

TODAY'S VERSE

Psalms 89:1 I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ian Hauer smile? "My wife makes me smile," he said. "It's not just that I enjoy being with her – which I do – it's that she causes smiles to creep up unaware ... Being with her means I'm always in danger of smiling when I least expect it." The Noblesville resident was born in Minnesota and spent most of his youth in Newburgh, Ind., before ending up in Central Indiana a decade ago to take a job at the Statehouse and finish school at IUPUI and is former deputy chief of staff for the Indiana Treasurer of the State. "I moved to Noblesville in 2019 and absolutely love it here." Passions? "All of the worthwhile jobs, hobbies and pursuits in my life have had one common thread, storytelling." In college, he studied history because of his fascination with the past and could understand things better if he knew where they came from. In his free time, he and his wife, Emily (Smith) Hauer, are involved in community theater and actually met while doing a show. He is a playwright, actor and director. He's acted in nearly 40 full-length plays for eight different theater groups. He co-founded Hyperion Players theater group and is the playwright of "Call Me Sister," which Hyperion Players is presented earlier this year. Currently, he's kicking off Hyperion's second theater season this week with Samuel Beckett's classic, "Waiting for Godot," with four performances Thursday through Sunday at The Switch Theatre at Ji-Eun Lee Music Academy in Fishers. Visit www.hyperion-players.com

And Another Few Things...

1. Trick or Trivia - This Week

The Boys & Girls Club of Noblesville will host their tenth annual Trick or Trivia night on Friday, presented by America's Auto Auction. Trick or Trivia is a Halloween-themed event that consists of ten rounds of spine-chilling trivia. Teams will pool their useless knowledge and compete against others in hopes of winning the coveted Trick or Trivia traveling trophy. Doors will open at 6:00pm, and the hair-raising competition will begin at 7:00pm. Ghouls, ghosts, and goblins ages 21+ are invited to form a team of up to eight players and attend this howling night of trivia at the Noblesville Moose Lodge. Teams may pre-register for the event for \$250.

2. Tent & Treat By Hamilton County And Boone County Girl Scouts

The Hamilton County and Boone County Girl Scouts are hosting a Tent & Treat event on October 4 from 5 p.m. to 8 p.m. at Forest Park in Noblesville. The event will include a pumpkin hunt, games and a party. The event will kick off with activities from 5 p.m. to 6 p.m. and beginning at 6 p.m. Tent and Treat will open. Tent and Treat will end at 8 p.m. This event is bring a friend to join the Girl Scouts.

3. 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 TWO DAYS 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!

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

The sleepy little town of Atlanta, in northern Hamilton County, came to life over the past weekend as 80,000 people were expected to attend the 50th annual Atlanta New Earth Festival.



The Times photo courtesy of Betsy Reason

The Nickel Plate Express was sold out on Saturday and Sunday during the 50th annual Atlanta New Earth Festival for rides to the festival. The Atlanta New Earth Festival Express sounded the whistle as the train chugged into Atlanta, stopping at the south end of town, with a two-hour opportunity for visiting the festival. Many folks took advantage of photo opportunities in front of the train.

Small Town, Big Festival



BETSY REASON
From The Editor's Desk...

Over the past weekend, a sleepy little town of about 750 residents came to life, filled with craft and food vendors, musical acts and several thousands of visitors.

And it was a beautiful weekend for a festival, kicking off the first day of fall on Saturday.

The 50th annual Atlanta New Earth Festival was on Saturday and Sunday in Atlanta, Ind., Hamilton County's northernmost town, on Indiana 19, about 20 minutes north of Noblesville. In fact, an official green and white county-line sign, "Leave Hamilton County, Enter Tipton County," is displayed permanently in the middle of town, on this weekend amidst vendor booths, nestled next to Snow's Old Fashioned Beef Jerky vendor.

Arriving into the town, vehicles were parked in yards and along the roads. As we got closer, handwritten parking signs advertised deals on parking, \$2, then \$3, then \$5 parking in front yards. I kept driving, trying to get close as we could to the fes-

tival, now driving south on Indiana Street, where we found a \$5 parking sign in the front yard of a house, where a woman, likely the homeowner, directed us into an empty yard, where we parked at the front, so it was easy to leave later. That was at about 10 a.m. on Saturday.

The streets of Atlanta, which were all blocked off in the festival area, where vendors set up along both sides of the streets, were just starting to get busy with folks walking and shopping at the vendor booths. At this time, few food booths were busy. So it would have been a good time to get in line for a late breakfast or early lunch. (Note to self for next year.)

Also, Kiwanians were serving breakfast of pancakes, biscuits and gravy, from 7:30 to 10:30 a.m. in the Atlanta Community Building. Being that I saw the sign at about 10:30 a.m., I had hoped that the breakfast had been busy, because Kiwanis always fixes a good breakfast and raises money for good causes.

I walked up and down the streets, every street, taking in the array of vendors and shopping opportunities in downtown Atlanta. I could find about any food that I wanted, although at one point, in mid-afternoon,

➔ See BETSY Page A7

Preview Of October Hamilton County Bicentennial

The Hamilton County Bicentennial Commission would like to announce its lineup of grant-funded and community events for October 2023. Delaware Township, located in the southern part of Hamilton County and home to parts of Fishers and Conner Prairie, is being celebrated during October. 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 30 - October 13
Hobbs Station, Forest Park, Noblesville

October 13-20 Fishers Art Council Gallery at the Collaboration Hub, Fishers

➔ See PREVIEW Page A7

Make Friday The 13th Your Lucky Day



Photo courtesy of Mark Hall

Feeding Team QR Code



MARK HALL
Guest Column

We are so grateful for all the community support The Feeding Team receives, without sponsors and fundraising many hungry neighbors would go without. The need remains critical in central Indiana as some neighbor's struggle with food insecurity. Will you partner with us in the mission to eliminate hunger in

➔ See MARK Page A7

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OBITUARIES

Thelma R. Clark

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

HONEST HOOSIER

Five weeks from today is Halloween. A little over eight weeks from today is Thanksgiving. And 13 weeks from today is Christmas. I'm thinking that time and my hair are all going somewhere – and at about the same speed.



TODAY'S HEALTH TIP

Remove honeybee stingers by scraping the surface of the skin with a credit card. 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

"I used to love September, but now it just rhymes with remember."
-Dominic Riccietello

TODAY'S JOKE

Why do farmers talk to their chickens? They're just trying to egg them on.

The Daily Almanac

Sunrise/Sunset
RISE: 7:37 a.m.
SET: 7:40 p.m.



High/Low Temperatures
High: 78 °F
Low: 60 °F



Today is...

- Johnny Appleseed Day
- National Dumpling Day
- The Last of Us Day



What Happened On This Day

- **1959** Typhoon Vera hits Japan. The category five typhoon is thought to be the strongest typhoon to impact the island country in recorded history. The resulting rain, landslides, and damage caused the deaths of about 5000 people in Japan.
- **1914** Establishment of Federal Trade Commission (FTC). The Federal Trade Commission (FTC), an independent government agency in the US, responsible for consumer and market protection was established by the Federal Trade Commission Act on this day.
- **1786** Protestors shut down the court in Springfield, Massachusetts starting the Shay's Rebellion. Named after the rebellion's leader Daniel Shays, the revolt began as a response to an economic crisis where people who owed debt were imprisoned. After a bloody conflict, the Shaysites were crushed by the government. This was the first armed internal conflict in post-revolutionary America.



Births On This Day

- **1897** Pope Paul VI
- **1888** T. S. Eliot
American/English publisher, playwright, critic, Nobel Prize laureate

Deaths On This Day

- **2008** Paul Newman
American actor, director, race car driver, businessman
- **1820** Daniel Boone
American explorer

3 WTHR 7 DAY FORECAST

59/80 WINDY	60/78 PARTLY CLOUDY	59/74 PARTLY CLOUDY	59/74 PARTLY CLOUDY	58/77 MOSTLY SUNNY	57/79 MOSTLY SUNNY	58/79 PARTLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN

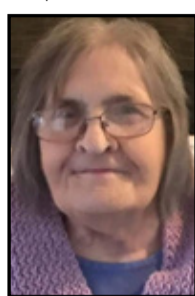


⇒ OBITUARIES

Thelma R. Clark

April 17, 1940, Thursday, September 21, 2023

Thelma R. Clark, 83, passed away on September 21, 2023. She was a beloved mother, sister, grandmother, great-grandmother, great-great-grandmother, aunt, and friend. Thelma will be deeply missed but we find comfort knowing she is in heaven, pain free, and walking the streets of gold.



Thelma was born on April 17, 1940, in Noblesville, IN, to the late Fredrick and Irene Stephenson. She was a selfless person who always put others before herself. She had a heart of gold and loved her friends and family fiercely, but above all she loved the Lord. Thelma's unwavering faith was an inspiration to everyone around her. She worked in skilled nursing facilities for many years, but her true calling was caring for her family.

Thelma is survived by her children: Jeannie Weaver, Linda (Ed) Hayward, Debi (David) Culp, Kenneth (Lou Ann) Clark, David (Vanessa) Clark, Lori (Randy) McCarty, Tami (Troy) Rice; Sister: Barbara Stephenson; Many grandchildren, great-grandchildren, great-great-grandchildren, cousins, nieces, nephews, friends, and loved ones.

Thelma was preceded in death by her parents, Fredrick and Irene Stephenson; brothers: LeRoy Stephenson and Clyde Stephenson; and daughter: Teresa Clark.

A celebration of life will be held at Shelter 1 in Forest Park, Noblesville, on Saturday, September 30, 2023, from 1 pm to 4 pm.

Duke Energy Argues Cases Against Carmel, Noblesville Before The Indiana Supreme Court

In contention in the separate legal matters are the location — and relocation — costs of the power company's facilities.

By Casey Smith
Indiana Capital Chronicle

Legal counsel for Duke Energy argued two cases before the Indiana Supreme Court Thursday — from both sides of the courtroom — on separate matters relating to where it maintains its equipment and facilities.

In the first case, City of Carmel, Indiana v. Indiana Utility Regulatory Commission, et al., high court justices will weigh on an earlier decision from the Indiana Utility Regulatory Commission that the energy company does not need to relocate some of its facilities underground — nor pay for the cost of doing so. That included the location of above-ground poles, wires and other structures.

In a separate case, Duke Energy, Indiana, LLC v. City of Noblesville, the parties' dispute is over new construction proposed by the company.

Background on Carmel case

Carmel officials previously informed Duke that it needed to move its facilities underground due to the city's public works projects, but they could not agree on who would pay for relocation.

Alex Gude, an attorney for Carmel, maintained Thursday that municipalities are permitted to regulate utility operation in their right of ways. Doing so "necessarily involves" the shifting of some costs for compliance with those local ordinances to utilities.

"It is literally in the Indiana code. It says that municipalities can do this, and because it's there, they must be allowed to shift some costs over to the utility," Gude said. "But the IURC decision didn't conclude that the amount of cost shifting here — caused by these ordinances, specifically — was because of the number that it was, or because of the problems that it posed to Duke, was unreasonable. What they concluded was that you can never shift costs, and certainly that cannot be the rule of law."

Duke's counsel, Maggie Smith, pushed back, saying the company never demanded that Carmel pay any of the costs of undergrounding and relocation "that were necessary for safety or reliability concerns."

She said Duke agreed to pay those expenses, but took issue with cost differential "where Carmel wanted to bury those, and Duke said there is no utility purpose for doing so."

"The IURC correctly determined that the ordinances — and Carmel's refusal to pay the cost differential between undergrounding versus above-grounding — unreasonably burdens ratepayers statewide with costs that have no connection to safety or reliability of service, and instead, benefits citizens and visitors in Carmel," Smith said.

'Beautification' or justifications?

The legal matter stems back to two ordinances adopted by Carmel in 2019 — one that prohibits the erection of above-ground public utility poles, lines, or structures in Carmel's right-of-way unless authorized by the city, and another that outlines the procedures to be followed when a public utility facility must be relocated due to a road, street, sidewalk, trail or other project.

The city said it was acting within an Indiana law which permits municipalities to enact ordinances that determine the manner in which a public utility occupies space within the local jurisdiction.

After the adoption of the ordinances, Carmel began two improvement projects: the Guilford Road project and the 126th Street project. For both projects, several Duke facilities were identified as needing to be relocated. The city and Duke were unable to reach an agreement on which party should bear the costs of the relocation, however.

The City of Carmel filed a complaint with the Indiana Utility Regulatory Commission (IURC), requesting that its ordinances be deemed reasonable, and for Duke to be ordered to pay the costs of relocating such facilities.

But the IURC later issued an order finding both ordinances to be "unreasonable and void," citing conflicts with Indiana Department of Transportation regulations, and "extremely vague" and "undefined terms and phrases" within the local rules.

Carmel officials appealed, and the IURC appeared and filed a brief in support of its order. The Court of Appeals of Indiana ultimately reversed in October 2022, finding both ordinances to be reasonable.

Gude asked Supreme Court justices on Thursday to decide if the IURC was wrong in its conclusions that the ordinances are unreasonable and void, and that Carmel's rules "impermissibly" shift the cost of relocation to Duke's customers statewide.

"The question is not

whether any costs are imposed on a utility through an ordinance," Gude said. "The question is whether such costs are reasonable to make that determination."

Still, Smith maintained that the city's concerns in this case come down to "beautification and aesthetics." She held that such ordinances in Carmel should not come at a cost to ratepayers in other communities across Indiana.

"At the request of a municipality, Duke Energy will underground or relocate utilities when Duke determines it can do so safely and without adversely affecting utility service. And if that undergrounding or relocating is necessary for safety or reliability concerns, the cost to do so is borne by Duke and included in rates," Smith said. "But when there are no safety or reliability concerns, or if roads are not involved, and undergrounding and relocating is a base for local beautification, Duke requires the municipality to bear those costs in its own tax base."

Chief Justice Loretta Rush said from the bench that "the whole case is about the fact this is going to cost money."

"Is Carmel going to pay, or is Duke going to pay? And if Duke pays, are they going to pass it on to ratepayers, as a rate increase?" she asked. "There is no dispute this case is going to cost more, because that's why we're here. Who's gonna pay?"

Disagreements continue over Noblesville project

The other case involving Duke began in June 2020 with the company's project plans in Noblesville, which required the demolition of a residential home and garage to make way for a new utility substation, as well as a large garage with attached offices.

Noblesville officials demanded that Duke comply with local ordinances for the demolition, which meant obtaining location improvement and building permits for the project.

Duke refused the demand, though. The City of Noblesville then filed a complaint in Hamilton Superior Court, seeking to enforce the permit requirements. Duke counterclaimed, arguing Noblesville had no authority to enforce the permit requirements against the energy company.

The Hamilton Superior Court granted summary judgment and awarded more than \$500,000 in penalties and fees to

Noblesville. The Court of Appeals affirmed, finding the work that required permits did not involve "utility service" or the "location or use of a utility facility."

The Court of Appeals also rejected Duke's argument that the IURC has virtually unlimited authority over utility matters.

On Thursday, Duke's legal counsel argued that the company is not subject to local ordinances unless the IURC says so, and that if Noblesville wished to challenge Duke's non-compliance, the city needed to file a complaint with the IURC, rather than the trial court.

"If you have a problem with what the utility is doing, municipality, you have a remedy in front of the IURC. Go use it," Smith said. "Duke is not asserting that it can do whatever it wants. Duke's position is that unless and until the IURC declares that its actions are unreasonable or unsavory ... Duke utilities are under no obligation to follow local ordinances unless and until the IURC declares."

Jonathan Hughes, representing the City of Noblesville, the IURC is "a creature of statute" and is limited to what its statutes say. He held that Duke must abide by local ordinances and argued the trial court — not the IURC — is the proper venue to bring a civil action for a permitting issue like this.

"Noblesville was not saying that we're regulating a phase of a project. They were just saying, 'You're demolishing a house — that's not a utility facility,'" he said. "If you were demolishing a power station, that would be a different situation. If we're demolishing a transmission line, that's a different situation, because those are utility facilities."

Even if this matter did involve a utility facility, Hughes noted that the regulations being imposed by Noblesville "do not concern how those facilities are used for the distribution, transmission or generation of power."

Rush did not provide timelines for justices to issue opinions in either case.

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Photos courtesy of Subaru, Ford, Chevrolet and BMW

IIHS Finds Muscle Cars Rank Among Deadliest Vehicles, But Automotive Safety Is Not Always What It Appears

The Insurance Institute for Highway Safety, famous for their impact tests and accident research, recently found muscle cars to be among the deadliest vehicles. Six of the 21 vehicles with the highest driver death rates are variants of the Chevy Camaro, Dodge Challenger/Charger, and Ford Mustang. Eight others are small cars. Eighteen of the 23 vehicles with the lowest death rates are minivans, SUVs, or luxury vehicles.

Safety In Decision

"We typically find that smaller vehicles have high driver death rates because they don't provide as much protection, especially in crashes with larger, heavier SUVs and pickups," said IIHS President David Harkey. "The muscle cars on

this list highlight that a vehicle's image and how it is marketed can also contribute to crash risk."

This is nothing Ralph Nader hasn't been telling us since he wrote "Unsafe at Any Speed" in the 1960s, so let's be clear: Human drivers contribute more to a car's statistical death rate than what's under the hood. Cars that go fast are bought with the intention of going fast, ending in a fast demise. However, that's not preordained.

I've driven all of models cited by IIHS. I once drove a Jeep Grand Cherokee Trackhawk and its supercharged Hellcat V8 to work in an ice storm. I also recently drove a Ford Mustang Bullitt two hours in pounding snow. Electronic throttles and traction systems allow these vehicles to be gentle

when driven gently.

High-Tech Gear

Not long ago, a car only needed a good crash rating to get top safety scores. And, the IIHS did a great job of ramming vehicles into fixed barriers. These tests eventually embarrassed the worst into better engineering, so most cars on the road today perform well structurally to protect passengers.

But, vehicle safety goes beyond high-strength steel as driving a modern car is often a cacophony of beeps and blinks as cameras and sensors buzz seats, nudge steering wheels, and flash lights to get your attention.

Blind spot warnings, lane departure mitigation, and lane keep assist are great systems, but my favorites are rear cross

path detection, automatic emergency braking, and rear child reminder. The last counts door openings or use motion sensors to prevent parents from leaving their kids in a hot car. Rear sensors keep drivers from backing into "things".

One of my latest favorites is automatic evasive steering, enabled by the new three-camera EyeSight system on the 2024 Subaru Crosstrek and Impreza. It detects obstacles in front, alert drivers, and if nobody responds, will take the initiative to steer around the object. This and similar systems have the potential to save lives.

Best and Rest

With IIHS tests and data crunched, vehicles with the lowest rates of driver deaths surface. Volvo, Mercedes-Benz,

and Subaru to perform predictably well, but so do others.

The BMW X3, Lexus ES 350, Mercedes-Benz E-Class sedan, and Nissan Pathfinder top the list with 0 deaths per million registered vehicle years. Among other top performers are the Audi Q5, Volvo XC60/XC90, Subaru Outback/Ascent, Toyota Sienna/C-HR, Chevrolet Traverse, Honda Odyssey, BMW X5, and Acura RDX/MDX. GMC Canyon and Toyota Tacoma pickups also performed well.

And, the other end of the list? You might double-think the Mitsubishi Mirage, Hyundai Accent, Chevrolet Spark, Kia Rio, and Ford EcoSport - all subcompacts. And, those muscle cars are down there too.

IIHS data is only one point to consider when



CASEY WILLIAMS
Auto Reviews

buying a new vehicle. High-performing crash structures, advanced safety systems, and the human purchasing them matter too. Almost all of today's vehicles can be driven safely...if driven safely.

Storm Forward!

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

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Brad Chambers' Long Shot Race For Governor



BRIAN HOWEY
Howey Political Report

About this time five years ago, Mike Braun was a relatively unknown state rep from Jasper, preparing to take on

two sitting congressmen in the Republican U.S. Senate primary. Braun registered about 1% in his initial internal poll. And he won that primary by spending about \$5 million of his own money, finishing with a 41% victory.

Former Indiana Commerce Sec. Brad Chambers has taken note. He resigned his \$1-a-year post after 24 months in August. He loaned his campaign \$5 million, hired the state party's political pros and made a \$1 million TV ad buy in his Republican campaign for governor.

The biographical TV ad traces his family's roots to Thorntown, his forging a lawn care business at age 15, how he met his wife at Indiana University and then began a multistate rental business before Gov. Eric Holcomb named him commerce secretary a little more than two years ago. "We had our faith in Hoosier values," Chambers says in the ad. "I met my wife at IU. We raised our son in Indiana. We're Hoosiers. Indiana's great, but it can be even better. Hoosiers need a governor ready to build an economy of the future.

"I feel the challenges that too many Hoosiers face. I've lived them," Chambers says. "And that's why I'm running for governor."

Chambers joins a GOP field that includes Sen. Braun, Lt. Gov. Suzanne Crouch, Fort Wayne businessman Eric Doden, former attorney general Curtis Hill, and businesswoman Jamie Reitenour.

I caught up with Chambers at Creighton's Crazy Egg & Coffee Bar last week for a meet and greet with about 50 local GOP and business leaders from across Kosciusko County. There were no endorsements. They came to hear a candidate for governor

few of them knew. His message was a simple one: "I know how to grow the economy."

Afterwards, I asked Chambers how he could win the nomination when so few people know him, or even of him.

"You work hard and you be yourself," he responded. "It took me a bit to get to yes on this. I'm not a career politician, I've never run for office. You hear me say that a lot. But I believe in the product through my career as a business person, I've been a consumer of the state's economy and then my two years as secretary of commerce. I saw up close and personal the potential of this state. It gets me excited."

Can he win from a starting point that mirrored Braun's?

"I wouldn't do it if it was impossible," Chambers said. "My story is my story. Be authentic, and we'll see what happens and whether the voters respond to that."

Braun's pitch to GOP voters is that he has a record in the Senate. "My record has got high favorables and low unfavorables," Braun told me. "I'll let my record speak for itself," urging Republican voters to look it up.

For Lt. Gov. Crouch, she presents herself as a community facilitator and collaborator and has proposed her "axe the tax" plan on ending the state's income tax. "The next chapter in Indiana's history is going to be quality of life," she told me in Evansville. "Why? Because quality of life is how we grow our population and our economy. It used to be that people followed businesses. Today, businesses are following people."

For Doden, it's his tenure similar to Chambers' at the Indiana Economic Development Corporation and his opposition to the Indiana Chamber's recommendation to consolidate sparsely populated school districts.

For Chambers, it's the \$33 billion he says he secured for Indiana investments (including a record \$22.2 billion in his final year at IEDC) and the thousands of high-paying

jobs that will be created if all that money materializes.

"When I walked into IEDC, they were playing defense," Chambers told these Republicans in Warsaw. "I want to play offense." He added that of the \$22 billion in investment this past year, 53% came in rural counties.

"My pitch is that I've never done this before, but I've run a business for 40 years that was founded in Indiana from nothing," he told me. "I'm an Indiana entrepreneur. I've been running a business, hiring people, inspiring people, leading, planning, measuring performance for a very long time. That's what a governor is. The No. 1 job of a governor is to grow the economy."

Former Indiana Republican Chairman Jim Kittle Jr., who was instrumental in Mitch Daniels' 2004 run for governor, is backing Chambers. "Of all the candidates, he has the ability to be the most transformational and move Indiana ahead like Mitch Daniels," Kittle explained. "We need another jolt."

On Wednesday, the U.S. Department of Defense notified Indiana that it would receive \$32.9 million in the CHIPS+ Science legislation signed by President Biden for the state's Silicon Crossroads program. "As Indiana's Secretary of Commerce, my team and I implemented a bold, strategic vision to position Indiana as a top competitor for these very investments," Chambers said. "With \$33 billion of statewide capital investment, 30% higher average wages, and new high-wage industries calling Indiana home, I've proven that with the right leadership, Indiana's future is, and will continue to be, bright."

Most GOP nomination races come to one or two candidates. Hoosier Republicans will have an unprecedented choice next May.

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

How Are Heat Waves Affecting Wildlife?

EARTHTALK

Dear EarthTalk: How are recent heat waves around the world affecting wildlife?

It would be hard to ignore the heat waves that have plagued North America, Europe and Asia in recent months. If you did not experience them yourself, chances are that you read about them, or their effects. Abnormal thermal extremes like this have become more regular, intense and long-lasting over the last few decades as global temperatures have risen. In addition to their severe consequences for vulnerable human communities, heat waves have a drastic effect on many wildlife populations. While there is no one single consequence felt by all wildlife populations, heat waves universally disrupt the ecosystems where they occur, which, due to the interconnectedness of biodiversity, has implications for all living things.

Heat waves are different from the rising global average temperature. They are the peak, extreme, temperatures that happen for a finite duration of time. If the global average temperature warms by 4.4 C (the highest emission scenario projected by the Intergovernmental Panel on Climate Change (IPCC), 41 percent of species will experience extreme heat waves. But if global average temperature maxes out at 1.8 C of warming (the IPCC

identifies 1.5C of warming to be the lowest emissions scenario), only 6.1 percent of species will experience extreme heat waves.

In any circumstance, the change in wellbeing or population size of one species in a local area sets off a ripple effect in that ecosystem. The secondary consequences of heat waves' effect on oyster populations are a case in point. Heat waves reduce oyster population size as oysters are a stationary species and cannot move from uninhabitable water temperatures. When at a healthy population size, oysters limit algal bloom and are thus key to ensuring consistent oxygen levels in bodies of water. Therefore, experts warn of consequences for other marine animals in those bodies of water now faced with reduced oxygen levels.

Some wildlife populations, particularly insects, have actually increased in size due to heat waves over the last few decades. The length of mosquito season has increased in some parts of the world by 30 days or more over the last four decades, spiking reproduction rates and therefore population size. However, for some regions in the Southern hemisphere that are already very hot, increased temperature and dryness has actually shortened mosquito season, prompting a dip in reproduction rates.

In addition to mass mortality events, certain wildlife populations have

been forced to migrate or change existing migration patterns. In the ocean and other bodies of water, the phenomenon that occurs when species migrate due to temporary changes in ocean surface temperatures caused by marine heatwaves is called thermal displacement. Some groups of non-stationary species like whales or sea turtles have moved tens of thousands of kilometers to reach a new region at their preferred temperature. This changes the food chain and equilibrium of the ecosystem they have moved to and that they have moved from.

Ultimately, global average temperature rise will have many of the same effects on wildlife populations, but recent heat waves have had large effects in a small fraction of the time. Limiting global average temperature rise will limit the extremity of heat waves and reduce potential consequences for wildlife.

-CONTACTS: Mitigation pathways compatible with 1.5°C in the context of sustainable development, .ipcc.ch/sr15/chapter/chapter-2/; With Temperatures Rising, Can Animals Survive the Heat Stress? e360.yale.edu/features/with-temperatures-rising-can-animals-survive-the-heat-stress.

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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What Causes Shingles And What To Do About It



JOHN R. ROBERTS, M.D.
Montgomery Medicine

I've had a number of requests to re-run my column on shingles. This may be due to the successful marketing campaign for Shingrix®

nerve impulses for feeling (touch, pain, etc.) from specific bands of skin called dermatomes (see diagram). These sensory nerves enter the spinal cord at specific levels. Dermatomes stop at the midline of the body (i.e. there are right and left dermatomes supplying feeling at each level of the spinal cord).

vaccine, developed to reduce the incidence of this often painful malady. The ads are quite accurate and compelling.

Shingles is a condition caused by the Varicella-Zoster Virus (VZV). The virus is also known as chickenpox virus, varicella virus, and zoster virus. It is one of eight types of herpes viruses that infect humans.

The biology of herpes viruses is very interesting. They infect humans through the skin and the mucus membranes that line body openings. The initial or "primary" VZV infection causes the typical chicken pox rash that develops shortly after exposure to the virus. This usually causes itching and redness of the skin followed by development of small fluid-filled blisters known as vesicles. Some older readers may have seen chicken pox, but virtually all of today's parents have not. Thankfully, it is becoming a very rare condition since the introduction of the childhood varicella vaccination in the U.S. 1995.

Interestingly, herpes viruses are never completely cleared from the body. Once the initial infection has subsided, the viruses take refuge in collections of nerve cells called ganglia that reside deep in the body.

Shingles is a condition where VZV reactivates and begins to reproduce causing a recurrent outbreak. As the viruses begin to multiply, they migrate from the ganglia near the spinal cord and propagate along the nerve fibers of one or more (usually adjacent) spinal nerves to the surface of the skin.

The appearance of the shingles rash can be explained by knowing a bit about the anatomy of the nervous system. The peripheral nervous system is made up of sensory and motor nerves that enter and exit the spinal cord in the neck and back. The sensory nerves carry

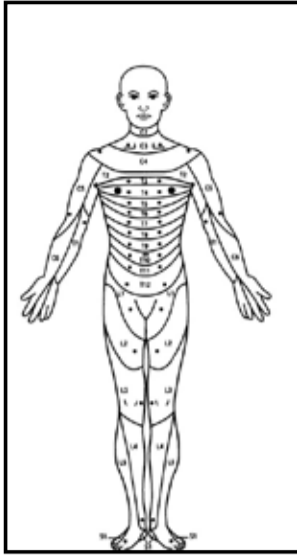
When VZV reactivation occurs, the person usually feels some itching, burning or tingling along the involved dermatome(s). This is typically followed a day or two later by the formation of blistering skin and pain. The pain may precede the rash by a few days, sometimes fooling the patient and the doctor into thinking it's something else. I have had patients thought the pain was from kidney stones who underwent expensive workups in the emergency room, only to develop the rash shortly after their visits.

It's important to point out that Shingles almost always presents in a single dermatome on one side of the body. It rarely crosses the center of the body (there is no truth to the adage that a person with shingles will die if the rash crosses the center of the body).

The varicella virus can also affect the nerves that supply sensation to the eye, a condition called herpes zoster ophthalmicus. These infections can be quite severe and can lead to scarring of the front of the eye (cornea) that may require corneal transplantation. People with shingles on the tips of their noses often have involvement of the eye as well.

Shingles may last a week or two, sometimes longer. Unfortunately, about 15 percent of people, primarily seniors, develop severe pain that persists after the rash is gone. This condition is called post-herpetic neuralgia (PHN). It can be extremely devastating and may require potent medication to keep the pain tolerable. One of my friends has not found anything to help the pain he's had for many years. He describes it as a "blowtorch" on his skin.

About a third of adults who have had a primary varicella infection will develop shingles. The main reason for developing a reactivation is reduced or waning immunity. Ninety-five percent of adults in



Graphic courtesy of John Roberts

the U.S. have antibodies to VZV. This is either through natural immunity from having had chicken pox as a child or from vaccine-associated immunity from receiving varicella vaccine.

As people age, their immune systems become weaker and they are less likely to be able to keep VZV in the resting stage. Other conditions such as infections or malignancies can also trigger an outbreak of shingles. Most cases of shingles are not the result of severe underlying problems.

It is important to see a physician as soon as you suspect you may have shingles. There are anti-viral medications available that slow the spread of VZV and can also greatly reduce the risk of developing PHN. To be most effective these medications should be started within 72 hours of the start of symptoms.

Since post-herpetic neuralgia can be so devastating, it is important for people over 50 years of age to consider vaccination against VZV with the Shingrix® vaccine. It is one of the most effective vaccines we have, offering up to 97% protection, even in the elderly. It is available in most doctors' offices or pharmacies. Most insurance companies cover the cost of the vaccine. Beginning this year, the vaccine is covered for people who have a Medicare Part D plan or a Medicare Advantage plan. The vaccine is given in two doses, two to six months apart. Most people who have had severe shingles would be very quick to advise everyone to get vaccinated.

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



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Photo by Sara and Bill Crawford

Michael Feinstein and Amy Grant perform a duet during the Center Celebration 2023, which took place Saturday at the Palladium to benefit the Center for the Performing Arts.



Photo by Sara and Bill Crawford

A clock counts down as guests await the start of the program at the Center Celebration 2023.

Center Celebration 2023 Raises More Than \$585,000 To Support The Center For The Performing Arts Annual gala features performances by Amy Grant, Michael Feinstein

Highlighted by a headlining set from singer-songwriter Amy Grant, Saturday's annual Center Celebration 2023 presented by Ice Miller generated more than \$585,000 to support the mission of the Center for the Performing Arts.

The Palladium concert hall was transformed into an elegant ballroom for the occasion, which drew guests including Gov. Eric Holcomb and First Lady Janet Holcomb. After the First Merchants Bank Red Carpet Arrival and Cocktail Reception, attendees were seated for dinner and welcomed with a brief performance by Michael Feinstein, the Center's artistic director. The post-dinner live auction featured five packages including luxury getaways and NFL experiences.

All told, including proceeds from table reservations, partnerships, direct donations and a raffle, the event raised \$585,199 in support of the Center's arts and educational programming, which includes mainstage performances by national and international artists, children's concerts and camps, vocal and instrumental music classes, visiting speakers and reading clubs.

"We receive such wonderful ongoing support from our patrons, donors and corporate partners, but it's especially gratifying to bring them all together once a year to celebrate and advance our mission," Center President/CEO Jeffrey C. McDermott said. "The Center is truly an institu-

tion sustained by and for the community."

After an intermission, Grant and her seven-piece band took to the stage for an hour long headlining set that drew a standing ovation, after which Grant and Feinstein returned for a duet of the George and Ira Gershwin standard "They Can't Take That Away from Me." The three after-parties featured live music by local acts Soul Street, Touch of Grass and pianist Eric Baker.

In addition to Ice Miller and First Merchants Bank, partners supporting the event included Current Publishing, Meridian Plastic Surgeons, Bentley Indianapolis, Shiel Sexton, Studio M Architecture and Planning, NFP, Caroline and Michael Garvey, Anheuser-Busch, E&J Gallo Winery, St. Elmo Cocktails, Importin' Joe's Ethiopian Coffee, 1933 Lounge, Moyer Fine Jewelers, Oberer's Flowers and Upland Brewing.

This year's Gala Committee was co-chaired by Carmel residents Jeff and Shari Worrell and Adam Arceneaux. Co-chairs for next year's event will be Arceneaux and Caroline and Michael Garvey of Carmel.

The Center Celebration 2024 presented by Ice Miller is set for Saturday, Sept. 21, at the Palladium and will feature a performance by Grammy Award-winning trumpeter and composer Chris Botti. Information and table reservations are available now at TheCenterPresents.org/Gala.

Some Sunshine In September



CARRIE CLASSON
The Postscript

He was sitting outside his home on a tiny patio, wearing a fedora and smoking a cigar.

He had a portable music player sitting beside him, and he looked as if he was enjoying the September sunshine about as much as anyone could. "Good afternoon!" I said as I passed. "Good afternoon!" he agreed.

I don't smoke, but I like the smell of cigars. My grandpa smoked a cigar occasionally, and the smell of cigar smoke reminds me of my childhood. In fact, all of September reminds me of childhood.

I see yellow buses carrying kids to school and wonder how it is possible that school buses look so much the same, after all these years. I feel the same need for a new pair of shiny shoes. Autumn says that we should be putting on our new, shiny shoes and getting out our freshly sharpened pencils (remember that smell?) and heading off on adventures.

I actually bought new boots this fall. I've never had Dr. Martens and so I got myself a pair. I love them. My husband, Peter, says I look like Frankenstein—but I know he means that in the nicest possible way. With my new Dr. Martens all laced up, I feel as if I should be racing off to catch a yellow bus, or sharpening some pencils, or at least picking out some fancy new notebooks.

But there is no bus to catch, no new class starting. My life—as pleasant as it is—remains very much the same, while all around me, the season is signaling that big changes are coming.

I've often envied birds, who have a much busier social calendar than I have ever had. They arrive from who knows where in the spring, scope out the neighborhood build

a house, raise a family, leave the neighborhood, and are back on the road by fall, headed off to parts unknown. By comparison—even with the occasional trip to Mexico—my life seems very dull.

Then there are butterflies—who aren't even butterflies until they decide that's what comes next. They build themselves a cocoon and show up, looking like another creature entirely in a few weeks' time. It doesn't seem quite fair, buying a new pair of boots and trying to compete with that kind of transformation.

But although any transformation I attempt will pale beside the butterfly's, I think there might be something hard-wired within me that says in the fall, "Now is the time to get ready!"

"For what?" I can't help but ask. And when I don't come up with a ready answer, I feel frustrated. Surely, I should be busy growing wings or, at the very least, storing up a winter's worth of acorns. Instead, I walk around in my shiny new boots, and I wonder if I shouldn't be doing something different—even if it's less ambitious than learning to fly or stockpiling enough food to live on for six months.

And then I think about that fellow with the cigar and wonder if he isn't on to something.

Because it is going to get colder and certainly less pleasant than it is today. This is as true of autumn as it is of life. Any reasons I might have had for delaying doing things that sound like fun sound pretty foolish in the autumn. I'm glad I bought those shiny new boots. I don't think I'll take up cigar smoking, but I'm going to try very hard to do something new in the September sunshine, something fun, before it's too late.

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 courtesy of Betsy Reason

Hamilton County Four-Leaf Clover Cloggers dance in front of the stage at about noon Saturday during the 50th annual Atlanta New Earth Festival.



The Times photo courtesy of Betsy Reason

Branded Bluegrass performs Saturday morning on an outdoor stage sponsored by Hamilton County Commissioner Mark Heirbrandt to kick off two days of entertainment during the 50th annual Atlanta New Earth Festival in northern Hamilton County.



The Times photo courtesy of Betsy Reason

The Hamilton County Community Emergency Response Team volunteers, including Laurie Zibton of Westfield, on Saturday manned a booth where the community could find information and ask questions during the 50th annual Atlanta New Earth Festival over the weekend.



The Times photo courtesy of Betsy Reason

A Kids Zone offered bounce houses for families during the 50th annual Atlanta New Earth Festival over the weekend.



The Times photo courtesy of Betsy Reason

Branded Bluegrass' Larry Norfleet performs on stage Saturday morning on an outdoor stage sponsored by Hamilton County Commissioner Mark Heirbrandt to kick off two days of entertainment during the 50th annual Atlanta New Earth Festival.



The Times photo courtesy of Betsy Reason

Cook and Belle duo performs Saturday afternoon on an outdoor stage sponsored by Hamilton County Commissioner Mark Heirbrandt during two days of entertainment at the 50th annual Atlanta New Earth Festival in northern Hamilton County.

Discover
 fine local dining
Dine In Downtown

I was looking for ice cream and could not find it. I could find every other food or drink, except for ice cream.

The annual festival began in 1974 as a way to revive the town's business district. Many of the buildings downtown, which hadn't held shops since the 1930s, were restored to make room for future businesses. (For instance, Noblesville's Steve and Shannon Plumer, in recent years, renovated an old building on Main Street in downtown Atlanta and turned the space into a boutique wedding venue and event center called Earthly Endearments.)

The first Atlanta New Earth Festival took place the first weekend in October. Members of the Atlanta Women's League served coffee from the doorway of Atlanta Town Hall, and they made and sold items at a craft bazaar and flea market inside Atlanta's old Post Office. Atlanta Servall Club had a fish fry in the town's shelter house. Arts and crafts people displayed their wares, from candles and hand-blown glass to macrame and pottery.

There were antiques, paintings and handmade wooden items. And there was live music.

Over the past weekend, the little town was expecting 80,000 to 100,000 visitors, an annual estimate from the Hamilton County Sheriff's Office.

About 600 vendors sold arts, crafts and collectables, set up along Main Street and along the railroad tracks just south to the town's park.

The Nickel Plate Express was sold out on both days for rides to the festival. The Atlanta New Earth Festival Express sounded the whistle as the train chugged into Atlanta, stopping at the south end of town. Passengers boarded the train from Hobbs Station at Noblesville's Forest Park for the 45-minute ride to Atlanta, and each trip gave passengers two hours in Atlanta before returning to Noblesville. While the train was stopped, many folks took advantage of photo opportunities in front of the train.

At the park, an array of musical acts performed Saturday beginning with Branded Bluegrass band, followed by the Hamilton County Four-Leaf Clover Cloggers (that's how my daughter learned to clog in 4-H during elementary school years) and Cook & Belle, Greg Rhodes, Remedy Band and Groove Smash, all on Saturday; and then Washed White, 45 RPM and Living Proof on Sunday.

The entertainment was wonderful, and I especially loved Branded Bluegrass because I love bluegrass music.

The bands performed all weekend on an outdoor stage sponsored by Hamilton County Commissioner Mark Heirbrandt. Courtesy folding chairs under shade trees and a hospitality tent with tables and chairs from other sponsors were nearby and offered festival goers a place to rest, eat and watch the awesome entertainment.

The only thing that could have made the entertainment experience better would have been signage that would have posted each day's stage entertainment and show times. (Please forgive me

if the signage was there, but I saw no signs) I also couldn't find an entertainment list and show times on social media. Although, at the end of the weekend, I was able to find a very nicely designed orange trifold brochure, listing the entertainment schedule, free Kids Zone info, details of a public safety health awareness area sponsored by County Commissioner Christine Altman, and instructions on how to donate nonperishable food to The Good Samaritan Network, on the atlantaindiana.com website. I'm not sure why this brochure wasn't posted on any social media that I could find.

Also, for next year, may I suggest that Heirbrandt, in addition to sponsoring the stage, sponsor signage, with his sponsor name on it, with a list of the live entertainment for each day and the show times, placed near the stage, and a second similar sign, with directional arrows, placed on Main Street near the railroad tracks. This signage would not only benefit the festival-goers but also the entertainment and the sponsor.

On Saturday night, in celebration of Atlanta New Earth Festival's 50th anniversary, a concert featuring Groove Smash top-40 cover band followed by fireworks, sponsored by Duke Energy, was visible from the park and stage area. This special celebration info was published at atlantaindiana.com, but I didn't see any other publicity announcing the special concert and fireworks extending the day's activities.

Overall, the festival is a really great one, and well worth attending. It was well supported by lots of generous sponsors. In addition, there are also lots of volunteers and work that goes into this festival by the town's employees.

Several years ago, I remember visiting with Town officials as they readied for visitors.

Atlanta's deputy clerk Jennifer Farley told me how much work goes into organizing the festival. She sends out the vendor applications each February with a May 1 deadline for returning vendors who want the same spot. She also told me how much the festival has a happy place in her heart. She and husband of about 40 years, Fred Farley, had their first date at the festival in 1976, then in its third year.

On that visit, I also met Atlanta Utilities superintendent Andy Emmert, who lays out vendor spots, hooks up electrical services, and builds more than 300 trash boxes just days before the festival, then he made sure vendors got to their correct spots when they arrived.

Emmert told me that he has attended the festival since he was a kid, growing up here. "It was exciting. When I was a kid, there were 25 businesses in town; we had an O'Malia's here. The first festival was 20 vendors; now there are 600," Emmert had said.

He had said, jokingly, "There are almost as many vendors here as there are people in town."

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

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MARK From Page A1

Hamilton County?

Here's how you help and it's very easy. Join us for a fun evening; ride the train, eat food from a massive charcuterie board, bid on auction items and play BINGO! Have a great time for a great cause. Don't let triskaidekaphobia scare you, get your tickets B4, they are all gone. The team will serve you and 120 of your closest friends. This is guaranteed to be a fun evening. Join us for a good time for a great cause.

Don't miss out on a dozen different baskets that include beauty, grilling, margarita's, whiskey, and apparel packages. We have great Bingo prizes and a few surprise auction items too. Christmas is only 73 days after our event. Wouldn't it be great to have all your gifts taken care of this early?

We are thrilled to present this year's Feeding Team fundraiser; "Choo Choo Chew", an evening to feed hungry neighbors. On October 13th (yes, it's lucky Friday the thirteenth), the sponsors VIP experience starts at 5:30 and we are all aboard by 6:30 headed North through the beautiful fall foliage. Sponsors can get "Throttle Time" sitting with the engineer helping to drive the train plus a photo. Tickets are \$50 and include two bingo cards. We will disembark in Atlanta and walk a block to the event center, where you will enjoy food, beverages,

bingo, and auctions before reboarding and heading for home. Would you like tickets? Here's the QR code.

If you are old school and want tickets, email us at lisa@feedingteam.org or call 317-832-1123. With over 44,000 food challenged neighbors in Hamilton County, www.Feedingteam.org is a registered 501C3 not for profit organization that provides outdoor 24x7x365 no questions asked, free food pantries throughout the county. The pantries exist, to meet the food insecurity needs of GAP families, neighbors that may not qualify for public assistance and could use a few meals before payday. The pantries serve as many food-challenged neighbors as possible, and our hearts are with those that, like my family, could not always make ends meet.

Thank you for supporting the pantries. We love serving with so many neighbors across Hamilton County. In future columns we will share more stories about how your generosity served neighbors in times of need. The face of hunger in Hamilton County is not what you may think. www.feedingteam.org facts - 54 pantries, 10,000 meals in June 2023, over thirty volunteer families.

- Mark Hall is a successful businessman, husband, father and grandfather. He is serving his first term on the Hamilton County Council.

PREVIEW From Page A1

FISHERS COMMUNICATOR NEWSPAPER RESEARCH

October
 Online at <https://fishershistory.com>
 FREE

The Fishers Historical Society houses a collection of the out-of-print Communicator, the newspaper for Fishers High School. Now for the first time, they have been digitized and copies given to local institutions in order to help researchers and viewers learn from these early resources. Check out the newspapers on their website and at the Indiana State Library!

TASTE OF HISTORY: BLIND TIGER BOOTLEGGERS

October 4, 6:30-7:30 p.m.
 Hamilton East Public Library - Fishers
 Municipal Drive, Fishers
 FREE

At the turn of the 20th century, prohibition was gaining traction across the United States. Join the staff of Hamilton East Public Library's Indiana Room as they explore teetotalers and bootleggers from Hamilton County during the early 1900s. Find out who drove the political forces in Indi-

ana to promote temperance across the state. Take a tipple from a Fishers brewery as you discover how local Hamilton County bootleggers operated outside of the system with their "blind tiger" establishments. Sign up on the library website.

FISHERS & HAMILTON COUNTY: A HISTORICAL PERSPECTIVE

October 13, 6-8 p.m.
 Fishers Arts Council
 Gallery at the Collaboration Hub
 Technology Drive,
 Fishers
 FREE

In this exhibit, Fishers Arts Council partners with the Fishers Historical Society and area authors & artists to share images, artwork, and literature that highlights the history of small towns in Hamilton County, with an emphasis on Fishers, Indiana. The exhibit will be on display in the Collaboration Hub at the Hamilton County Community Foundation. Additional items, period photographs, and speakers will be present for our Second Friday Reception on October 13th, so be sure to join us then! Open all through October, with special reception October 13th, 6-8 p.m.

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TUESDAY

Health and WELLNESS

Tuesday, September 26, 2023

A8

Making the Connection Between AFib and Stroke



Photo courtesy of Getty Images

FAMILY FEATURES

For many people, the heart naturally contracts and relaxes to a regular beat. However, those living with atrial fibrillation (AFib) experience a quivering or irregular heartbeat that can lead to further health issues including stroke, heart attack, heart failure or sudden cardiac arrest.

In fact, people with AFib are up to five times more likely to have a stroke, yet many people are unaware that AFib is a serious condition. Managing your AFib is important to reducing your stroke risk.

Consider this important information from the American Heart Association's Getting to the Heart of Stroke, an initiative sponsored nationally by the HCA Healthcare Foundation, to understand if you may be at higher risk of a stroke.

Symptoms

While some people with AFib don't have symptoms, those who do may experience a racing heartbeat or irregular heart rate. Other common symptoms include heart palpitations (rapid "flopping" or "fluttering" feeling in the chest); lightheadedness or faintness; chest pain or pressure; shortness of breath, especially when lying down; or fatigue.

During AFib, some blood may not be pumped efficiently from the atria (the heart's two small upper chambers) into the ventricles. Blood that's left behind can pool in the atria and form blood clots. The clot may block blood flow to the brain, causing a stroke.

Risk Factors

Anyone can develop AFib. The risk factors for AFib are broken into two categories: heart-health factors and behavioral factors. Heart-health factors may include advancing age (especially over age 65),

family history of AFib, high blood pressure, prior heart attack or disease, diabetes, sleep apnea and prior heart surgery. Behaviors that may be associated with higher risk factors include excessive alcohol use, smoking and prolonged athletic conditioning. (Appropriate physical activity is important for a healthy lifestyle, but you should discuss your exercise plan with a health care professional.)

"Early identification and treatment of AFib is critical to stroke prevention, especially in high-risk populations experiencing health care disparities or barriers to accessing vital health care resources," said Steven Manoukian, MD, FAHA, senior vice president at HCA Healthcare. "Common risk factors, like high blood pressure, are more prevalent within Black communities, yet Black patients may be diagnosed less often with AFib. Creating awareness of AFib, stroke risk and treatment options can be a lifesaving first step in stroke prevention."

Treatment Options

It's important to talk to your doctor if you think you may have symptoms of AFib or be at risk for AFib. Diagnosis of AFib starts with an in-depth examination from a doctor. Work with your doctor to identify a treatment plan and goals to help manage your AFib and reduce your risk of stroke.

Treatment options for AFib may include medications to prevent and treat blood clots or control heart rate and rhythm, procedures or surgery. Your doctor may also prescribe medications to prevent and treat blood clots that can lead to a stroke. Discuss the best options for you with your doctor to create a shared decision-making plan.

To learn how to manage your AFib and connect with others, visit MyAFibExperience.org.



GETTING TO THE **HEART OF STROKE™**

AFib can happen to anyone.

What are the symptoms of AFib?

Common symptoms may include:



Racing heart, fluttering or palpitations



Fatigue, shortness of breath



Lightheadedness



or no noticeable symptoms at all



Get regular checkups.
It's important to listen to your heart. If you think you may have AFib, talk with your health care professional and find out what you can do to lower your risk for stroke.

People with AFib are at greater risk for stroke.



AFib is linked with a **5x** HIGHER STROKE RISK

! Compared with white people, Black people are about one-third less likely to be aware they have AFib.

Visit heart.org/AFib to learn more about AFib symptoms and stroke risk.

HCA Healthcare FOUNDATION The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.

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SUSTAINABLE SEAFOOD

FAMILY FEATURES

Whether seafood night at your house means sauteed shrimp, baked fish or anything in between, it's an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu.

However, this is no longer your grandparents' seafood. Today, more than half of all seafood consumed in the U.S. is farm-raised – a practice known as aquaculture. While the industry has made strides throughout the last few decades, from increasingly sustainable farming practices to technological advancements that can help feed a growing population, not all farmed seafood is equal and neither are the certifications you see on its packaging.

For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards – helping seafood shoppers make informed purchasing decisions.

It's a movement some of the nation's leading seafood grocers and chefs are getting behind.

"About 2/3 of our seafood offerings are raised on farms, which reflects both growing supply and demand," said Abe Ng, CEO of the Sushi Maki restaurant chain and market stations. "There's a much broader customer

understanding and appreciation of aquaculture than, say, 10 years ago. However, not all farmed seafood is equal in terms of quality, environmental sustainability and social responsibility."

A unique combination of standards help ensure supply chain integrity from the farm to the store while protecting the environment, workers and communities. ASC's sea green label only appears on seafood from farms that have been independently assessed and certified as environmentally and socially responsible.

"Whether your seafood is wild-caught or farmed, what matters to today's shoppers is that it's high-quality, flavorful and was fished or farmed in a responsible way that's good for you and the planet," said Roger O'Brien, president and CEO of the Santa Monica Seafood market and cafe. "Farm-raised seafood that's been responsibly certified by the ASC delivers on the assurance that the seafood you're buying is what it claims to be, which is a key commitment we make to our customers."

With a trusted certification like the ASC, you can confidently enjoy make-at-home recipes like Honey Mustard Crunch Salmon, Blackened Shrimp Tacos with Creole Remoulade Slaw and Almond Stuffed Rainbow Trout without sacrificing taste or sustainability.

To find more certification information and discover family-friendly seafood recipes, visit SeaGreenBeGreen.org.

Honey Mustard Crunch Salmon

Recipe courtesy of North Coast Seafoods

- 1 bag (1 pound, three 6-ounce portions) North Coast Seafoods ASC-certified Naked Norwegian Salmon
- salt, to taste
- pepper, to taste

Honey Mustard Glaze:

- 1/3 cup honey
- 1/4 cup whole-grain mustard
- 2 tablespoons smooth Dijon mustard
- 2 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 teaspoon smoked paprika

Crunch:

- 3/4 cup panko breadcrumbs

- 2 tablespoons dried parsley
- 2 tablespoons olive oil

Thaw salmon and pat dry. Arrange on oiled baking tray. Season with salt and pepper, to taste.

To make glaze: In small bowl, combine honey, mustard, Dijon mustard, mayonnaise, horseradish and paprika; mix until well combined. Chill glaze until ready to use.

To make crunch: In bowl, combine breadcrumbs, parsley and oil; mix well. Reserve.

Preheat oven to 400 F.

Top each salmon portion with 1 tablespoon glaze and spread evenly over fish. Press crunch evenly onto glaze.

Bake 15-17 minutes until fish is cooked through.

Serve with drizzle of remaining glaze.

Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet

Prep time: 30 minutes

Cook time: 10 minutes

Coleslaw:

- 1/3 cup mayonnaise
- 1 tablespoon capers, chopped
- 1 teaspoon stone ground mustard
- 1/3 cup parsley, chopped
- 1/2 teaspoon horseradish
- 1/3 cup red onion, diced
- 1 tablespoon Cajun seasoning
- 1/2 bag coleslaw mix

Tacos:

- 6 small corn tortillas
- 1 tablespoon Cajun seasoning
- 1/2 pound peeled and deveined ASC-certified shrimp, thawed
- 3 green onions, sliced
- fresh salsa or pico de gallo (optional)
- 1 lime, sliced (optional)

To make coleslaw: In bowl, mix mayonnaise, capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve.

To make tacos: Heat grill to medium heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on plate and cover with towel until ready to serve.

Pour Cajun seasoning over shrimp and stir until shrimp are coated.



Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



Almond Stuffed Rainbow Trout

Recipe courtesy of Riverence Provisions

- 2 ASC-certified Riverence Steelhead Trout fillets (8 ounces each)
- nonstick cooking spray
- 1/2 cup sliced almonds, toasted and coarsely chopped
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice
- 1/4 cup chives, chopped
- 1 1/2 cups breadcrumbs
- 1/4 cup Italian parsley
- salt, to taste
- pepper, to taste
- 1 egg, beaten
- kitchen twine (6-inch lengths)
- 1 tablespoon olive oil

Preheat oven to 350 F.

Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick cooking spray.

Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste.

Add beaten egg to breadcrumb mixture and stir until well incorporated.

Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied.

Place breading mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up.

Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper, to taste.

Bake 15-20 minutes, or until fish is cooked through. Slice into portions to serve.