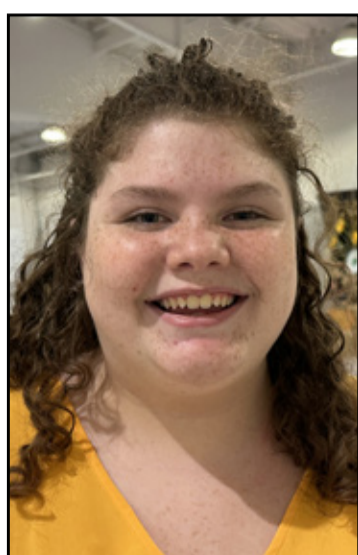


➔ TODAY'S VERSE

Matthew 25:40 "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" (NIV)



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes AnnaMarie Belt smile? "I love seeing all of the little kids' costumes and seeing them get really happy when they get their treat," said the 16-year-old Carmel resident, a Carmel High School junior. She helped lead the Cake Walk, one of the many activities at the Hamilton County Junior Leaders' annual Halloween Carnival, Haunted House and Hayride on Oct. 3 at the 4-H Fairgrounds. Why 4-H? "It's a family thing. My mom and my aunts were in 4-H, and my grandma, Donna Jones, is the person who ran the O.V. Winks now that's being torn down." It's her ninth year in 4-H and she's a member of Carmel 4 C's 4-H Club. She is the daughter of James and Lucinda Belt. Her favorite 4-H project? "Microwave." Best achievement at the 4-H Fair? "Winning Champion in Microwave last year, making a two-layered cake, an almond cake with raspberry icing." Why 4-H? "It is so much fun. You get to meet lots of friends, you get leadership opportunities and do projects that help you when you grow up." Favorite event for Junior Leaders? "This is one of my favorite events. But I also help with Mini 4-H. I'm one of the many Mini 4-H coordinators, and I love working at the Shack at the 4-H Fair." Enrollment is now open to join Hamilton County 4-H for the 2024 year, now through Jan. 15, with the theme, "Let's Have S'More Fun." Enroll in 4-H and earn a s'more kit. Stop by the 4-H Office in the Exhibition Center at the 4-H Fairgrounds 8 a.m. to 4:30 p.m. weekdays. Enroll online at <https://in.4Honline.com>. For more about Junior Leaders and their Halloween event, read the Betsy Reason column in today's edition of The Times.

And Another Few Things...

1. Spartz Urges Middle East Allies to Stand with Israel and Restore Stability

Rep. Victoria Spartz (IN-05) issued the following statement in response to Hamas's recent attack on Israel: "Acts of terror committed against Israeli civilians this weekend cannot be tolerated by the international community. I urge our allies in the Middle East to stand with the people of Israel and not allow Teheran and Moscow to destabilize the Middle East using Hamas terrorists as a tool, and destroy the lives of millions. The United States will stand with the people of Israel in their fight to defend themselves and their nation."

2. ROAD CLOSURE - 161st St. between Gray Rd. and Hazel Dell Pkwy

Please be advised, beginning on or after Monday, October 9, 2023 between the hours of 9:00AM and 3:30PM, E 161st Street between Gray Road and Hazel Dell Road will be closed to all thru traffic for pavement repairs. The estimated project completion date is Friday, October 13, 2023.

3. ROAD CLOSURE - 160th St. between River Rd. and Cherry Tree Rd.

Please be advised, beginning on or after Wednesday, October 11, 2023, 160th Street between River Road and Cherry Tree Road will be closed to all thru traffic for milling and resurfacing. This is a one-day closure from the hours of 7am to 5pm. Residential traffic will continue to have access to their driveways from the east only (off River Road), while through traffic is asked to seek an alternate route. Access to 160th Street from Cherry Tree Road will not be permitted.

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Photo courtesy of HHMS

Hamilton Heights Middle School eighth-grade students spent a day at JA JobSpark at the Indiana State Fairgrounds on Tuesday, September 25. More than a career fair, JA JobSpark brings together the business community and local schools to help launch middle school students into their future—high school, college, and careers beyond. Pictured by the Arrow McLaren car driving by Alexander Rossi are HHMS educator Connor James and students Cooper Clevenger, Levi Meinhardt, and Logan Maiden.

HHMS Students Energized By Annual JA JobSpark Experience

On Tuesday, September 26 all eighth-grade students from Hamilton Heights Middle School traveled to the Indiana State Fairgrounds to attend Job Spark, presented by Junior Achievement (JA JobSpark). Over 100 different regional and local companies participated to provide students with over 200 different hands-on learning activities to help students explore various careers.

"It was an amazing day!" said Connor James, HHMS Business and Preparing for Colleges and Careers Teacher, who is an instrumental part of making this experiential day trip possible for the eighth-grade student body each year. "So many seeds of inspiration were planted today. We won't see the harvest for a very long time, but I'm 100% certain it will be plentiful. One of the things I am most proud of about this event is that we take every single eighth grade student. They all get to experience this and I'm confident the vast majority of them will carry a seed or two of inspiration with them back into the classroom." "I'm also so proud of how our



Photo provided

The JA JobSpark experience in Indianapolis has become a right of passage for eighth-grade students at Hamilton Heights Middle School. Each year students travel to the State Fairgrounds to participate in hands-on learning experiences designed to spark interest in potential careers. Enjoying the experience are (l-r): Aleaha Trump, Ellie Clarke, Kaelynn Fidler, Olivia Higgins, and Abigail Hilfiker.

➔ See HHMS Page A6

Hamilton County Announces Transformational Project

Hamilton County Commissioner Mark Heirbrandt delivered an exciting speech during a celebration and announcement event at Bakers Corner, revealing a groundbreaking project poised to transform the northern part of Hamilton County.

Heirbrandt expressed his enthusiasm for what he believes will be a monumental development for the region.

The project involves the long-awaited expansion of water and sewer infrastructure to the Baker's Corner area, an initiative that has been the subject of discussion for many years due to the rapid growth in Hamilton

County.

"This is a monumental accomplishment for us to be breaking ground on this project," Commissioner Heirbrandt declared. "Over the past two years of development, this has involved many people and organizations that have collaboratively worked together for a common purpose." The project's district bound-



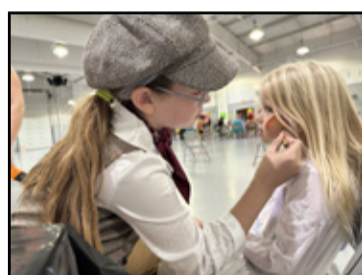
MARK HEIRBRANDT

➔ See PROJECT Page A6



The Times photo by Betsy Reason

Sisters Laine Ross, 10, dressed as a skeleton; Rosie Ross, 7, as the grim reaper; and Jolie Ross, 8, as a clown, attended the Hamilton County Junior Leaders' Halloween Carnival, Haunted House and Hayride, on Oct. 3 at the Hamilton County 4-H Fairgrounds in Noblesville. They are the daughters of Monica Ross and are all students at White River Elementary School. Their favorite activities at the event were "prizes," said Rosie; "candy," said Jolie, and "Everything," said Laine. It was their first time at the event.



The Times photo by Betsy Reason

Caroline Herrington (left), 12, a seventh-grader at Noblesville West Middle School and the daughter of Rob and Maggie Herrington, does face painting for Oaklee Jones, 6, Noblesville, a first-grader at White River Elementary, during the Hamilton County Junior Leaders' annual Halloween event on Oct. 3 at the 4-H Fairgrounds in Noblesville.

4-H Junior Leaders Make Halloween Fun



BETSY REASON From The Editor's Desk...

I attended last week's 4-H Junior Leaders annual Halloween Carnival, Haunted House and Hayride at the 4-H Fairgrounds.

The event was formerly known as Junior Leaders' Community Halloween Party.

There were lots of fun kids games, a haunted house created by Junior Leaders and hay wagons pulled behind tractors.

There were more families at this event than I've ever seen. In fact, more than 500 families attended, a record attendance, Lisa Hanni, Purdue Extension Hamilton County program assistant, told me.

Hamilton County 4-H Leaders is such a great program for our middle and high school-age kids.

The 4-H Junior Leaders do all

➔ See BETSY Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 7:51 a.m.
SET: 7:17 p.m.



High/Low
Temperatures
High: 62 °F
Low: 38 °F



Today is...

- National Angel Food Cake Day
- Own Business Day
- Powers of Ten Day



What Happened On This Day

- 1967 Outer Space Treaty is Enforced. Also known as the Treaty on Principles Governing the Activities of States in the Exploration and Use of Outer Space, including the Moon and Other Celestial Bodies, it regulated the exploration and use of outer space and created the field of international space law.
- 1964 The Tokyo Summer Olympics Begin. 93 countries participated in the first Olympics to be held in Asia. As a tribute to the horrors of the Second World War, Yoshinori Sakai, who was born in Hiroshima on August 6, 1945, the day an atomic bomb destroyed the city, was chosen as the torchbearer to light the Olympic flame during the opening.
- 1933 United Airlines Boeing 247 explosion. In one of the oldest unsolved cases in aviation history, the airplane which was flying from Newark, New Jersey to Oakland California exploded mid-air and crashed near Chesterton, Indiana

Births On This Day

- 1930 Harold Pinter English playwright, screenwriter, director, actor, Nobel Prize laureate
- 1813 Giuseppe Verdi Italian composer

Deaths On This Day

- 1985 Orson Welles American actor, director, producer, screenwriter
- 1875 Aleksey Konstantinovich Tolstoy Russian poet, author, playwright

➔ INSIDE TODAY

Obituaries.....A2
Service Directory.....A3
Casey Williams.....A3
Brian Howey.....A4
Carrie Classon.....A4
Earth Talk.....A4
Health.....A7
Kitchen.....A8

➔ OBITUARIES

None

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

➔ HONEST HOOSIER

Want to know the most haunting word in the English language? Impeachment!



➔ TODAY'S HEALTH TIP

Your skin can be damaged by UV light on cloudy days too. 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

"There is a child in every one of us who is still a trick-or-treater looking for a brightly lit front porch."
-Robert Brault

➔ TODAY'S JOKE

What do you get when you cross Bambi with a ghost? Bamboo!

WTHR 7 DAY FORECAST

MON	TUE	WED	THU	FRI	SAT	SUN
59 COOL, BAY MOSTLY SUNNY	38, 62 MOSTLY SUNNY	39, 67 SUN, LIGHT BY EVENING	55, 76 BREEZY AND CLOUDY	56, 71 MOSTLY SUNNY	50, 55 MILDLY CLOUDY WINDY	50, 55 CLOUDY AND WINDY



Dog Tag Dash Returns With A New Location

Westfield Welcome is pleased to announce the second annual Dog Tag Dash 5k benefiting Hoosier Veterans and local shelter pets. Dog Tag Dash, presented by Centier Bank, features a 5k run/walk and a Dog Walk, both dog-friendly. The race begins on Saturday, November 4th, at 9:30 a.m. at Grand Junction Brewing Co.

This unique event celebrates National Veterans and Military Families Month and supports a local organization within the Humane Society for Hamilton County called Pets Healing Vets. Pets Healing Vets aims to improve the emotional well-being of Hoosier Veterans suffering from Post-Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) by pairing them with carefully selected shelter dogs or cats in need of homes.

Dog Tag Dash will include a fun, competitive

component allowing participants to choose a "team" and support the military branch they choose with a unique color shirt for each branch. In addition to the commemorative shirt, registration for the 5k will include a finisher's medal, post-race snacks and drinks, one complimentary drink ticket (21+), a timed route, and a chance to win age group awards. Grand Junction Brewing Co. will have food and drink available for purchase, so families and friends are encouraged to attend.

Westfield Welcome would like to thank our presenting sponsor, Centier Bank, as well as Cooper's Water, Fleet Feet, Grey Matter of Carmel, Gu, MetroNet, Steve Oleksiw State Farm, Unique Home Solutions, and Vital Connection Chiropractic.

The cost to register will vary by date. To sign up, visit westfieldwelcome.com/dog-tag-dash



Photo courtesy of Cicero Kiwanis

Treasurer, Bill Symon, President, Todd Clevenger, Secretary, Sue Clevenger, President-Elect, Mark Bailey and Asst. Secretary, Karen Strout

Cicero Kiwanis Club Installs New Officers

The new 2023-2024 Kiwanis year began October 1st and with the new year, comes a new slate of officers to lead the Cicero Kiwanis Club. Outgoing President Emily Pearson past the gavel over to incoming club President Todd Clevenger. "It's an honor to have the opportunity to lead this phenomenal group of passionate, selfless, giving people," said Clevenger. "I have very big shoes to fill, as Emily Pearson did a remarkable job as club president these past 12 months!"

"Our focus is simple, yet significant...create opportunities for children to strengthen character,

improve themselves and develop as future leaders," explained Clevenger. "Children, service, leadership, these are the things, we as Kiwanians, are passionate about. Working together, Cicero Kiwanis members achieve what one person cannot accomplish alone. When you give a child a chance to learn, experience, dream and succeed, great things happen!" Being involved in Kiwanis provides opportunities to participate in various community service projects and immerse yourself in programming that directly impacts the children within the Cicero, Arcadia and Atlanta communities, as well as around the world.

Over the years, the Cicero Kiwanis Club has helped shelter the homeless, feed the hungry, mentor the disadvantaged and care for the sick. The club provides scholarships to college-bound Hamilton Heights students, provides funding for specialty projects like the Arcadia Splash Pad, raises funding for pediatric research at Riley Hospital for Children and much more. According to Clevenger, the club is looking to do even more in the coming year. "This year, we are looking to implement a new program focused on reaching the younger students in our communities as well as growing our fundraising

efforts with a community-wide initiative that we believe will be as exciting for the community members as it is for us."

Cicero Kiwanis is an eclectic group of individuals who all share the same goal, to make a positive difference in our communities, one child at a time. If you have a heart for service and a love for children, the Cicero Kiwanis Club members invite you to join them at the Red Bridge Community Building any Saturday at 7:30am. Your service and attendance is based on your availability and is entirely optional. Contact the club at: ciceroKiwanis@gmail.com

Meeting Notes

Hamilton County Parks & Recreation Board Meeting

- 6 p.m. Board Meeting
A. Call to Order
6:00pm
B. Agenda Amendments
C. Public Comments
D. Approval of September 18th, 2023 Minutes & Corrected August 21st, 2023 Minutes
E. Finance Report
1. Approval Claims/Payroll/Transfers
F. Committee Reports
G. Foundation Report
H. Old Business
1. Project updates
2. Regional Utility

- District
3. LWCF Grant Funding
I. New Business
1. Replacement Windows at Acorn Farms
2. HC Farms
a. Pedestrian Bridges/Boardwalks
b. Mader - Construction/Design/Permitting
3. Williams House Repair Quotes
J. Director's Report
K. Deputy Director's Report
L. Additional Announcements

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Photos courtesy of Casey Williams and Subaru

2024 Subaru Crosstrek Wilderness Gets All Campy At Utah's Zion National Park

I woke up in a tent this morning with coyotes howling near Zion National Park in Utah thinking about the day ahead. If you've never been to Zion, it's extraordinary with valleys of sheer rock high and deep, but I didn't just come to awe and eat. I came to drive the 2024 Subaru Crosstrek Wilderness in its natural habitat.

First Impressions

Wilderness editions are Subaru's most capable line of vehicles and the compact Crosstrek crossover is distinguished by angry black body cladding, black anti-glare hood patch, and 17" matte black wheels shod in all-terrain tires. Given Subaru owners are an active bunch, the roof rack is rated 700lbs. for pop-up tents. A drive from camp to the park confirms it's not just for looks. The 2.5-liter horizon-

tally-opposed "Boxer" four-cylinder engine routes a peppy 182 horsepower and 178 lb.-ft. of torque to a continuously variable transmission. The smallest Wilderness tows up to 3,500 lbs. – plenty for a small camper or a couple of jet skis. Fuel economy rates 25/29-MPG city/highway. Fat tires and ride height diminished MPGs.

It's a slow slog through the park, but I fill time examining the car's interior. A giant tablet-style touchscreen takes center stage, but proper volume and tuning knobs plus buttons for key climate functions flank it for convenience. I'm also a fan of the heated StarTex "vegan leather" seats that are all-day comfortable and easy to wipe off dirt. A power sunroof and Harman Kardon audio put a soundtrack to it. Looking closer, I notice copper accents on the

2024 Subaru Crosstrek Wilderness Five-passenger, AWD Crossover

Powertrain: 2.5-liter H4, CVT
Output: 182hp/178 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Towing: 3,500 lbs.
Fuel economy: 25/29 mpg city/hwy
Assembly: Lafayette, IN
Base price: \$31,995

steering wheel, shift knob, gauges, and seat stitching.

Getting Dirty

Not far out of the park, we hit dirt roads, climb rocky trails, and skip pavement until dinnertime. Wilderness ground clearance increases from

LIKES

- All-road capability
- Butch style
- Everyday practicality

DISLIKES

- No NAV
- No front camera
- Limited production

the Crosstrek's standard 8.7" to 9.3" to clear ruts, logs, and even parking lot speed bumps. Add Dual Mode X-Mode, a traction control system that allows the car's AWD system to claw through deep mud/snow and use hill descent control to automatically creep down steep inclines. The suspension soaks up rough roads and articulates over rocky trails en-route to our lunch overlook.

It was a busy morning, clawing up and down rugged trails deep rutted by Jeeps and Broncos. I had to straddle the deepest ruts to keep the car from banging skid plates, but this compact car that's

very happy commuting to work daily was doing very trucky things. There are many more miles to pound.

Final Verdict

Even more than Jeep drivers, Subaru owners take their cars off-road. They also attack freeways, dodge potholes, carry dogs, and take kids to bassoon lessons. Features that make it capable also make it a very nice car. Vegan leather repels trail dust, but also welcomes dog dribbles and baby burbles. Under-hatch lights aid loading gear and unpack strollers at grandma's. Wilderness represents



CASEY WILLIAMS
Auto Reviews

the top Crosstrek trim, but is the least expensive way to enter the club. A base Crosstrek starts at \$24,995 with the Wilderness rising from \$31,995. That's a lot of car for the money, whether you live in Utah or Utica.

Storm Forward!

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

The Times SERVICE DIRECTORY

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The House Is A Circus (But Don't Blame The Real Clowns)



BRIAN HOWEY
Howey Political Report

I grew up in a city that featured the Peru Amateur Circus. I played trumpet in the circus band, my younger

sister was an aerialist. I knew the first human cannonball, W.W. Wilno, and went to school with the granddaughter of famed lion tamer and circus mogul Clyde Beatty.

And I knew my clowns. The famed tramp clown, Emmett Kelly, was part of the Hagenbeck-Wallace circuses that wintered along the Wabash and Mississinewa rivers in the mid-20th Century. His son, Patrick, took his father's "Weary Willie" persona into the Peru circus. One of my family physicians was Dr. Lloyd Hill, who played a hobo clown in the Peru circus for years. These were all accomplished men and performers.

Earlier this week, I wrote a State Affairs column titled "House of Clowns," my take on the disposal of House Speaker Kevin McCarthy after just 269 days in that office. He assumed the third-highest constitutional office in the U.S. on the 15th ballot. He was the first speaker to be kicked out of office, with eight Republicans joining 208 Democrats to seal his fate after Republican U.S. Rep. Matt Gaetz of Florida ignited the fateful "motion to vacate."

All seven Hoosier Republicans voted against this historic motion to vacate while Democrat Reps. André Carson and Frank Mrvan joined their unified caucus to accede to McCarthy's downfall.

Thus, beltway pundits have been invoking images of "clown cars" and "clowns with flamethrowers" in describing what the Wall Street Journal editorial board has characterized as the "degraded state of the Republican Party in this era of rage."

What is happening in the U.S. House is an affront to real clowns.

The seeds of McCarthy's demise were planted after the 14th

ballot last January. U.S. Rep. Erin Houchin, who is president of the freshman GOP class and at the House leadership table, told me in August that after McCarthy failed on the 14th ballot, "There was one thing that came up at the end, which was how to vacate the chair. We had toyed with 20 members or five members. Ultimately it went back to one."

That was a fateful decision, with historic impacts to be determined.

On Tuesday, Houchin could be seen on the House floor, huddling with McCarthy lieutenants as he went down. She later posted on X a Gaetz fundraising appeal. "This tells you all you need to know about Matt Gaetz ... literally fundraising from a manufactured crisis of his own making," Houchin said. "No one is working with Dems to expel him. He is the one working with Dems. Don't be duped."

U.S. Rep. Larry Bucshon was also unamused. He called Gaetz "a charlatan" for "threatening to remove Speaker McCarthy using at least 200 Democratic votes. He has been reaching out to them for votes! Is the hypocrisy lost on anyone? At least 200 House [Republicans] will be voting to support the speaker, including me."

At a town hall two weeks ago in Westfield as a government shutdown loomed, U.S. Rep. Victoria Spartz predicted McCarthy's demise. "I was ultimately frustrated by my speaker," she said. "We Republicans in the House have to take responsibility. Washington, D.C., has been governed, not by leadership but by crisis, for a very, very long time. Unfortunately, it's a very bad way to govern. This is probably going to be the end of Kevin. This is just politics and Democrats probably have the winning hand by now."

As this drama reached its crescendo, Spartz threatened to resign, saying, "I will not continue sacrificing my children for this circus with a complete absence of leadership, vision, and spine. I cannot save this Republic alone."

This circus, eh?

As McCarthy exited, announcing he wouldn't seek a return to the office he was just shoved out of, he said with a straight face, "I may have lost this vote today, but as I walk out of this chamber I feel fortunate to have served. I wouldn't change a thing."

Really, Kevin, really? What's just over the horizon could be epic anarchy.

Fox News host Sean Hannity, MAGA influencer Steve Bannon and several congressmen have floated the idea of "drafting" former President Donald J. Trump for the role.

"I have been told that Trump might be open to helping the Republican Party, at least in the short term, if necessary," Hannity dutifully reported during his show Tuesday night.

U.S. Rep. Marjorie Taylor Greene, a once fringe member of the radical GOP who became an elevated McCarthy ally, said on X, "The only candidate for speaker I am currently supporting is President Trump. We can make him speaker and then elect him president!"

There's one little flaw with that scenario. Trump is facing 91 criminal charges across four federal and state jurisdictions.

The GOP conference has "Rule 26" which states, "(a) A member of the Republican Leadership shall step aside if indicted for a felony for which a sentence of two or more years imprisonment may be imposed. (b) If a member of the Republican Elected Leadership is indicted, the Republican Conference shall meet and elect a Member to temporarily serve in that position."

Here's my suggestion: The 208 Democrats recruit eight moderate Republicans and install Liz Cheney as the new speaker.

Yes, this is a surreal political circus, but please, please, don't you dare blame the real clowns.

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

Remodeling Your Kitchen With The Earth In Mind



Dear EarthTalk: My kitchen is overdue for an update. I'm wondering what's the latest, greatest and greenest today in countertop materials, flooring, paint and appliances?

Kitchens have traditionally had one of the worst environmental footprints in the home. However, technological advancements have brought more eco-friendly materials and tools for greener kitchens. Choose components wisely and you can do the planet a favor while you make the most lived-in room in the house better for everyone.

The first place to start thinking greener is paint. Conventional paint, especially oil-based varieties, contains lots of volatile organic compounds (VOCs). These are off-gassing synthetic chemicals that not only can cause human health issues like headaches and nausea and have been linked to some cancers and also contribute to the build-up of ground-level ozone, a noxious pollutant in its own right. If you want to avoid VOCs in your new kitchen, paint it with water-based paints bearing either the Greenguard or Green Seal logos—these certifications ensure the paint in the can has little if any VOCs. Popular eco-friendly brands include AFM Safecoat, ECOS Paints, Bioshield and Behr Premium Plus.

Countertops are another

kitchen area where we've come a long way with eco-friendly options. Teragren's "carbon-negative" counters are made of bamboo, which grows quickly and sequesters carbon dioxide in the process. Another great green choice for counters is Greenguard-certified Grenite, which uses recycled quartz, ceramics and acrylic to create countertops that are affordable and resistant to heat, stains and scratches. If you're looking for a colorful or more distinct option, take a look at Richlite, also certified by Greenguard as well as the Forest Stewardship Council (FSC). This innovative material is created by stacking recycled paper sheets, saturating them with phenolic resin, and applying heat and pressure.

Eco-conscious choices now also abound in flooring. Bamboo works as well on floors as countertops. Another increasingly popular green flooring option is cork. Contrary to hardwood, production of cork only requires the outer bark of a tree. Cork contains a natural waxy substance called suberin that prevents water and gasses from penetrating through. Accordingly, cork flooring offers excellent insulation, energy conservation, durability of up to 30 years, and natural hypoallergenic and insect-repellent properties. However, cork floors are often stained and

coated, so look out for VOCs in the additives. Yet another great green choice for kitchen floors is Marmoleum, a naturally germicidal, waterproof and VOC-free form of linoleum composed of 97 percent natural material.

Upgrading to modern, energy-efficient appliances is another way to make your kitchen remodel pay dividends for the planet. Keep an eye out for appliances bearing the EnergySTAR certification, which ensures that the appliance you are eyeing meets or beats U.S. Department of Energy standards for energy efficiency. This will help lower your greenhouse gas emissions and also reduce your energy bill. Another earth-friendly upgrade would be to ditch the gas stove for an all-electric induction model; you'll not only lower your carbon footprint but also probably improve the indoor air quality inside your home.

-CONTACTS: UL GREENGUARD Certification, <https://www.ul.com/services/ul-greenguard-certification>; Forest Stewardship Council (FSC), <https://fsc.org>; EnergySTAR, <https://www.energystar.gov/>; Teragren, <https://teragren.com>; Grenite. <https://grenite.com>. 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.

Attorney General Todd Rokita Provides Tips For Small Businesses To Protect Themselves Against Rising Cyber Threats

During Cybersecurity Awareness Month, Attorney General Todd Rokita is alerting small businesses to rising cyber threats and providing tips for them to protect themselves and their customers.

"Cybercriminals view small businesses as easy targets and look for any weaknesses they may have in their security systems," Attorney General Rokita said. "It's critical for small business owners to have safeguards in place to protect their data and customers' personal information."

Making sure any Hoosier business has the appropriate cybersecurity controls has become a necessary step in today's economy. The average cost incurred by a business from a data breach is now more than \$4 million, and approximately 40% of small businesses worldwide have reported losing essential data due to cyber-attacks.

According to the US National Cyber Security Alliance, 60% of small businesses that suffer a

cyber-attack go out of business in less than a year.

To keep your small business and consumers protected, Attorney General Rokita encourages Hoosiers to follow these tips:

- Train employees in security principles. Establish basic security practices and policies for employees, such as requiring strong passwords.
- Passwords and authentication. Require employees to use unique passwords and change passwords regularly. Consider implementing multi-factor authentication that requires additional information beyond a password to gain entry.
- Protect information, computers, and networks from cyber-attacks. Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.
- Provide firewall security for your Internet connection. A firewall is a set of related programs that prevent outsiders

from accessing data on a private network.

- Make backup copies of important business data and information. Regularly backup the data on all computers.

- Secure your Wi-Fi networks. If you have a Wi-Fi network for your workplace, make sure it is secure, encrypted, and hidden.

- Employ best practices on payment cards. Work with banks or processors to ensure the most trusted and validated tools and anti-fraud services are being used.

The Attorney General's Office is responsible for enforcing the Disclosure of Security Breach law to better protect Hoosiers from identity theft. If a business has a breach, they are required to inform their customers that their personal information is in jeopardy.

If you believe you are a victim of a security breach, please fill out this form here and email it to DataBreach@atg.in.gov.

For more information, visit indianaconsumer.com or call (800) 382-5516.

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Everything You Need To Know About Head Lice



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

I've heard about a few cases of head lice now that kids are back in school and the weather is cooling down. Head lice are white, and about the

size of a sesame seed. They are known as obligate ectoparasites. Obligate means they require a placental mammal like a human host to survive and ectoparasite means they live outside the host's body. Lice must feed on the host's blood to survive and can't live off of a body for more than a day or so. They move from person to person by direct head to head or hair to hair contact. They can also spread by sharing personal items such as hats, towels, brushes, helmets, hair ties or even car seat headrests. They do not jump or fly and are not transmitted by pets.

Adult lice survive on a person for about one to three months. A female louse lays about three to five eggs (nits) each day and glues them to the hair shafts of the host close to the scalp. The eggs require the warmth of the scalp to incubate. A louse may lay up to 300 eggs in her adult life. The eggs take about ten days to hatch and the new lice need an immediate blood meal to survive. They then take another seven to ten days to mature to the stage they can start laying eggs.

Lice are not usually harmful to their human host. There is evidence that the head louse is genetically identical to the body louse that is known to carry the organisms causing typhus, trench fever, and relapsing fever. There is some concern that as lice become more resistant to chemical treatments that they will become more prone to spreading diseases, but this is currently not a concern in America.

Screening someone's head for lice requires a bright light and a good lice comb. Most experts recommend using a fine-toothed comb like the LiceMeister that gets very close to the surface of the hair shafts. Lice like to live on the scalp around the upper neck and backs of the ears. Again, the nits are usually less than one centimeter from the base of the hairs. Dandruff, hair spray residue, and dust can be mistaken for lice and nits.

Treatment of lice requires a lot of patience. There really is no substitute for manual removal using meticulous combing with a lice comb. The patient or parent(s) of a child must take the time to properly comb out every strand of hair to remove the lice and nits. Most experts recommend combing every three days for a couple of weeks. Re-infestations are usually the result of improper removal of lice and nits that hatch later.

Chemical treatments kill live lice, but not the eggs. The treatments therefore have to be repeated in seven to ten days to kill lice after they hatch. Chemical treatments come in two varieties: insecticides and those that suffocate the lice. Insecticides are not benign. They should be used with caution in those with asthma, seizures, brain tumors, cancer, HIV, and pregnant or nursing mothers.

The most commonly used insecticides are permethrin, pyrethrin and malathion. Unfortunately, lice have begun to build up resistance to these agents. Spinosad was approved in 2011 and remains very effective. Some providers prescribe ivermectin that is not FDA approved for the treatment of lice, but is very effective (unlike for COVID).

Benzyl alcohol lotion is the most commonly used suffocation agent that plugs up the breathing pores of the lice. Cetaphil skin cleanser can also be applied to every strand of dry hair, the excess combed out, dried with a hair dryer, and washed out eight hours later. The treatment needs to be repeated at seven day intervals a total of three times.

As far as treatment of a person's environment, most evidence points to proper treatment of the lice on the person as being the most effective deterrent, not treating their environment. Vacuuming is the best way to remove fallen hairs with attached nits from furniture, rugs, stuffed animals, and car seats. Bagging stuffed animals is not necessary, but they can be run through a hot clothes dryer for 30 minutes along with other linens, hats, etc. to kill lice and nits. Pesticide sprays are not recommended since they do more harm than good.

Family members or other people who live in close contact with someone who has lice should be screened using the LiceMeister comb. Schools have discontinued "no nit" policies due to the very limited risk of transmission in the school setting. Kids should not miss school unnecessarily for infestations that are much more of a nuisance than a health threat.

The best resource I have found for up to date lice information is the National Pediculosis Association at www.headlice.org. Happy hunting!

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

size of a sesame seed. They are known as obligate ectoparasites. Obligate means they require a placental mammal like a human host to survive and ectoparasite means they live outside the host's body. Lice must feed on the host's blood to survive and can't live off of a body for more than a day or so. They move from person to person by direct head to head or hair to hair contact. They can also spread by sharing personal items such as hats, towels, brushes, helmets, hair ties or even car seat headrests. They do not jump or fly and are not transmitted by pets.

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Noblesville Lions Serve At Fall Fest



Photos courtesy of Noblesville Lions and Betsy Reason

This past Friday afternoon the Noblesville Lions Club served up their Ham and Cheese or Plain Cheese sandwiches for a hungry crowd. This took place along 9th St in downtown Noblesville. The Lions were supporting Noblesville Main Street with their First Friday Fall Fest; which also included a Soup Cookoff by local restaurants. Left, (by Betsy Reason): First Shift Lions Dale Unger, Tim Baker, Steve Morgan, Charlie McMillan, Walt Scheid, Ron Williamson, and Gary Hipes, Chairman of Event. A few Lions missed the photo. Right, (Lions Photo): Three active Lions cooking were (lft to rt) Tim Baker and Charlie McMillan; with Dave Marsh offering an opinion.

My Secret When Talking To Dogs



CARRIE CLASSON
The Postscript

It's no secret that I love dogs.

I love dogs, and I don't have one right now because, traveling

as much as my husband, Peter, and I do, having a dog makes no sense. We know this. We have discussed this. There are times I would like to have a dog so much it makes my heart hurt. And then I realize how easy it is to get on a plane without worrying about the welfare of a dog, and I know we have—at least for now—made the right decision.

And so my solution is to talk to other people's dogs.

I'm sure I'm not the only one who talks to dogs on my daily walk. I'd be surprised, however, if anyone was more enthusiastic about it. I am also (if I say so myself) very good at it. This is because I have a

secret method for talking to dogs.

I start before the dog (and their person) have even met me on the sidewalk. I see them coming, and I make a little noise. It is my secret little dog call. It is a high little squeak, and every dog can hear it, and most of their owners cannot. This little noise gives me my edge.

The dog is alert. "That person is talking to me!" the dog says. It looks at me closely. If it has ears that go up, they are at attention.

"What a sweet pup!" I then say, loud enough for the owner to hear. There is almost no one who does not like to hear they have a sweet pup.

I imagine every one of these pups has been something less than sweet at some time or another (maybe just last night), and the owner of that dog appreciates a total stranger—with no investment in the matter whatsoever—confirming their bias that this is an obviously special dog,

a dog well worth any trouble they might have caused.

At this point, since the dog and I have already been having a conversation and the owner is now looking at me, most dogs figure I am "A Friend." If their owner was nervous around me or disinterested, some of them would pretend they were disinterested as well. But once their owner confirms that I am "A Friend," the dog almost always rushes over to become better acquainted.

I try not to hold them up too long. I don't stop runners because that seems rude. But most people strolling along with their dog don't seem to mind me scratching their dog's ears and maybe getting a dog kiss.

If the conversation is going well, I sometimes learn the dog's name. Learning his name is Barney extends our meet-and-greet time because then I get to say, "Oh, Barney! What do

you think of this weather?"

Barney is even more delighted because not only am I "A Friend," I am "A Friend Who Knows His Name!" which is the very best kind. This seems to work equally well in English and Spanish, in the city or hiking through the woods.

Then I say goodbye, and I always thank the owner for sharing their dog. I go on my way, and I am aware—right there on my walk—that I feel better than I did before I met that dog. My heart is lighter. My step is quicker. My day, even if it was good already, has just improved.

So that is my secret for talking to dogs. It is also the secret to being a little bit happier every day.

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 Betsy Reason

Youth at the Hamilton County 4-H Junior Leaders Halloween Carnival participate in the Cake Walk.



The Times photo by Betsy Reason

Kids try their hands at Ring Toss during the Hamilton County Junior Leaders' annual Halloween event on Oct. 3 at the 4-H Fairgrounds in Noblesville.



The Times photo by Betsy Reason

Guests take a hayride at the Hamilton County Junior Leaders' Halloween Carnival at the 4-H Fairgrounds in Noblesville.



The Times photo by Betsy Reason

A child plays a game at the Hamilton County Junior Leaders' Halloween Carnival at the 4-H Fairgrounds in Noblesville.



The Times photo by Betsy Reason

Youth play a fishing game at the Hamilton County Junior Leaders' Halloween Carnival at the 4-H Fairgrounds in Noblesville.

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of the work for the Halloween event. They set up the night before, they volunteer at the event, work the games and haunted house, and they stay afterward and break down.

For the Junior Leaders, the party is one of the most fun events of the year, besides the 4-H Fair.

AnnaMarie Belt, a Carmel High School junior, dressed as Belle from "Beauty and the Beast," and Sydney Strange, a freshman at Fishers High School, dressed as Little Red Riding Hood, and are both Junior Leaders who headed up the event's Cake Walk game.

Belt also likes helping with Mini 4-H. "I'm one of the many Mini 4-H coordinators, and I love working at the (Junior Leader) Shack at the 4-H Fair." (Mini 4-H'ers are grades 1 and 2, which are pre-4-H age)

"I love seeing all of the little kids' costumes and seeing them get really happy when they get their treat," said Belt, a 16-year-old Carmel resident.

Strange also loves doing activities with Junior Leaders. She said they feel like "we're a family." Her favorite 4-H projects? "Arts and crafts, and Horse and Pony."

What's the most satisfying? "Seeing all the kids have fun at the things we organize," said Bekah Vanderpool, 16, a Carmel High School junior and president of Hamilton County 4-H Junior Leaders is heading into her ninth year of 4-H. Dressed in costume as an M&M candy, she headed up the Halloween event, organized all of the kids' games and helped with the candy.

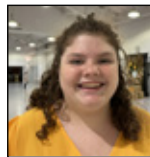
What Vanderpool likes most about Junior Lead-

ers? "I have a lot of fun." She joined Carmel 4 C's 4-H Club before getting involved with Junior Leaders, which is her biggest involvement in the 4-H program.

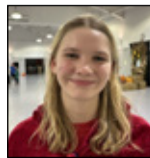
In the 4-H program, Junior Leaders is a project that allows members in grades 7-12 the opportunity to serve as mentors to and role models to younger 4-H members. Junior Leaders volunteer many hours during the 4-H Fair each July, at the 4-H project check-ins and check-outs, at the Producers' Tent, and the Junior Leader Shack, which is manned totally by Junior Leaders.

Enrollment is now open to join Hamilton County 4-H for the 2024 year, now through Jan. 15, with the theme, "Let's Have S'More Fun." Enroll in 4-H and earn a s'more kit. Stop by the 4-H Office in the Exhibition Center at the 4-H Fairgrounds 8 a.m. to 4:30 p.m. weekdays. Enroll online at <https://in.4Honline.com>. Also, order poinsettias now through Nov. 14 from any Hamilton County Junior Leader at \$10 per 6-inch pot with pickup in early December.

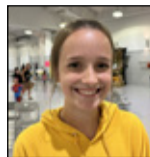
-Betsy Reason writes about people, places and things in Hamilton County. Reach The Times Editor Betsy Reason at betsy@thetimes24-7.com.



ANNEMARIE BELT



SYDNEY STRANGE



BEKAH VANDERPOOL

HHMS From Page A1



Photo courtesy of HHMS

Eighth-grade students from Hamilton Heights Middle School are pictured at the recent JA JobSpark expo in Indianapolis. Students enjoyed the opportunity to participate in hands-on activities, often using equipment or tools used on a job. The multi-hour experience is configurable to align with local industry and career opportunities. Lisette Tecuanhuehue-Robles is pictured assembling a mini electric circuit grid. It is similar to a puzzle, but the puzzle will not transfer electricity through it if you do not follow the instructions to put it together.

students conducted themselves," continued James. "They were engaged and extremely respectful to the volunteers and business owners who were making this day possible for them. HHMS students left a positive impression and that is a credit to our students, their parent/guardians, and our staff."

JA JobSpark is a two-day, hands-on career expo impacting over 11,000 Indianapolis eighth graders. JA JobSpark is part of the JA Work and Career Readiness Pathway and is intended for middle school students (grades 6-8). This volunteer- and educator-led program can be classroom-based, remote

live, or after-school. The JA JobSpark initiative includes in-class or remote curriculum and activities prior to and after attending the event. JA JobSpark is meant to "spark" an interest in students and get them excited for their future. Students will learn about skills needed for jobs that will be in demand when they graduate and will learn about the equipment that is used on those jobs daily. The expos help students gain a better understanding of the courses they will need to take in high school, a track for post-secondary and a clear career pathway for what they find they are interested in.

PROJECT From Page A1

aries for water and sewer will stretch from 216th Street all the way north to 296th Street, extending 2 miles west of US31 to Spring Mill and Six Points Roads and 3 miles east of US31 to Devany and Cammack Roads, encompassing a vast 42 square miles of territory.

To provide perspective on the project's scale, Commissioner Heirbrandt noted that it covers 42 square miles, with Carmel at 49 square miles, Noblesville at 36 square miles, and Westfield at 32 square miles.

The project comprises two phases. Phase One, with a cost of \$45 million, will extend from 226th Street to 241st Street, reaching east to new Englewood Road and west to Spring Mill Road. Funding for Phase I includes \$25 million from County ARPA proceeds, \$10 million from the State ARPA Investment through the Indiana Finance Authority, and \$10 million County Bonded through the newly created Hamilton County Regional Utility District.

Phase Two, will extend from 241st Street to 276th Street and will serve the new Indiana National Guard Facility set to be constructed next year. The entire Phase II project will be funded by the State ARPA Investment fund.

The vision behind this transformative project is to promote high-quality development that maximizes the potential of the 31 Corridor. It aims to bring high-earning jobs and aesthetically pleasing development. Commercial and mixed-use development is anticipated from US31 to Dunbar Road, with residential development to the west of Dunbar Road.

The project's origins trace back to May 2021 when American Rescue Act Dollars from the Federal Government were allocated, providing the initial impetus. These funds initially had many restrictions, including their use for clean water, septic systems, broadband, and COVID-related reimbursement. A meeting held in June 2021 between Commissioner Heirbrandt, attorneys, and engineering/development experts marked the project's inception.

"This project also addresses several identified failing septic systems in the designated area and will be a foundation for controlled development along the corridor," Heirbrandt emphasized.

Commissioner Heirbrandt then introduced Jim McGoff from the Indiana Finance Authority, who played an instrumental role in guiding the project's progress.

In an unexpected turn of events, Commissioner Heirbrandt recounted a story from the last day of the legislative session this year at the Statehouse. He revealed that the Phase II project, which involved an expansion of water and sewer infrastructure from 241st Street to 276th Street, had been initially removed from the budget. However, through determined efforts and with the support of Lieutenant Governor Suzanne Crouch, the funding was reinstated, securing the project's future.

This groundbreaking project promises to revitalize and invigorate the northern part of Hamilton County, ushering in a new era of development and growth for the region.

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TUESDAY

Health and WELLNESS

Tuesday, October 10, 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.²

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.³

TYPICAL TRIGGERS!

79%

Coughing or sneezing

59%

Laughing

31%

Exercise

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!⁵

Tell yourself

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

Ask Yourself

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

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 near to bathrooms

DON'T

Skip the gym

DON'T

Skip comedy clubs

DON'T

Make do with period pads

¹ Source: University of Michigan Study. ² Source: University of Michigan National Public Health Study. ³ Source: U.S. Department of Health & Human Services, Office of Women's Health. ⁴ Source: Healthline. ⁵ Source: Mayo Clinic.

FitRightFreshStart.com

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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.

Kickoff Cravings

Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegate is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes. Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes

Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil. In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, hall-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors – beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives – and adds a twist with the Fresh Express Butter Supreme Salad kit. This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.