and breakfasts they depend on throughout the school year,” said Jennifer Saenz, EVP and chief merchandising officer at Albertsons Companies. “As a company, we are committed to making a difference in the lives of children in need. For the first time, we are making it easier than ever for our customers to support this mission by connecting each purchase of our O Organics brand to hunger relief efforts in the communities we serve.”

Following the campaign period, families looking to help in their communities can give back in a variety of ways.

Donate Canned Goods

Once school is in session, many classrooms participate in canned food drives for a variety of causes while serving a dual purpose: feeding those in need and teaching children the importance of giving back. Sending your students to school with canned goods can show them the value of helping others and instill a sense of responsibility.

Volunteer at a Food Pantry

Sharing valuable resources like canned goods helps make a difference in communities, but local food pantries also need willing volunteers to sort and distribute food, among other duties. It can provide a unique sense of perspective as you meet other volunteers, improve the lives of people in your community and gain new skills.

Promote the Power of Family Meals

Whether it’s breakfast, lunch, dinner or all three, sharing a meal with neighbors can be a powerful moment. It provides an opportunity to connect while enjoying easy-to-make recipes like Ribeye Steak, Grape Tomato and Mushroom Kebabs; Grilled Chicken Salad with Goat Cheese, Fresh Raspberries and Pecans; and Mixed Berry-Lime Smoothie Bowl with Banana and Granola.

Find more meal ideas by visiting Safeway.com and Albertsons.com.



Photo courtesy of Getty Images

Ribeye Steak, Grape Tomato and Mushroom Kebabs

Recipe courtesy of Safeway and Albertsons
Total time: 30 minutes
Yield: 4 cups

- 2 cloves garlic
- 1/2 small bunch Italian (flat-leaf) parsley
- 1/4 cup O Organics extra-virgin olive oil
- 1/8 cup red wine vinegar
- 2 teaspoons O Organics Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3/4 pound O Organics ribeye steak
- 1/2 pint O Organics grape tomatoes
- 1/4 pound O Organics white mushrooms green pepper, sliced (optional)
- 1/2 medium red onion
- 6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

Recipe courtesy of Safeway and Albertsons
Total time: 20 minutes

- 3/4 pound boneless, skinless O Organics chicken breasts
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 teaspoons O Organics extra-virgin olive oil
- 1 package (5 ounces) O Organics spring mix
- 1 package (6 ounces) O Organics blueberries (or desired berry)
- 1/4 cup O Organics pecan halves
- 3 tablespoons O Organics olive oil
- 1 tablespoon O Organics balsamic vinegar
- 1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to

form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl. Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.



Mixed Berry-Lime Smoothie Bowl with Banana and Granola

Recipe courtesy of Safeway and Albertsons
Total time: 10 minutes
Yield: 3 cups

- 1 banana
- 1/2 package (6 ounces) O Organics blackberries
- 1/2 lime
- 2 cups O Organics frozen mixed berries
- 1 cup plain O Organics Greek yogurt
- 4 fluid ounces O Organics whole milk
- 1/8 cup O Organics honey
- 1/4 teaspoon ground cinnamon
- 2/3 cup O Organics granola of choice

Wash and dry banana and blackberries. Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.