SERVING ARCADIA 🗉 ATLANTA 🗉 CARMEL 🗉 CICERO 🗉 FISHERS 🗉 NOBLESVILLE SHERIDAN WESTFIELD AND ALL OF HAMILTON COUNTY







thetimes24-7.com

TODAY'S VERSE

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.



FACES OF HAMILTON COUNTY People who call our community their own

What makes Tom Smith smile? "Being on stage," said the 72-yearold Westfield resident, who is on the board of directors of Main Street Productions, which operates Westfield Playhouse. He currently portrays Satch Brunswick in Epilogue Players' production of "The Christmas Express," on stage through Sunday at Epilogue Players Theatre in Indianapolis. The Marion, Ind., native and Ball State University graduate caught the acting bug just a few short years ago after retiring from the FBI. He has played a drunken choir director in ``Our Town" at The Belfry and, before that, a drunken custodian in "One Flew Over the Cuckoo's Nest" at The Belfry and a drunken dime-store owner in "Picnic" at Westfield Playhouse. He played a drunken cabman in "The Matchmaker" at Buck Creek Players, a drunken handyman in "Hide and Seek" at Carmel Community Players, a drunken priest in the Fringe Short Play Festival, and a drunken newspaperman in "More Light" at the Nickel Plate Arts. He also portrayed the narrator, an adult John Boy Walton. in Westfield Playhouse's production of "The Homecoming: Waltons' Christmas Story" and the narrator in Westfield Playhouse's "The Man Who Shot Liberty Valance." His first lead acting role was as Grandpa Jack in Buck Creek Players' "The Unexpected Gift." He also played Judge Taylor in Booth Tarkington Civic Theatre's "To Kill A Mockingbird." More recently, in summer 2021, he portrayed a shy Irish butcher who has a chance meeting at a London train station with a wacky 40-something American, in "Heisenberg: The Uncertainty Principle," at Westfield Playhouse. In 2020, he was cast as Sir Claud Amory, a reclusive and rich scientist, in Center Stage Community Theatre's production of Agatha Christie's "Black Coffee" play in Lebanon. He loves acting with kids and attending their shows. "That's what makes me smile. I religiously follow the careers of the kids that I work with to see what happens to them," said Smith, a mentor for Westfield Playhouse Youth Advisory Council and was show producer for the Council's virtual January production of "Alice in Wonderland." He helped with set construction for Westfield Playhouse's "Squabbles," a comedy in March. He has produced several shows, including "The Monologue Show" youth production in summer 2020 at the playhouse and the current Westfield Playhouse musical, "White Christmas," with director Andrea Odle, Dec. 9-19.



NOBLESVILLE, INDIANA

Ready for winter? Hamilton County is

"Preparing for the worst and hoping for the best" is the Hamilton County Highway Department's annual mantra. Hamilton County coordinates roadway salt procurement for the county as well as all the municipalities within the county. This special salt, distinguished by its green color, is treated to enhance its colder weather melting capability

"The County Highway Department will use approximately 6,500 tons of pre-treated salt to cover approximately 1,200 lane miles of roadway and bridges in the unincorporated areas of the county," says Highway Director Brad Davis. "Our trucks can also dispense liquid de-icing chemicals to assist in much

See READY Page A5



Photo courtesy of Hamilton County

50¢

Hamilton County Councilors Sue Maki, Ken Alexander, and Steve Schwartz tour the Highway Department's snow-fighting operation.

Sheriff's Office recognizes four heroic deputies

Sheriff Deputies routinely intervene in dangerous situations to keep others safe. The positive ripple effect of their courageous efforts will never be fully comprehendible.

Over the last few months, HCSO deputies worked hard to save lives. Medical emergencies are strenuous, but when CPR & Naloxone (opioid antagonist) are quickly utilized, the results can be miraculous.

Sheriff Dennis Quakenbush would like to congratulate Lieutenant Kurt Delong, Deputies

See FOUR Page A5



Photo courtesy of Hamilton County Sheriff's Office

UMC, Janus Christmas Festival returns to live event

Four years ago, Janus Developmental Services joined with Noblesville First United Methodist Church to put on their first





TIMES24-7.COM

Sunrise/Sunset RISE: 7:56 a.m. SET: 5:22 p.m.

High/Low Temperatures High: 29 °F Low: 19 °F

Wacky Holiday Today • Letter Writing Day

• World Trick Shot Day

What Happened **On This Day**

- 1941 Attack on Pearl Harbor
- 1787 First state to ratify the U.S. Constitution
- 1732 Royal Opera House opens its doors

Births On This Day

 1956 Larry Bird American basketball player • 1949 Tom Waits

American singer-songwriter

- **Deaths On This Day**
- 1817 William Bligh **English Admiral**
- 1985 Robert Graves English author

Our culture of no context

I've concentrated my professional life around businesses that make creativity their centerpiece. In my case, I stay close to The Arts. I've worked in the cultures of literature, design and fashion. Sadly, I neglected including music. There just doesn't seem to be the demand for Bavarian Volksmusic there once was. It's a shame, too. I'm actually pretty good at the Oom-JOHN MARLOWE pah-pahs. With the Grain One of



And Another Thing....

The Toyota Mobility Foundation (TMF), Energy Systems Network (ESN), the Indiana Economic Development Corporation (IEDC), and the City of Fishers have joined with May Mobility, a leader in autonomous vehicle (AV) technology and shuttle operations, to inaugurate a free, public autonomous shuttle service on December 20, 2021 to serve the area surrounding the Nickel Plate Cultural District in Fishers, Ind.

Christmas Festival of Music. The next year, the event ex-

panded, and the name changed to Christmas Festival of Music and Art.

Last year, there was the COVID-19 pandemic, and there was no con-



cert. This Sunday night, the in-person event returns to the church. "We're back to a

live perfor-

BETSY REASON The Times Editor

mance this year," Jeff Wright, the church's music director, said. "After being isolated for so long, many people are looking forward to being together in community, and many people are craving the beauty that we offer through our music. The beauty of our music offers healing and hope for all who hear."

This year's Christmas Festival of Music and Art begins at 5:30 p.m. Sunday with an art show and sale in the Narthex and Parlor of the church. Prelude begins at 6:40 p.m., with the concert at 7 p.m.

The Times photo by Betsy Reason

Noblesville First United Methodist Church Chancel Choir members rehearse for the Christmas Festival of Music and Art, which will be on Sunday.

The Festival will feature the UMC Chancel Choir, Janus Choir and the Christmas Festival Orchestra.

The church's partnership with Janus is a beautiful collaboration. Janus clients prepare artwork that they display and sell before and after the musical performance, Wright said. Janus also puts together a choir that sings as part of the musical program.

'It is always inspiring to watch the Janus Choir sing with such joy and abandon," he said. "They truly capture the magic of the

season in their delightful music." Wright said, "I believe this

partnership works because it is mutually beneficial and fulfilling." He said UMC spotlights the "tremendous talent" of the Janus clients, both in music and in art, which offers the opportunity for Janus clients to sell their artwork.

"During the performance, we also take an offering that supports the wonderful work of Janus Developmental Services," Wright said. "In return, the Janus clients

See BETSY Page A5



the skills I acquired along the way was graphic design. It's important to note that being a graphic designer is not the same thing as being a graphic artist. Many people get them muddled up. When introducing myself, I usually solve the confusion with this example:

"Oh, you're a graphic artist," they say. "How cool!" "No, I'm a graphic designer."

"There's a difference?"

"If you owned a horse farm," I'd say, "I could make you one awesome catalog to help you sell your livestock, but whatever you do, don't ask me to draw that horse."

I still dabble as a graphic designer, usually for friends. I

See MARLOWE Page A5

INSIDE TODAY

Obituaries	A2
Classifieds	A5
Comics	A5
In the Kitchen	A7
Health and Wellness	A8



Christmas is two weeks and four days away. One of my favorite memories is decorating the tree and house!

🗢 TODAY'S HEALTH TIP

If you're planning a trip overseas, make sure you contact your doctor early to see if you need to receive recommended vaccines. 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

"The deepest craving of human nature is the need to be appreciated."

William James

TODAY'S JOKE

What carol is heard in the desert? 'O camel ye faithful!'

THREE-DEGREE GUARANTEE

Weatherby says the high today will be **35°**

If Weatherby is off by more than 3 degrees, e-mail us at weatherby@thetimes24-7.com and let us know. Include your name and phone number. Each month those who called in and caught Weatherby will be entered into a drawing for a prize.









54 N. 9th St. 🗉 Noblesville, IN 46060 MAIN: 317-773-9960 回 FAX: 317-770-9376 www.thetimes24-7.com TWITTER: @TheTimes_News @TheTimesSports

PAGE TWO D TUESDAY, DEC. 7, 2021

OBITUARIES

Betty Jean Otis May 1, 1929 - Nov. 30, 2021

Betty Jean Otis, 92 years young, Westfield, passed away Nov. 30, 2021 at 1:22 p.m.

She was born May 1, 1929, daughter of Homer and Anna (Wood) Dill. Anna passed two days after giving birth to her beautiful daughter. Homer passed two years after Anna.

Mrs. Otis was raised by Anna's sister, Bertha and her husband, Andy Whicker

in Westfield, Ind. The Whickers had two sons, Lowell and Lester. At some point cousin, Kathleen Frost (later married to Mahlon Heinzman) joined the family as a result of her mother passing.

Mrs. Otis was raised in the Wesleyan Methodist Church where she shared her gift of music vocally on many occasions. The Church was located on North Union Street, Westfield, Ind.

A new minister came to the Wesleyan church in Westfield by the name of Reverend R. J. Otis along with his spouse, Ollie. They had four children, Eldon (more commonly known as "Deacon"), Louise, Charles and Sandra. The oldest, Deacon, was attending Marion College in Marion Ind. (this later became Indiana Wesleyan) where he studied theology. Deacon hitchhiked often to visit his family. He met Mrs. Otis in Westfield, and in time they grew fond of each other without really ever having a date. By now the Whicker brothers had their own families and kept a close watch on young Mrs. Otis. She and Deacon were married after a few years of courting.

Deacon worked on the Monon Railroad along with doing some evangelistic ministry work. Mrs. Otis took in ironing and caring for older family members while acquiring the necessary experience and education to qualify her to begin work as a nurse's aide at Riverview Hospital. She worked for several years at Riverview until Dr. Robert Shonk asked if she would work as a nurse in his medical practice. She did, and when Dr. Shonk passed away she began working with Dr. Eunice Carter in Noblesville until they both "retired" (not really). She took a little time off before going to work for Dr. Karl Siebe in Noblesville, where she worked until 2015 (a few months before she turned 85).

Mrs. Otis had many friends along the way – many were family members. She spoke fondly of her shenanigans with cousin, Keith Whicker, singing and cooking with her cousin Kathleen (Frost) Heinzman and friend, Evelyn (Myers) Owen. They were asked often to perform as a gospel trio. She also enjoyed driving around town with cousin, Norma (Wood) Barker to "keep an eye on things" in the community. Many times, she shared a meal with friends Hubert and Geneva Berry and so many more.

Deacon passed away in 2004, but Mrs. Otis's social life continued. She was still working, but enjoyed cooking (country cooking), music (especially hymns), animals (almost any kind, wild or domesticated), community events and people.

Mrs. Otis shared many meals with her daughter, Teresa Skelton (formerly Otis); and son-in-law, Matt; and her buddy, Bill Marlott. Jim Harvey became a very important friend of hers for five years until Jim passed away. They both enjoyed driving across the countryside and eating Mexican food.

Mrs. Otis was on the Summerfest committee (a summer festival Westfield used to host each year), she served the Republican Women's organization, she was a precinct committee person, a member of the Westfield Chamber of Commerce, Westfield Historical Society, Westfield Business Women's group and she received the Chamber of Commerce Volunteer of the year award in the 90's. She also did some volunteering at Sanders Glen which became her home over the past four years. She loved her friends and caregivers at Sanders Glen, the visiting musicians and the companion animals that often visited with her.

Mary Nell (Damron) King Sept. 23, 1930 - Dec. 4, 2021

Mary Nell (Damron) King passed away Dec. 4, 2021.

She was born Sept. 23, 1930 to Ballard R. and Maxie June (Reynolds) Damron at her family home in Virgie, Ky.

Mrs. King loved to play on the mountainside and in the creek with her five brothers and sisters then in the evening sitting out on the front

porch for some family singing that could be heard up and down the holler. Mrs. King loved music all her life and took any opportunity she could to sing usually praises to her Lord. Mrs. King taught school for two years before becoming the pin-pal of a "dreamy eyed" soldier that would become the love of her life and her beloved husband of 67 years, William Edsel King, on July 6, 1953, who preceded her in death on Dec. 17, 2020. Mrs. King loved her church family and served in many ways in the Noblesville Nazarene Church from teaching children's classes to serving in the choir and on the church board. Many life-long friendships were formed with other members of the church. She loved people, and if she could be silly and get a laugh her day was made.

Survivors include her son and daughter-in-law, Randy and Cindy King, Noblesville; daughter and son-in-law, Marcia and Joseph Holmes of South Bend, Ind; granddaughter, Kristin King of Indianapolis; grandson and wife, Kyle and Tausha Wilson of Winamac, Ind.; grandson, Scott King of Anderson, Ind.; granddaughter and husband, Jeanne and Nicholas Foster of Plymouth, Ind.; granddaughter and fiancé, Jennifer Harris and Brian Chance of Valparaiso, Ind.; granddaughter and husband, Joni and Ivan Balicky of Delphi, Ind.; 15 great-grandchildren; and many nieces and nephews that she loved dearly.

In addition to her husband, Edsel, she was preceded in death by her parents; and youngest son, Jeffery Dennis King.

Visitation will be from 11 a.m. to 1:30 p.m., with services at 1:30 p.m., on Wednesday, Dec. 8, 2021 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Burial will follow at Hamilton Memorial Park Cemetery in Westfield.

Memorial contributions may be made to Alzheimer's Association, 50 East 91st Street, Suite 100, Indianapolis, IN 46240; or The Mill Church, 1399 Greenfield Ave, Noblesville, IN 46060.

Condolences may be made online at: www.randallroberts.com

Paul Edward Woodward Aug. 28, 1925 - Dec. 3, 2021

Paul Edward Woodward, 96, Noblesville, passed away on Friday, Dec. 3, 2021 at his home with his family.

He was born on Aug. 28, 1925 to Roger and Mildred (Passwater) Woodward in Rural Madison County, Ind.

Mr. Woodward possessed a strong faith and was generous with his time and spirit. He was grateful for the earth and its bounty. His legacy will not only be his work as a farmer, but his lifelong dedication to educating and influencing the youth of today and tomorrow. Mr.



Barbara Jean Stevenson

Dec. 3, 2021

Barbara Jean Stevenson, 86, passed away on Dec. 3, 2021 in Bradenton, Fla.

Memorial services will be held at a later date at Hersberger-Bozell Funeral Home in Lapel.

Jimmie R. "JJ" Heck

Sept. 7, 1956 - Dec. 5, 2021

Jimmie R. "JJ" Heck, 65, Anderson, went to be with the Lord on Sunday, Dec. 5, 2021, at Community Hospital North in Indianapolis following a brief illness which was not associated with the COVID-19 virus. He was born on Sept. 7, 1956, in Anderson, Ind. to Jimmy Heck and Rose (Crooks) Heck.



Mr. Heck was a 1975 graduate of Lapel High School where he played basketball and ran cross country. He retired after 34 years of service from

Owens-Illinois Brockway. Mr. Heck enjoyed hunting and fishing. He was a big fan of IU Basketball and Alabama Football; "ROLL TIDE" He truly will be missed by his long-term buddies at Scampy's Pub.

Survivors include his wife, Joyce Heck of 25 years; two daughters, Shawna (Jim) Beemer and Nikki Heck (Misty Fippen); two grandchildren, Morgan Heck and Tyler Beemer; one sister, Cindy (Bill) Wallace; one brother, Terry (Christa) Heck.

He was preceded in death by his parents; one brother, Donnie McFarland; and one sister, Kathy Heck-Knapp

Per request there will be no visitation at this time. A celebration of life will be held at a later date. Hersberger-Bozell Funeral Home has been entrusted to the services.

Online condolences may be made at: www.hersbergerbozell.com

Marie "Charlene" Browning Jan. 26, 1940 - Nov. 30, 2021

Marie "Charlene" Browning, 81, Noblesville, passed away Tuesday, Nov. 30, 2021 at 5:08 p.m. in Riverview Hospital, following complications with pneumonia. She was surrounded by family.

Mrs. Browning was born Jan. 26, 1940 in Saint-Leonard, New Brunswick, Canada to Geraldine Akerley, now deceased.



She was baptized and confirmed Catholic in 1949. She was raised by her aunt and uncle, Patricia and Donald Akerley of New Brunswick, Canada, who also preceded her in death. She married and immigrated to the United States in 1961, where she lived in Cicero, Ind. until her divorce. She worked at Carter Lumber for sixteen years, before leaving to pursue other interests.

She loved country music, Bingo and playing cards. She was involved in community bowling and was an integral part of the Stardust Bowling Alley family until it changed its name and location. She continued to bowl and in 2012, she was inducted into the USBC Hall of Fame of Greater Hamilton County. She and her teammates won a multitude of trophies and accolades through the years. She was an avid sports fan, but especially loved her Colts and Pacers







Visitation will take place Wednesday, Dec. 8, 2021 from 11 a.m. till 1 p.m. in Bussell Family Funerals. Mrs. Otis will be laid to rest along with Deacon in Hamilton Memorial Park.

Memorial contributions may be directed to Sanders Glen, 334 Cherry Street, Westfield, IN 46074. Bussell Family Funerals is privileged to assist the family in arrangements.

PUBLIC NOTICES

Fall Creek Board of Zoning Appeals Public Meeting Notice CASE VA-21-47 MEMBERS OF THE PUBLIC MAY SUBMIT COMMENTS BY GOING TO:

https://townoffishers.formstack.com/forms/public_meeting_comment_form MEMBERS OF THE PUBLIC MAY STREAM THE LIVE MEETING BY GOING TO:

Http://tinyurl.com/CityOfFishers NOTICE IS HEREBY GIVEN that a public hearing will be held by the Fall Creek Fishers Board of Zoning Appeals at 6:00 PM on Wednesday, December 16, 2021, in the Fishers City Hall building, One Municipal Drive, Fishers, Indiana. REQUEST: At that hearing, the public will be invited to offer comments on the ollowing request: Consideration of a request for variance of land use standards from UDO Sec 5.1.5 "Permitted Use Table" to permit for a primary use of storage on a lo zoned R2 (residential). The subject site is located at 10712 Hoosier Road, Fishers, 10 46037, in an unincorporated area of Fall Creek Township (a legal description is on file with the City of Fishers, Department of Planning & Zoning). LOCATION: 10712 Hoosier Road, Fishers, IN 46037

The case file about this project is available for public review in the office of the Department of Planning and Zoning, located on the 2nd floor at Fishers City Hall The meeting agenda with room location details and case related information will be posted on the City's website forty-eight (48) hours in advance of the meeting specified above. If you have specific questions or want to provide written contacts to the case planner directly, please contact:

Jonah Mackenzie Butler Planner II 1 Municipal Drive Fishers, IN butlerj@fishers.in.us 317.595.3422

TL18536 12/7 12/8 1t hspaxlp

Fall Creek Board of Zoning Appeals Public Meeting Notice

CASE VA-21-46 MEMBERS OF THE PUBLIC MAY SUBMIT COMMENTS BY GOING TO: https://townoffishers.formstack.com/forms/public_meeting_comment_form MEMBERS OF THE PUBLIC MAY STREAM THE LIVE MEETING BY GOING TO:

http://tinyurl.com/CityOfFishers NOTICE IS HEREBY GIVEN that a public hearing will be held by the Fall Creek Fishers Board of Zoning Appeals at 6:00 PM on Wednesday, December 16, 2021, in the Fishers City Hall building, One Municipal Drive, Fishers, Indiana. **REQUEST:** At that hearing, the public will be invited to offer comments on the following request: Consideration of a request for variance of development standards from UDO Sec 6.2.1-B, to permit for an accessory structure without a primary structure. The petition requests to be permitted to maintain an accessory structure (barn) on a lot without a primary structure. The subject site is located at 10712 Hoosier Road, Fishers, IN 46037, an unincorporated area of Fall Creek Township (a legal description is on file with the City of Fishers, Department of Planning &

LOCATION: 10712 Hoosier Road, Fishers, IN 46037 The case file about this project is available for public review in the office of the Department of Planning and Zoning, located on the 2nd floor at Fishers City Hall The meeting agenda with room location details and case related information will be posted on the City's website forty-eight (48) hours in advance of the meeting specified above. If you have specific questions or want to provide written contacts to the case planner directly, please contact: Jonah Mackenzie Butler Planner II 1 Municipal Drive ishers, IN butlerj@fishers.in.us 317.595.3422

TL18535 12/7 12/8 It hspaxlp

Woodward was a friend to all he met, and a good Christian man, who loved the land and the seasons.

He proudly served as an MP in the United States Army in Hawaii during

WWII. Mr. Woodward had a registered Angus herd, sold breeding stock, and grew corn, beans, wheat, hay, oats, eggs, poultry, lambs, wool, pork and beef. Mr. Woodward was a lifetime Farm Bureau Member and Rural Youth Member. He was a Hamilton County Co-op Director, 4-H leader, member of Hamilton County 4-H Council and 70 year 4-H volunteer who impacted and inspired hundreds of youth. Because of his tireless efforts with 4-H, he received the Sagamore of the Wabash award. He was a member of the First United Methodist Church and taught Sunday School for many years. Mr. Woodward was a Miller Sports Booster and enjoyed attending Noblesville Basketball games.

Survivors include his wife of 68 years, Audrey (Filson) Woodward; sons, Rand (Debbie) Woodward and Ross (Penni) Woodward; daughter, Leah (Dennis) Fisher; brother, Ned (Shirley) Woodward; 10 grandchildren; and 12 great-grandchildren.

In addition to his parents, he was preceded in death by his son, Roger Woodward; granddaughter, Heather Sue Woodward; and brother, William Merril Woodward.

Services will be held at 1 p.m. on Wednesday, Dec. 8, 2021 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with Pastor Jerry Rairdon and Pastor Mary Spence officiating. Visitation will be from 4 p.m. to 8 p.m. on Tuesday, Dec. 7, 2021 at the funeral home. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Hamilton County 4-H Council, Inc., 2003 Pleasant Street, Noblesville, IN 46060.

Condolences online may be made at: www.randallroberts.com



Evaluations: March 12, 2022, NHS Aux Gym (New players ages 13-15 only)

Opening Day: April 18, 2022 (13-15) April 30, 2022 (16-18)

www.noblesvillebaberuthbaseball.com



First and foremost, Charlene loved her family. She was known as Nanene and Nene to her family and until her passing, drove every day to help take care of "her babies" at a daycare. She will be deeply missed by all.

Survivors include her daughter-in-law, Cheryl Lahey of New Brunswick, Canada; a grandson, Travis Michael Akerley of Ontario, Canada; a niece, Rikki (Browning) Sigler of Westfield, Ind.; and a great-niece, Emsley Hope Sigler of Westfield, Ind.

She was preceded in death by her son, Michael "Smog" Akerley of New Brunswick, Canada in 2020.

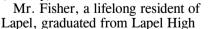
No public memorial service will be held in preference to Mrs. Browning's final wishes. Online condolences may be offered to the family at www.IndianaFuneralCare.com

Roydon R. "Robbie" Fisher

March 5, 1962 - Nov. 26, 2021

Roydon R. "Robbie" Fisher, 59, Lapel, passed away at home surrounded by family on Friday, Nov. 26, 2021 following a courageous three-year battle with cancer.

He was born in Noblesville, on March 5, 1962 to James and Jane (Harvey) Fisher.



School in 1980. He worked at Brockway Glass before joining the team at Elite Roofing in Noblesville where he worked for about 20 years. Toward the end of his life, though, he was fortunate to find his dream job - he became a truck driver for Bluegrass Farms in Anderson. He loved being on the road and seeing new places.

Mr. Fisher married his soul mate, Sandy Chaney, whom he met at a skating rink in Noblesville when he was 18 years old. Together they had two children, Zach and Danielle, both of which he was very proud of. As a family, they loved to attend concerts at Deer Creek, go camping, and vacation in his favorite place, California. Mr. Fisher loved to ride motorcycles and care for his dogs, but he will always be remembered for the love that he had for his family – especially his children and grandchildren.

Survivors include his loving wife of 41 years, Sandy; one son, Zachariah Fisher of Lapel; one daughter, Danielle (Chase) Walden of Lapel; two sisters, Brenda (Larry) Inskeep of McCordsville and Edie (Dan) Thompson of Lapel; six grandchildren, Draven Fisher, Ashe Fisher, McKenna Abel, Colton Walden, Charlee Walden and Cooper Walden; and many extended family members whom he loved dearly.

He is preceded in death by his parents; and his brothers, James "Jimmie" and Paul.

A celebration of life will be held at The Lodge on Main Street (808 N. Main Street, Lapel) on Sunday, Dec. 19 from 3 p.m. - 6 p.m.

Arrangements entrusted to Keller Mortuary Services. Condolences may be offered online at www.Keller-Mortuary.com.



Heirbrandt elected to IACC State Office

Hamilton County **Commissioner Mark** Heirbrandt was elected 2022 Vice President of the Indiana Association of **County Commissioners** (IACC) during their annual conference. Tom Wall, Huntington County Commissioner stated that "Heirbrandt will be a great spokesperson for our association and is very dedicated to improving local government." As Vice President, Heirbrandt will represent the elected county commissioners in the 92 counties of Indiana. He will be Vice President of the IACC's Board of Directors, which determines policies and legislative goals for the Association. Diana Biddle, Brown **County Commissioner** was elected President; Elmer Brames, Dubois

County Commissioner was elected Treasurer: and Kellie Streeter, Knox County Commissioner was elected Secretary during the meeting as well.



Mark Heirbrandt

The elections were held during the IACC's 2021 Annual Conference, the largest gathering of County Commissioners in the state. The three-day conference included several different workshops, and breakout sessions that were designed specifically for county commissioners and their support staff. Commissioner Heirbrandt and others attended several training workshops concerning county related topics focusing on, American Rescue Plan Act Funding, 2022 Legislative Priorities, "How to tell your Story," Open Door

Laws, Mental Health and Addiction Strategies, Cyber Security, Road Funding, and more in their training sessions.

Indiana's 52nd Lieutenant Governor, Suzanne Crouch was the Keynote speaker for the conference. She spoke on current issues related to local government, expanding broadband through Next Level **Connections Broadband** Grants, Improving Housing needs, revitalizing travel and tourism, supporting Hoosier farmers, and improving mental health and addiction programs to reduce jail overcrowding in many Indiana counties. Crouch has been a longtime partner of the IACC and is committed to improving the lives of all Hoosiers. State Senator Rodric Bray, leader of the Indiana Senate as the President Pro Tempore and Representative Greg Steuerwald, Majority House Caucus Chair addressed attendees as well

during their Legislative Update.

The Indiana Association of County Commissioners is a nonprofit organization established to provide the best education, leadership support, and advocacy services for our **County Commissioners** to strengthen their influence throughout Indiana. The objectives of the Association are: to promote cooperation of the county unit with all other units of local government, (cities, towns, township, etc.) and with state and federal agencies; and to promote improvement and efficiency in the delivery of county government services. The various functions of the IACC include serving as liaison among counties, state and federal agencies, lobbying the Indiana General Assembly on behalf of County Commissioners, as well as providing technical assistance and training to county commissioners and support staff.

Angel of Hope Paver Dedication in Fishers

The Fishers Parks Foundation in collaboration with Fishers Parks hosted the second annual winter dedication of pavers at the Angel of Hope Memorial Garden at Fishers' Heritage Park. The memorial serves as a peaceful, nondenominational place for families and friends who have lost children of all ages to grieve, remember, heal, and hope. An annual memorial service is held at Angel of Hope locations nationwide each year on Dec. 6.

The Ambassador House at Heritage Park opened at 6 p.m. to welcome the community, followed by a candlelight procession to the Angel of Hope Memorial Garden and the reading of names by Fishers Mayor Scott Fadness at 7 p.m. The Angel of Hope Memorial Garden at Heritage Park was built in

2020 and made possible by charitable donations from the community. For more information about the Angel of Hope or to order a paver, visit fishersparks. org.

About the City of Fishers The City of Fishers is a suburb of Indianapolis, Indiana, located in Hamilton County and was named #1 Place to Live in the US by Money Magazine in 2017. Under the leadership of Mayor Scott Fadness, Fishers is known as a smart, vibrant, and entrepreneurial city through its neighborhood development, dedication to supporting highgrowth companies, and innovative city processes. With a population of 91,832 (2017), Fishers is one of the fastest growing communities in Indiana and has received national accolades for entrepreneurship, livability, and safety.

The Indiana National Guard promoted its newest general during ceremony

Timothy J. Winslow, a Shelbyville native, was promoted by his family wife, Catherine; sister, Janine; daughter, Jordan, and son, Josh - this past weekend to the rank of major general. "I look forward to the

challenge and opportunity of being the assistant adjutant general," said

ATTENTION

Looking for persons who were employed at Warner Commercial Auto Body in Noblesville in the time frame of 1954-69. Please contact Jim Lyons at (330) 670-7319 or by e-mail at jlyons@hcplaw.net.

Winslow. "I will serve the soldiers, airmen and civilian employees of the Indiana National Guard, as the adjutant general and I continue our people first strategy. Winslow, who recently served as the director of joint staff since May 2019, has served in many positions throughout the Indiana National Guard including the chief of staff, the 138th Regiment commander, the operations officer, the 38th Infantry Division chief of staff and the state's Army aviation officer among others. "A highlight of this promotion is Tim stays on my command team,' said Lyles. "He's been an integral part of the team, helping to guide the Indiana National Guard during an unprecedented and historic time for our state and nation." During the ceremony, Winslow received a two-star flag as Indiana's newest major general. Winslow, who's rated as a master Army aviator, commissioned as a second lieutenant in May 1989 from the Purdue University Reserve Officers' Training Corps. He's flown more than 2,400 hours and rated for UH-60, OH-58, UH-1 helicopters and C-12 cargo planes. Winslow, who lives in Carmel with his wife, Catherine, graduated from Purdue University with a Bachelor of Arts degree in advertising concepts.



Photo By Pfc. Hannah Clifton | Timothy J. Winslow

Timothy J. Winslow sits between Brig. Gen. Dale Lyles, the adjutant general of Indiana and his wife, Dr. Catherine Winslow, at the Indiana War Memorial in Indianapolis, Saturday, Dec. 4, 2021. The Indiana National Guard promoted Winslow to the rank of major general, and he will serve as an assistant adjutant general.





FEATURED BUSINESS



The Diamond Standard in HVAC



AUTOMOTIVE	FUNERAL SERVICES
	BUSSELL FAMILY FUNERALS Serving Hamilton County and surrounding areas
	BussellFamilyFunerals.com Donna Bussell Owner/Director 1621 E. Greyhound Pass Carmel, IN 46032 317-587-2001
FUNERAL SERVICES	HOME SERVICES
CIndiana	AAA Tree & Yard Service
S Funeral Care	Tree & Stump Removal
indianafuneralcare.com Indianapolis	Grading, Leveling, & Seeding

(317) 636-6464

8151 Allisonville Rd.

Indianapolis

Greenwood

(317) 348-1570

2433 E Main St.

Greenwood

RESTAURANTS

Jim Dandy.

Online Ordering is HERE! Visit our new website at www.jdrest.com to order now! Sign up for our email list

> to receive weekly deals and specials!

Monday - Saturday 6:30 AM - 9 PM Sunday 7:00 AM - 9:00 PM 2301 E. Connei Noblesville 317-773-3288

Restauran

ner/Directo Grevhound Pass nel, IN 46032 7-587-2001 **IE SERVICES** Tee & Yard Service Stump Removal ding, Leveling, & Seeding Drainage Solutions (812) 675-9546 18029 Eagletown Rd. Westfield aaatreeandyard.com RETAIL



Would you like to be included in our next Service Directory? Contact our advertising department at 317-770-7777

Tuesday, Dec. 7, 2021

The Times, serving Noblesville and Hamilton County



Photo credit: "Subaru'

Photo credit: "Subaru"

Photo credit: "Subaru'

2022 Subaru Ascent Onyx: the three-row crossover for cool families

Subaru introduced a very competent and capable three-row crossover in the Ascent, but it was not especially exciting or unique - more of a step-up vehicle for Subaru enthusiasts. Sure, it comes with standard all-wheel-drive and 8.7" of ground clearance for topping snow or handling light trails to a weekend cabin, but it lacked the attitude necessary to entice sporty families. It was a wholly competent family wagon that lacked gravitas. That changes with the 2022 Subaru Ascent Onyx – the three-row crossover for cool families.

A4

Sinister Subaru Styling From across the street, the Ascent looks like a larger Outback or Crosstrek, meaning handsome strong forms, but nothing especially memorable. Giving the Onyx edition sinister looks are a blacked out grille, roof rails, rear spoiler, and badges. Black 20" alloy wheels steamroll highways with attitude. Wait until night to notice LED foglights and LED steering responsive headlamps.

Passengers greet an interior playing Suba-

ru's greatest hits, but with volume cranked. Simple materials feel well-made, and controls are intuitive, but Onyx editions get Subaru's two-tone gray StarTex water-repellant upholstery, swaths of simulated carbon fiber across the dash and doors, and black headliner to hide scuffs. Standard second row captain's chairs slide to provide additional third-row legroom. A panoramic sunroof, trizone automatic climate control, heated seats, and heated steering wheel add luxuries. I didn't count 'em, but Subaru claims 19 cup/bottle holders throughout the cabin.

I personally own a 2022 Subaru Outback that I like very much, but the tablet-style infotainment system is slow to boot up and doesn't always appreciate my commands. The simpler system on the Ascent is much quicker, accompanied with proper knobs for volume/tuning, but still provides touch access to navigation, audio, and phone - made convenient with Apple CarPlay, Android Auto, Blue-



tooth, and voice activated navigation by TomTom. Given Ascent's mission to carry families, safety is important. It's enhanced with adaptive cruise, lane centering, front/rear auto braking, lane keep assist, and rear seat child reminder.

Swift Turbo Power The Ascent does not lack power, harboring the same 2.4-liter turbocharged flatfour engine found in the WRX-challenging Subaru Outback Wilderness. The Ascent is considerably larger than the Outback, but still runs 0-60 mph in under seconds with 260 horsepower and 277 lb.-ft of torque – routed through a continuously variable automatic transmission. X-MODE system configures the powertrain for varying road conditions and includes hill descent control to creep down steep inclines with feet off pedals. Fuel economy is rated 20/26-

Subaru's

MPG city/highway, but not when towing the maximum

5,000 lbs. There was little wrong with the Ascent that a little more attitude couldn't fix. Just because dads and moms need space for the squad doesn't mean they want to give up style. The

Photo credit: "Subaru"

2022 Subaru Ascent Onyx

7-passengers, AWD Crossover Powertrain: 2.4-L T4, CVT Output: 260hp/277 lb.-ft. Suspension f/r: Ind/Ind Wheels f/r: 20"/20" Brakes f/r: disc/disc Towing: 5,000 lbs. Must-have features: Space, style Fuel economy: 20/26-MPG city/hwy Assembly: Lafayette, IN Base/as-tested price: \$32,295/\$41/320

> 2022 Ascent Onyx is as practical as any Subaru before, but looks a lot more sinister doing it. Ascents start at just \$32,295, rising to \$37,995 for a base Onyx or \$41,320 as-tested. Competitors include the Chevy Traverse, Ford Explorer, Honda Pilot,



Photo credit: "Subaru"

CASEY WILLIAMS Auto Reviews

Toyota Highlander, Nissan Pathfinder, Hyundai Santa Fe, and Kia Telluride.

Storm Forward!

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

Representative Chuck Goodrich announces campaign for re-election

State Representative and local businessman Chuck Goodrich (R-Noblesville) announced his intention to seek re-election in Indiana State House District 29, which includes portions of Hamilton County today. Goodrich was first elected to the House in 2018. "It has been an absolute honor to represent House District 29 Hoosiers in our state's capital. In 2018, I promised to put PEOPLE FIRST, and that is exactly what I have done and will continue to do as your State Representative," stated Goodrich. Following his election in 2018, Goodrich was appointed to the House Education, House Employment, Labor and Pensions, and House Veterans Affairs and Public Safety Committees. In 2020, he was also added to the House Ways and Means Committee. Goodrich is supported by Indiana Speaker of the House Todd Huston (R-Fishers). "Chuck is a strong conservative and relentless advocate for his constituents and the issues important to them," stated Huston. "We appreciate his leadership

skills and business acumen at the Statehouse, and I fully support him and his decision to seek another term."

Since being elected to office, Goodrich has authored and sponsored legislation that adds more funding to Hoosier public schools, secures more funding for school safety, and continues to build our workforce by removing



Chuck Goodrich

of working with Rep. Goodrich at the Statehouse," stated Spartz. "His business approach to problem solving and deep care for the community and people he represents cannot be overstated." Goodrich expanded the reach of HEA 1009 during the 2021 Indiana Legislative Session His legislation, which is now Indiana law, allows a Hoosier who is 24 years old or younger and resides in a home receiving TANF to earn up to \$15,000 and not impact their family's TANF eligibility. It also incentivizes students from low-income families to pursue a college degree or workforce certificate or participate in a pre-apprenticeship or apprenticeship program. Goodrich advocated for Hoosier students and families long before his work in the statehouse. Prior to joining the legislature, he led the charge of opening the "Crossing School of Business and Entrepreneurship" Satellite Campus. This is an alternative, state-accredited high school for at-risk students, located on the

Gaylor Noblesville campus. The campus services students directly inside the Gaylor Electric business. The students have their very own "campus" fully equipped with a classroom of computers for students to fulfill their academics and their own family time room space. For the job training portion of their day, students work alongside Gaylor Electric employees giving them a hands-on approach to learn how to work in the electrical construction industry. Also, outside of his role at the statehouse, Goodrich actively works with the High School Prep Academy and is a member of the Indiana Department of Workforce Development's **Region 5 Workforce** Development Board. He is the Chairman of David's Well in the USA, a nonprofit organization which takes the Gospel to native villages in Panama and other neighboring Central America countries making disciples and establishing congregations while meeting physical needs by establishing freshwater systems, healthy homes, medical clinics, schools, small

production centers and sustainable agriculture. Goodrich has travelled to Panama over 30 times to complete mission work. He is incredibly grateful for the friendships he has made during his time serving the villagers of Panama.

Goodrich serves on the board of Crossroads of America Council, Boy

barriers for quality employment and doing business in our state. Drawing on his business background and his passion to improve the lives of the people in his district and Hoosiers across the state, Goodrich authored a bill that created the senior-youth mentor pilot program, which seeks to provide struggling students with a role model at school. This legislation passed the House and Senate with bipartisan support. His legislation, which is now law, is supported by United Way of Central Indiana, Indiana Urban School Association, the Military Veterans Coalition of Indiana, and former military and law enforcement members. Goodrich also authored legislation in 2020,

passed unanimously by the House and Senate, to remove a requirement that resulted in a dependent students' income from a paid internship, an apprenticeship, or a work-based program counting against a family's eligibility for benefits such as Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF). The law (HEA 1009, 2020) represents a major step toward ending generational poverty for Hoosier families across the state. It is also essential for providing students with the opportunity to pursue workbased opportunities. Goodrich is also supported by Congresswoman Victoria Spartz (R-IN05). "I had the privilege

Scouts of America, which is headquartered in Indianapolis. The Crossroads of America Council, Boy Scouts of America serves the youth and adult volunteers in 26 counties in central Indiana. He is very proud of his two sons who are both Eagle Scouts and believes this program has provided his sons the skills they use today to serve their community. Goodrich lives in Noblesville with his wife of 28 years, Tricia, and their four children and grandchild. He and his wife are members of the White River Christian Church. He is extraordinarily passionate about his faith, family, and making House District 29 the best place to live, work, and raise a family.

Duke grants \$255K to state communities -- including \$80K locally

The Duke Energy Foundation awarded nine grants Monday totaling \$255,000 to programs that help Indiana communities grappling with mental health and substance abuse needs. That included \$80,000 for a countywide behavioral health collaborative in Hamilton County.

"During the COVID-19 pandemic, we've seen a rise in mental health and substance use disorders across Indiana," said Stan Pinegar, president of Duke Energy Indiana. "I have personally heard from our community leaders that more needs to be done, and we're joining the fight by supporting the critical work of organizations that are providing pathways to prevention, intervention, treatment and recovery services."

The grants will support a wide range of initiatives to create and expand mental health and substance use services across the state. Hamilton County is the recipient of an \$80,000 grant for a countywide behavioral health collaborative that focuses on prevention, early identification and intervention, crisis intervention, and shortand long-term treatment programs.

"Mental health and substance/alcohol abuse have been identified as some of the most pressing local health priorities," said Tom Kilian, president of the Hamilton County Community Foundation. "As such, the Hamilton **County Community** Foundation, in partnership with Aspire and the Hamilton County Council, has been building a crosssector coalition focused on expanding the availability and accessibility of behavioral health services for residents. We are grateful for Duke Energy's support to develop a comprehensive mitigation plan for Hamilton County that will address prevention and early identification, as well as crisis intervention and long-term treatment plans to keep our communities healthy." Grants were awarded to the following community organizations: - Hamilton County \$80,000 for a Countywide Behavioral Health Collaborative With the financial support of Duke Energy, Hamilton County will develop a countywide behavioral health collaborative that focuses on prevention, early identification and intervention, crisis intervention, and shortand long-term treatment programs. At its core, the plan prioritizes early detection to connect individuals with treatment options before the problem intensifies. If successful, the plan is designed to be

replicated in communities across the state of Indiana. The plan is supported by key leaders in the community, including elected officials in Hamilton County, Carmel, Fishers, Noblesville and Westfield. - Indiana Region 9 Workforce Board (Bartholomew, Dearborn, Decatur, Franklin, Jackson, Jefferson, Jennings, Ohio, Ripley and Switzerland counties) \$35,000 for Workforce **Reintegration Program** The Indiana Region 9 Workforce Board will leverage this grant funding to help individuals impacted by substance misuse with reintegration into the workforce, providing them with opportunities for work-based training and placement in high-wage, indemand occupations. - United Way of Greater Lafayette (Tippecanoe County) \$35,000 for Mental Health Workforce Initiatives United Way of Greater Lafayette's Tippecanoe Resilience and Recovery Network has brought together more than 95 local organizations to provide resources to those struggling with substance abuse. Their collective goal is to offer help and hope to those who need it most by offering multiple pathways for those struggling with addiction to find their road to recovery, while also focusing on prevention for

the next generation. Duke Energy's grant funding will enable them to explore investments in mental health workforce initiatives to bring more qualified mental health care workers to the community. - Upstream Prevention and

Johnson Memorial Hospital (Johnson County) \$25,000 for Education, Workforce Training, and Expanded Access to Life-Saving Medication This grant funding will enable Upstream Prevention and Johnson Memorial Hospital to conduct trainings related to opioid use prevention and intervention for community and health care professionals. The funding will also be used to increase access to Naloxone, a medicine that rapidly reverses an opioid overdose, as well as expand the reach of their antistigma media campaign, "Know the O." - Lawrence County Economic Growth Council (Lawrence County) \$20,000 for Education and Workforce Training The Lawrence County Economic Growth Council will utilize this grant funding to implement a trauma-informed care system and to expand its workforce training for area students and their parents in a way that supports the long-term economic stability and well-being of

families in the community.

- Turning Point Kokomo (Howard County) \$20,000 for Mental Health and Addiction Support Services This grant funding will enable Turning Point Kokomo to connect individuals struggling with

individuals struggling with addiction to mental health treatment and offer 24/7 peer support. The nonprofit will help those in need navigate insurance, housing and capital on their path to recovery. This grant funding will also support **Community Reinforcement** and Family Training (CRAFT) classes to support those who have loved ones struggling with addiction, as well as Wellness Recovery Action Plan classes that teach individuals about trauma-informed care. **Turning Point Kokomo** will also leverage this grant funding to support its REACH program for adolescents experiencing hardships at home. - New Hope Family Shelter (Monroe County) \$15,000 for Early Childhood Care and Education for Children Impacted by Homelessness New Hope's early childhood care and educational program provides critical services that benefit children and families impacted by homelessness. Duke Energy's grant funding will enable New Hope to triple the number of children it serves by providing

classroom materials that will help young children prepare for early success in kindergarten to break the cycle of homelessness and poverty. - Waypoint of Wabash (Wabash County) \$15,000 for Women's **Recovery Home** This grant funding will enable Waypoint of Wabash to establish a home that will assist and educate women transitioning from a life of substance abuse into healthy, sober living. The nonprofit will provide job training assistance for residents, including resume writing, interview skills and assistance with seeking employment. - Hancock Health Foundation (Hancock County) \$10,000 for Early Intervention and Prevention School-Based Programs Duke Energy's grant funding will enable Hancock Health to enhance and expand its mental health and substance use prevention and early intervention programs, which are administered at local schools. This includes expanding suicide prevention training, hosting mental health awareness events, and providing educational materials and resources. More information about the Foundation and its Powerful Communities program can be found at duke-energy. com/foundation.

UBETSY From Page A1

bring us much joy by sharing so freely and joyfully of their immense talents.'

I sat in on last week's Wednesday rehearsal thanks to an invitation from the church's assistant director of music Kate Baker, who is also the new Noblesville Main Street director, and who sings in the UMC Chancel Choir.

Choosing the music is one of Wright's tasks. "We always try to select music that tells the entire Christmas story, beginning with the prophecy of a coming Messiah, then going on to tell the story of the birth of the Christ Child, then to reflections on how this birth has influenced all of human history.'

He said, "We want to bring this story to life in our music and explore all the mystery and joy that this story offers to our community and our world. This requires that we select excellent music that is well-crafted and imaginative, and that we prepare this music as carefully as possible to bring out the beauty inherent in the music."

This year, the Chancel Ringers handbell ensemble is not included in the performance due to space restrictions, Wright said.

Another change is that the performance will be in the UMC Sanctuary rather than

Want **TO GO**?

What: Christmas Festival of Music and Art.

When: Art show and reception at 5:30 p.m., prelude music at 6:30 p.m. and concert at 7 p.m. Sunday. Where: Noblesville First United Methodist Church Sanctuary, 2051 Monument St., Noblesville (Enter Door 1). Good to know: Program features Janus Developmental Services choir, along with the church's Chancel Choir, orchestra and art for sale by Janus artists. Cost: Free.

Info: www.noblesvillefirst.com/

in Celebration Hall. "As a result, all of the available space will be taken up by the choir and orchestra.

The prelude will begin at 6:40 p.m. in the Sanctuary. "We invite people to arrive early so they can find a seat and enjoy the beautiful prelude music before the performance begins at 7 p.m."

The Chancel Choir is a large group of singers, with about 75 members.

"We are in a unique situation among churches in our area because we have an unusually large choir," Wright said. "The former director, Mary Resler, built the ensemble to its current size, and it has come to be known as a community chorus for Noblesville."

He said, "This event keeps alive a musical tradition that began many years ago under Mary Resler.

"The collaboration with Janus Developmental Services is more recent and adds a

wonderful depth to the concert and a strong connection to our community.

The choir sings at civic events, such as the Martin Luther King Day celebration in January and most recently for the Lighting of the Square on Nov. 27 on the Hamilton County Courthouse Square.

So how does one become a member of the UMC

choir? "No audition is required," Wright said, "We ask only that people join us for rehearsals at 7:30 p.m. Wednesdays, and that they enjoy being part of an ensemble that makes beautiful music and becomes a tightknit community."

Wright said most of the choir members are residents of Noblesville, but some come from surrounding communities, such as Carmel, Fishers and Indianapolis.

In addition to the 75 in the choir, the orchestra



The Times photo by Betsy Reason

as the Dean of the School of

Music, Theatre and Dance

Noblesville First United Methodist Church Chancel Choir members rehearse for the Christmas Festival of Music and Art, which will begin at 5:30 p.m. Sunday.

features 20 members. "The orchestra consists of some of the finest musicians from the greater Indianapolis area," Wright said.

It's his fifth year with the UMC Chancel Choir. "I've loved my time with this choir, and they push me to be a better musician through their commitment to making wonderful music together.'

He loves the rehearsals each week. "It's an invigorating process to rehearse with this group every Wednesday and to lead them in our worship services on Sunday morning.'

What's it been like returning after a hiatus due to the pandemic?

"The choir has bounced back in a strong way after being apart for 18 months during COVID shutdowns," Wright said. "People were anxious to make music together again. We all missed it tremendously. Wright, of Fishers, works at Anderson University. "Working with the wonderful faculty members at Anderson University and with the dedicated singers in the Chancel Choir at Noblesville First United Methodist Church brings great joy to me. That makes me smile and makes life incredibly fulfilling. I consider myself a very fortunate individual to have the opportunity to create beautiful art in both of these settings." "Mary Resler, who

started the concert years ago, considered the concert a gift to the community," UMC pastor Jerry Rairdon has said.

Sunday's concert, which through the years has turned into a huge event in the church's Celebration Hall, has been going on since the late "much loved" Mary Resler, who came to Noblesville UMC in 1965 and retired as minister of

music in May 2016 (she died in August 2017, at age 79), started the concert. It once took place in a smaller sanctuary of the church, then moved to Noblesville High School (which is now Ivy Tech), because there wasn't a venue that would hold enough people. Then in 2003, the church, at 2051 Monument St., built the currently-used Celebration Hall that would seat more than 1,000 people. Resler directed an annual holiday concert for 46 years. This would be the 52nd year for a UMC holiday concert, although there wasn't a concert in 2020, due to the pandemic.

What will attendees enjoy most? "I think people will enjoy the wide variety of music in this year's performance," Wright said. "They are sure to find something -- hopefully many things -- that they find engaging and deeply moving."

Wright said, "I hope the community will join us for this wonderful evening of music." The church will perform this music with an orchestra again at the 11 p.m. Christmas Eve service on Dec. 24. He said, "So all are welcome to enjoy the music again at that time."

-Contact Betsy Reason at betsy@thetimes24-7.com.

OMARLOWE From Page A1

seldom charge my friends. One of the reasons I got out of the business was because I seemed to have more friends than customers

I make it a point to keep my design software up-todate, even though my skills really aren't.

From time to time, the software company treats us to new features when they make upgrades to their program. The company promotes these improvements in a series of bullet points that catch our attention. This time, new ones are introduced for 2022.

Bullet point No. 1 touted a nice "capture" feature, which allows the user to poach layouts from other

up. No. 2 described a new scalable user interface that should make working easier for us older designers, who often can't see their own computers, let alone the tiny type on the screen.

No. 3 was an upgrade they call "Inclusive Terminology." To show you how daft I am, I thought they had made improvements to the story composition editor, or even the font management tools. Nope. It seems that the company is, well . . . let me put it in their own words:

"We have replaced non-inclusive terminology to support core [company] values of diversity and inclusion."

At no time using their

did I feel insulted, nor do I believe I was insulting, disrespecting or disparaging to anyone else -- unless you are British, and caught the one time I accidentally used an obscure curse word on a brochure I made for a floor covering company.

If they are making word changes to their User Manuals or their Licensing Agreement, go for it. No one reads those anyway. However, changes are coming to the program itself.

The foundation of their application is currently called the "Master" page. From it, the designer can build an entire publication quite easily. In 2022, the

called the "Parent" page.

Before we go further, let me make one thing perfectly clear: I get it. It took me awhile to see it, but I really do get it.

My question is, though, how far are we willing to deconstruct the English language before we can find words that don't offend anyone? Are parents now outraged that they are held in the same regard as slave owners? I suppose their children might see a correlation, but it demonstrates how quickly a single word can be misconstrued without understanding the circumstances of its use.

What complicates it is that some words have

I'm surprised that a company that specializes in communication has missed the value of context. There are very few words that won't insult someone when they are removed from the conditions in which they are meant to be understood.

Will Red now be referred to as the "Democratic Socialist" color? Could the "Square" tool be dropped in favor of the "Socially Awkward" tool? And will "Utilities" end up as "They / Themtilities".

OK, I know I'm way over the top, here. The satire is intentional; mockery is not.

My point is that if you want a more encompass-

start by making it more difficult for people to communicate with each other. The time will come when many of us will be afraid to open our mouths, while others will find it impossible to keep theirs closed.

We may be there now. One of my favorite tools in this graphic design program is the "Shear" tool. With it you can push one corner of any rectangle, and automatically create a rhombus. Don't worry, designers. It's not gong away soon.

For 2022, however, its name is being updated to shear nonsense.

John O. Marlowe is an award-winning columnist for

documents to speed things

software to create designs

Master page will now be

multiple meanings.

ing, relevant society, don't Sagamore News Media.

UREADY From Page A1

colder temperatures when salt is less effective."

Davis says the county has secured a more than adequate supply of salt and that supply chain issues should not present any problems. Snow removal trucks and brine making equipment are currently undergoing inspection. Hamilton County uses the brine as part of an anti-icing program to help keep snow

and ice from bonding to the pavement, help prevent frost on bridges, and allow for a much easier post storm cleanup. The county's fleet includes 14 snow trucks, two brine application trucks, and nine pick-up trucks.

"The Highway Department should be commended for the phenomenal job it does in inspecting and maintaining its snow-fighting fleet," says

County Commissioner Mark Heirbrandt. "Good maintenance not only extends the life of the equipment, but it ensures nothing breaks down during a storm."

The Highway Department is prepared to maintain a 24-hour operation if necessary. County Councilman Steve Schwartz says additional CDL and non CDL certified drivers have been hired

to supplement the normal highway staff. "They may be called upon when split shifting is required. When things get really tight, Commissioner Heirbrandt and I have been known to lend a hand as well."

Additional seasonal drivers are still needed. If you are interested in applying, contact the Hamilton County Highway Department at 317-773-7770.



Lt. Kurt Delong

Tyler Abbitt, Skyler Moe and Jared Wilcox for receiving Life Saving Awards. Hamilton County is lucky to have these highly skilled peacekeepers on patrol.



lassified 765-361-0100 ext. 15 | class@thepaper24-7.com **Deadlines for next-day publication:** Monday - Friday 9 a.m. to 4 p.m. Line ads: 1 p.m. 1 Display ads 11 a.m. Pittman & Davis Sunbelt Fruit Medley for the Holidays! Hale Groves Fruit Favorites Gift Box for the Holi-ENJOY 100% guaranteed, delivered-to-the-door Brighten Someonells Winter! 6 Rio Ruby Red Gems. 8 Tiny Tim Navels. 4 Mini Fuji Apples. Call NOW and SAVE 51%! Pay just \$19.99. FREE Shipping! Call 1-888days! Send 2 navel oranges, 1 grapefruit, 2 honey-sweet tangerines, 2 petite red navels, 2 pears & 2 orchard fresh apples! SAVE 43%! Just \$23.99 (plus s/h.) Call 1-866-Omaha Steaks! Get 8 FREE Filet Mignon Burgers! Order The Delightful Gift this holiday season- ONLY \$99.99. Call 1-877-326-0793 and mention code 476-3760 to order item 296X and mention code H2YH71 570-0987 to order item SFM and mention code P2YG52 65658TNT or visit www.omahasteaks.com/thegift1443 for savings or visit pittmandavis.com/P2YG52 for savings or visit halegroves.com/H2YH71 DISH Network. \$64.99 Earthlink High Speed High-Speed Internet. We 4G LTE Home Internet Portable Oxygen Concen-FREON WANTED: for 190 Channels! Blazing Internet. As Low As trator May be Covered instantly compare speed, Now Available! Get We pay \$\$\$ for cyl-Fast Internet, \$19.99/mo. \$49.95/month (for the by Medicare! Reclaim ininders and cans. R12 pricing, availability to find GotW3 with lightning first 3 months.) Reliable High Speed Fiber Optic (where available.) Switch & dependence and mobility the best service for your R500 R11 R113 R114. fast speeds plus take with the compact design Get a FREE \$100 Visa Gift needs. Starting at \$39.99/ your service with you Convenient. Certified Technology. Stream Vidand long-lasting battery Card. FREE Voice Remote. Professionals. Call of Inogen One. Free information kit! Call 877month! Quickly compare when you travel! As FREE HD DVR. FREE eos, Music and More! 312-291-9169 or visit low as \$109.99/mo! offers from top providers Streaming on ALL Devices. Call Earthlink Today 1-855-977-7069 930-3271 RefrigerantFinders.com Call 1-844-961-0666 Call today! 1-855-551-9764 1-877-327-0930 Smart Home Instal-SERIOUSLY IN-DONATE YOUR LIVE PAIN FREE New Starting Base ATTENTION OXwith CBD products lations? Geeks on Site **CAR TO CHARITY!** JURED in an AUTO Pay - .60 cpm w/ YGEN THERAPY from AceWellness. We option to make .70 will install your WIFI, FAST FREE PICK-ACCIDENT? Let us **USERS!** Inogen One guarantee highest quality, Doorbells, Cameras, cpm for Class A CDL UP-24 HR RESPONSE! fight for you! Our G4 is capable of full most competitive pric-Home Theater Systems Flatbed Drivers, Help Children in Need, network has recovered 24/7 oxygen delivery. ing on CBD products. & Gaming Consoles. Support Breast Cancer Excellent Benefits, millions for clients! Softgels, Oils, Skincare, Only 2.8 pounds. \$20 OFF coupon Education/Prevention or Home Weekends, Call Vape & more. Coupon Call today for a FREE FREE information kit. Veterans. Tax Deduc-42537! (Restrictions 800-648-9915 or www Code: PRINT20 Call consultation! 844-517-Call 855-965-4916 apply) 855-668-0067 tion 844-820-9099 boydandsons.com Now 833-226-3105 6414 Need Help with Fam-DIAGNOSED WITH Wesley Financial Group, Looking to SELL Never Pay For COMPUTER ISily Law? Can't Afford a Covered Home Repairs LUNG CANCER? LLC - Timeshare Cancellation SUES? GEEKS ON your Home? Save \$5.000 Retainer? www. Experts - Over \$50,000,000 Again! Complete Care SITE provides FREE You may qualify for a time & money, in timeshare debt and fees diagnosis REMOTE-LY 24/7 SERVICE familycourtdirect.com/ Home Warranty COV substantial cash award. connect with the Top Family/Law - Low Cost cancelled in 2019. Get free ERS ALL MAJOR NO Obligation, NO Legal Services - Pay As informational package and SYSTEMS AND AP-DURING COVID19. Agents in your area risk! We've recovered learn how to get rid of your PLIANCES. 30 DAY No home visit necessary You Go - As low as \$750to get more MONEY millions. Let us help \$1,500 - Get Legal Help **RISK FREE. \$200.00** \$40 OFF with coupon timeshare! Free consultations. you!! Call 24/7, 844and close FASTER! Now! Call 1-888-417-4602 Over 450 positive reviews. OFF 2 FREE Months! 86407! Restrictions ap-284-4920 Call 317-854-9781 Mon-Fri 7am to 4 pm PCT Call 877-329-1207 1-855-408-3894 ply. 888-715-8176 DIRECTV for \$69.99/mo Directv Stream - The Best Guaranteed Life Become a Published Author. Denied Social Se-Thinking about installing of Live & On-Demand On Ve want to Read Your Book! for 12 months with CHOICE a new shower? American Insurance! (Ages 50 to curity Disability? All Your Favorite Screens. Dorrance Publishing-Trust-Package. Watch your favor-Standard makes it easy. 80). No medical exam. Appeal! If you're CHOICE Package, \$84.99/ ed by Authors Since 1920. te live sports, news & enter-FREE design consultation. Affordable premiums Book manuscript submissions ainment anywhere. One year 50+, filed for SSD mo for 12months. Stream Enjoy your shower again! currently being reviewed. on 20 devices at once in never increase. Benof HBO Max FREE. Directv and denied, our attor-Comprehensive Services: Call 1-855-475-0534 today your home. HBO Max is #1 in Customer Satisfacefits never decrease. Consultation, Production, Proneys can help get you FREE for 1 yr (w/CHOICE to see how you can save tion (JD Power & Assoc.) motion and Distribution. Call Policy will only be approved! No money \$1,000 on installation, or Package or higher.) Call for Call for more details! (some for Your Free Author's Guide cancelled for non-payrestrictions apply) Call 1-888-885-8931 more details today! (some visit www.newshowerdeal. 1-888-965-1444 or visit http:// out of pockets! Call ment. 833-535-1043 restrictions apply) Call IVS 1-844-412-9997 dorranceinfo.com/hoosier com/hoosier 1-855-995-4758



Tuesday, Dec. 7, 2021

Have a favorite recipe you want to share? Send it to news@thetimes24-7.com

Delightful Dishes to Dazzle Holiday Guests

FAMILY FEATURES

ntertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for holding over predinner appetites in small plates like this Bell-Issimo Brie Melt or Apple

Stuffing Bites with Rosemary Gravy. The versatile flavor of apples isn't just limited to foods, however. For the adults in the room, Pumpkin Spice Apple Cider with a splash of bourbon is a seasonally appropriate way to quench thirst and break the ice. Simply omit the bourbon for a kid-friendly

version so the whole party can savor a sip. Easy to spot with their crimson red skin over a golden background that practically glows, Envy Apples offer an easy, eye-catching way to try new tastes and celebrate joyful occasions together. The bright white flesh is naturally slow to brown when sliced for a fresher flavor in sweet treats like Apple Oat Crumble and Citrus Caramel Topping for a tasty way to elevate your holiday get-togethers.

Find more sweet holiday recipes at EnvyApple.com.

Apple Oat Crumble and Citrus Caramel Topping

- 3 tablespoons sugar
- teaspoon ground cinnamon Envy Apples, diced into large cubes 1/2
- tablespoon lemon juice
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup cold butter, diced small
- 1/2 cup caramel 1/4 teaspoon salt
- orange, zest only 1/2
- 1 tablespoon orange juice vanilla ice cream

Preheat oven to 350 F.

In bowl, stir together sugar and ground cinnamon. Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.

In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.

Bake 40-45 minutes until mixture is bubbling and golden brown Remove from oven and let cool 15 minutes.

In small pot, whisk caramel, salt, orange zest and orange juice until warm.

Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



Apple Oat Crumble and Citrus Caramel Topping

Preheat broiler. Cook stuffing according to package directions; set aside and allow to cool slightly. In large saute pan, melt butter saute apples and onion until tender. Set aside to



Pumpkin Spice Apple Cider

Pumpkin Spice Apple Cider

- Envy Apple, diced
- tablespoon butter
- teaspoon pumpkin spice
- ounces bourbon 4
- ounces pumpkin spice apple cider demerara sugar Envy Apple slices, for garnish

Photo courtesy of Getty Images

- rosemary, for garnish cinnamon stick, for garnish In pan over medium heat, saute diced
- apples in butter and pumpkin spice 5-10 minutes. In glass, combine bourbon and pumpkin
- spice apple cider; top with sauteed apples. Add demerara sugar then garnish with
- apple slices, rosemary and cinnamon stick.

- mng tablespoons butter cups diced Envy Apples

- 1/2 onion, diced small

- Gravy: 3 tablespoons butter
 - tablespoons flour cups beef broth 3
- teaspoons kosher salt 2
- 20
- turns fresh cracked pepper teaspoon Worcestershire sauce
- tablespoon finely chopped rosemary
- cool slightly
- Stir together stuffing and apple mixture. Spread stuffing on sheet tray and allow
- to cool in refrigerator. After cooling, form stuffing into medium bites and place on sheet tray lined with parchment paper.
- Broil bites until golden brown and slightly crispy
- To make gravy: In small pot, melt butter and whisk in flour. Cook flour 1 minute, whisking frequently.
- Whisk in beef broth, salt, pepper and Worcestershire sauce; bring to boil, whisking frequently. Remove from heat and stir in rosemary. If desired, continue gently simmering gravy to thicken.

Arrange stuffing bites in serving dish and drizzle with gravy. Serve hot.



Apple Stuffing Bites with Rosemary Gravy



Bell-Issimo Brie Melt

Apple Stuffing Bites with Rosemary Grav Bell-Issimo Brie Melt 1 round brie (6-8 ounces) 2 Envy Apples 1/4 cup walnuts 1/4 cup dried cranberries firm crackers Unwrap brie and place on microwave-safe dish. Cut off top of brie round and microwave 60 seconds until middle is soft. Slice apples into thick wedges. Top brie with half the apples, crushed walnuts and dried cranberries. Serve with firm crackers and remaining apple wedges.

WWW.THETIMES24-7.COM



Learning more about GERD and its complications

I've been asked to re-run my columns about Gastroesophageal Reflux Disease, more commonly known as GERD. That long name translates to: acid from the stomach (gastro) is found in the tube that connects the mouth and stomach (esophagus) and goes in a backward direction (reflux).

It's helpful to know the anatomy when trying to understand GERD (top diagram). The esophagus is a muscular tube that contracts in a rhythmic fashion to move food from the back of the mouth to the stomach. The esophagus passes through the diaphragm, the muscular dome that separates the chest and abdomen. The diaphragm helps form the lower esophageal sphincter (LES) that acts as a valve to help keep acid in the stomach. Food passes through the LES into the stomach where it is mixed with acid to start breaking down food.

It is estimated that between 14 and 20 percent of adults in the U.S. are affected with GERD. These estimates are based on surveys of patients who report heartburn that is the primary symptom of GERD. The medical definition of GERD is "a condition which develops when the reflux of stomach contents causes troublesome symptoms (i.e., at least two heartburn episodes per week) and/or complications."

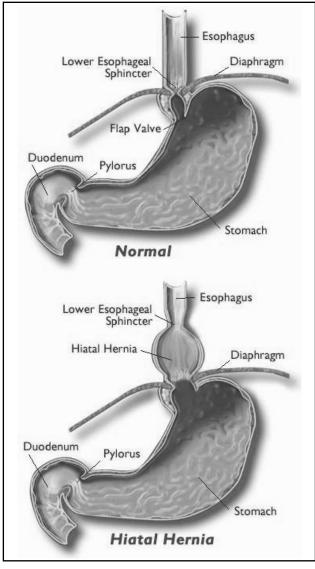


JOHN R. ROBERTS, M.D. Montgomery Medicine

The incidence of GERD is increasing in the United States. The reasons are not completely clear, but it is presumed to be due the rising number of overweight and obese individuals. However, normal weight folks can have GERD as well.

A Hiatal hernia (bottom diagram) can cause GERD. This condition occurs when the top part of the stomach "herniates" or pushes up through the hole in the diaphragm. When this occurs, the lower esophageal sphincter moves up away from the diaphragm, relaxes, and is not as effective at holding food in the stomach.

Additional risk factors for GERD include low muscular tone of the LES, loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Alcohol



can reduce the effectiveness of the LES. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Smoking cigarettes is also a risk factor and also leads to decreased production of protective mucus in the stomach.

Common symptoms of GERD include heartburn, regurgitation, difficulty swallowing and chest pain. Less common symptoms include pain with swallowing, water brash (excessive salivation prompted by acid reflux), sour brash (acid taste in the mouth, particularly when lying down), pain in the upper abdomen, and nausea.

Most people think of GERD as something that just causes heartburn, but it can result in more serious complications. These can be divided into those that involve the esophagus and those that don't. While most of these produce only symptoms, some can actually cause injury or even lead to cancer.

The lining of the stomach is protected from stomach acid by a thin layer of mucus. The lining of the esophagus, on the other hand, is not designed to withstand constant exposure to stomach acid. When the esophagus is bathed in gastric juice, it can become inflamed and even ulcerated. This condition is called esophagitis and can vary from mild to severe.

Reflux and esophagitis can cause scarring of the wall of the esophagus. This can result in the formation of narrowed areas called strictures. Strictures may result in difficulty swallowing solids and food may feel like it's getting stuck in the middle of the chest. If the strictures are severe the person may even have trouble swallowing liquids.

If cells that line the esophagus are exposed to stomach acid on a frequent basis, they may undergo structural changes to try to protect themselves. Excess acid exposure can also result in a condition called Barrett's esophagus. People with this condition can develop cancer of the esophagus. The chance is about one-half to three quarters of a percent each year. The incidence of cancer of the esophagus has increased by a factor of two to six over the last 20 years.

There are also complications of GERD that occur outside the esophagus. If the stomach acid gets high enough in the esophagus, it can spill over into the larynx (voice box) and trachea (windpipe). This can cause a dry cough and also inflammation of the larynx (laryngitis) resulting in hoarseness and an irritating need to clear the throat. It can also make asthma more difficult to treat. Excess acid can also cause tooth decay.

Now that you're an expert in what GERD is you're probably asking how to avoid getting it and how to diagnose complications and treat it. Tune in next week for the exciting conclusion!

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

How to make the holidays less stressful for the whole family

(Family Features) Between changes in routine and visiting family (or having them visit you), the holidays can be emotionally overwhelming for children and adults alike, even in "normal times." Add in inclement weather, the desire for a perfect holiday and parents still working, and you have a perfect cocktail for emotional meltdowns.

"The key to enjoying whatever this holiday season brings is to acknowledge the range of emotions the entire family may be feeling and hold space for those feelings," said Ariel Acosta from KinderCare's Inclusion Services team. "By working on a few key things now before the heightened expectations and busyness set in, families can build a toolbox of skills that will help make the season less stressful for everyone."

Consider these tips to help families prepare for a less stressful holiday season.

Find ways to destress as a family - Throw on some music and have a dance party. Incorporate some simple yoga moves or stretches into your day to create mindful moments. Help your children create a list of calm-down techniques to choose from when they start to become overwhelmed or as a way to reset after an outburst, such as taking a deep breath.

Set expectations for greetings - Talk with your children about your family's expectations around greetings and help them think of and practice different ways to say hello, such as a hug, handshake, high-five, wave or verbal greeting. Giving your children options ahead of time allows them to choose the greeting that feels most comfortable in the moment. To lessen the pressure, make sure family members and friends understand what you and your children are comfortable with. For example, "It looks like Zazil doesn't want a hug right now, Auntie Mei. Perhaps a high-five would

be better." Give your children (and yourself) grace - Talk with your children about the range of emotions you feel throughout the day. This can help them learn emotional literacy and flexible thinking. It also normalizes feelings. When a big feeling does happen, remember to connect before you correct by labeling and validating your child's emotions: "I can see that you're really sad we have to leave the party. Leaving makes me feel sad, too. What would help you feel better?"

If your child is engaged in unsafe behaviors, like hitting, wait until after everyone is calm before talking about what could be done differently next time.

"How you handle your mistakes can be a powerful example for your children," Acosta said. "Once

Managing grief during the holidays

you're calm, explain what happened to your children. Start by naming your emotion, apologize if you didn't handle your feelings well and let your children know what you plan to do differently next time. 'I was really mad you two were arguing and I velled. I shouldn't have done that. Next time, I'm going to try to remember to take some deep breaths to help me speak more kindly.'

For more tips to help your children with social and emotional development, visit kindercare. com.

Keep healthy for the holidays

(Family Features) During this year's holidays, many families are looking forward to celebrating a closer-to-normal season. However, that means staying healthy and keeping all kinds of germs at bay, including seasonal cold and flu bugs.

"With life getting back to normal, we are expecting a more severe cold and flu season than we encountered last year," said Dr. Jennifer Caudle, family physician. "It's important to both take preventative measures and stay prepared for keeping symptoms at bay. I recommend looking for over-the-counter medicines with active ingredients like dextromethorphan and guaifenesin, which help relieve both cough and chest congestion.

Practice good hygiene. Washing your hands has become a common refrain throughout the pandemic because it's a simple and effective way to keep germs away, whether they're of the global pandemic variety or a common cold. As you're out shopping and mingling this holiday season, you're likely to come into contact with more germ-laden surfaces than usual. Shopping carts, doors and public restrooms are major culprits, so carry

sanitizer and be sure to give your hands a thorough wash when you get home.

Treat symptoms. While addressing the symptoms of an illness won't necessarily make it go away, it can ease your discomfort while it runs its course. An option like Mucinex 12 HR Extended Release Tablets provides relief for 12 hours by helping thin and loosen mucus to relieve chest congestion. The tablets are also available in a DM formula, which provides relief for both wet and dry coughs.

Protect your immune system. A healthy immune system helps your body fight off germs so you don't get sick, or if you do come down with a cold or the flu, you may have a milder, shorter illness. Getting plenty of rest, staying well hydrated, eating well-balanced and nutrient-rich meals and getting plenty of regular physical activity can all help keep your body in good condition to fight off seasonal germs.

Keep your medicine cabinet stocked. There's hardly anything worse than waking in the middle of the night with a cough or sinus trouble and discovering your medicine cabinet is empty. Be proactive by restocking on over-the-counter basics to help keep your symptoms in check. It's also a good idea to check the expiration dates of any medications you do have on hand and replace anything that is out of date.

Be mindful of spreading germs. If you do get sick, you can take steps to protect your loved ones. If possible, stay home until your symptoms have passed and you're less likely to be contagious. Covering your nose and mouth with a tissue when you cough or sneeze, or sneezing into your elbow if you don't have a tissue, can be effective in preventing the spread of germs.

Know when to consult a doctor. In most cases, minor cold symptoms don't require a visit to the doctor (unless you think you may have been exposed to COVID-19 and need to arrange for testing). However, if symptoms don't resolve within a week, grow worse in a short period of time or aren't responding to over-the-counter medicines to ease your symptoms, it's a good idea to schedule an appointment with your doctor or at least speak with a triage nurse for advice.

Find more resources to help you prepare stay healthy for the holidays at Mucinex.com. (Family Features) The holidays, as well as birthdays and other celebrations, are often difficult for anyone who has experienced the death of a loved one, particularly during the first year of adjusting to life without them.

The holiday season may result in a renewed sense of grief, especially as well-intentioned individuals are encouraging those who are grieving to participate in traditional festivities. While there can be joy in being together with family and friends, the holidays can also bring feelings of sadness, loss and emptiness.

For those who find themselves struggling with grief during the holidays and other celebrations, consider these ideas from Remembering a Life, an online resource from the experts at the National Funeral Directors Association.

Talk About Grief Grief isn't a linear journey. Ignoring pain and emotions won't make it go away. Don't be afraid to talk about grief with others. Confiding in close family and friends can help a grieving person feel heard and understood.

Establish Boundaries During the Holidays

Friends and family may encourage a grieving person to participate in the holiday just as they normally would. While these intentions are typically good, it is important for the bereaved to set boundaries and focus on what they want. While grieving, one should openly and honestly discuss wishes with friends and family and clarify what they are comfortable with and have the emotional bandwidth to do.

Acknowledge the Loss Families can find ways to honor their loved one's physical absence during holiday celebrations by incorporating their spirit into celebrations and holiday traditions. Examples of this could be decorating ornaments in ways that are symbolic of a loved one, cooking their favorite meal or making a memorial donation to a favorite charity.

Reflect On and Embrace Fond Memories

Memories of a loved one, both from the holidays and other special times, are an important legacy. Rather than ignoring these memories, talk about them with family and friends. It's OK to laugh and it's OK to cry. One way to facilitate this activity is with Remembering A Life's Have the Talk of a Lifetime Conversation Cards, which can help families share stories and memories about loved ones and themselves. It can make for a meaningful activity during holiday gatherings.

It is important to remember that even though an individual may be grieving, they can still celebrate and enjoy the holidays. Find support and resources for grief during the holidays and other special times of the year at RememberingALife.com.





Tuesday, Dec. 7, 2021

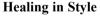
..... 1111111111 Gifts to Celebrate Love







5 Tips to Wrap Gifts Like a Pro The thought is what truly counts, but a crisply wrapped package



To make stockings extra special this year, consider a colorful and artistic way to cover and protect your family's minor cuts, wounds and scrapes. Designed by graphic artist Kendra Dandy, CURAD Flex-Fabric Bandages feature fun, fashionable designs in multiple shapes and sizes. These eyecatching, wearable pieces of art offer multi-purpose protection for everyone in the family, including kids and fun-loving adults. Find more information at curad.com

The Gift of a Healthier Space

Shine a light on your home office or e-learning space with a solution like the OttLite Achieve LED Sanitizing Desk Lamp with proven, patented SpectraClean technology that safely breaks down harmful bacteria to create a healthier and more productive space. Plus, with two ways to charge your devices (wireless charging and USB port), it's a gift your recipient can use all year long. Plus, the clean, white light is proven to reduce eyestrain by 51%, making it a valuable way to read, work and study. Find more information at ottlite.com/sanitize-achieve.

shows your loved ones just how much time and effort you put into their gifts this holiday season. For a gift that looks like it was wrapped by Santa himself, consider these tips:

- 1. Keep supplies together: Each year when you're done wrapping, store your scissors, tape, ribbons, bows and tags together. That way, when it comes time to wrap this season's gifts, you're not searching for each item individually.
- 2. Pick the perfect paper: Shop for a few wrapping paper options that complement one another. This aids the appearance of your assortment of presents under the tree, so they provide an array of colors and styles without clashing. **3. Work in shorter sessions:** Rather than trying to wrap all
- your gifts at once and burning yourself out, make it a fun experience by wrapping 2-3 presents at a time. Add joy to the task by playing your favorite holiday music or turning on a classic movie so it feels more like an exciting tradition than a chore
- 4. Use household items as helpful tools: The neater you can keep your wrapping paper, the sharper it'll look as a finished product. Cut an empty cardboard toilet paper roll down the side then use it as a cuff to wrap around your wrapping paper roll to avoid wrinkling. While you're wrapping, an item as simple as a paper clip can make things easier – use it to mark the end of the tape on the roll or clip it on to the edge of your wrapping paper roll to keep things neat and tidy. 5. Tag gifts as soon as they're wrapped: Corners that don't
- seem as crisp as you hoped might be annoying but wrapping a group of gifts only to forget which is which can be downright frustrating. Once the kiddo's newest toy is safely wrapped, make sure to immediately put a gift tag on the package before it's mixed up with grandma's sweater.



A Gift for Car Aficionados

For the drivers on your list, keep them prepared for the road with an option like Michelin Endurance XT Silicone wiper blades, which provide a smooth, streak-free wipe and improved driver visibility even in extreme weather conditions. With 130 years of rubber expertise, this premium blade is specifically engineered to last twice as long as standard wiper blades. Find more information at Walmart.com.



A Smokin' Good Holiday Spread

Elevate your hosting with Latitude 45 Smoked Salmon from Patagonia's glacial-fed fjords. It's the only available salmon smoked within 24 hours of leaving the water. It's listed in the top 25% of food companies worldwide on the Dow Jones Sustainability Index, and its pure, clean and fresh taste makes for endless pairings options for a crowd pleaser in your holiday spread. Find options near you at latitude45salmon.com/store-locator.

www.TheTimes24-7.com