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*Wishing you
a very
Merry
Christmas!*

TODAY'S VERSE

Matthew 6:33 *But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you*



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Laura Vaughan smile? "The thing that makes me smile the most is seeing young 4-H'ers start to grow up in the program and once they get toward the end of their journey, they really start to blossom," said the 18-year-old Noblesville resident, a 10-year Hamilton County 4-H'er and Junior Leader who was found in July 2021 helping with the 4-H Photography open judging (she was in her third year of Photography) at the Hamilton County 4-H Fair in Noblesville. As a 4-H'er, she was a member of the Lucky Robots 4-H Club and is the daughter of George and Lisa Vaughan. She was a 4-H Fair Queen contestant in the 2021 Queen Pageant, and she was first runner-up in the 2020 4-H Fair Queen Pageant. During the 2021 4-H Fair, she earned multiple scholarships and was one of two county 4-H'ers presented the coveted Tenure Award with scholarship money from Farm Bureau. The Tenure Award recognizes a 4-H'er who has accomplished the most in their 10 years. She was also honored with the Department of Indiana American Legion's Girl Scout of the Year. Her greatest achievement? "My biggest achievement is being awarded the Cornelius Vanderbilt scholarship at Vanderbilt University" in Nashville, Tenn., where she is now a freshman. "It's a full-ride scholarship so I get all of my tuition covered. I was so excited to be handpicked from a pool of, I think 45,000 applicants, to represent my school in such an amazing way. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Laura graduated in 2021 from home schooling. During her 10 years in 4-H, she completed 135 projects. An interesting fact: Vaughan has really long brown hair. Read more on how to become a Conner Prairie youth volunteer in the Betsy Reason column in today's edition of The Times.

And Another Thing...

Put on your pink and head up to Arcadia tonight for the Heights-Chatard girls' basketball game and the 2nd Annual Pink Out Tuesday! Pink Out for Breast Cancer is designed to help raise awareness and money for those battling breast cancer. During half time of the varsity game, nine local breast cancer survivors will be honored and recognized. In addition, back by popular demand is the Chuck a Duck event (\$5 for three ducks). Guests will have the opportunity to chuck their way to a chance to win four different gift cards kindly donated by local businesses. Special thanks to Big Dog's BBQ, Pizza House and 10 West in Cicero for their donations of \$50 gift cards and to Jennifer Jacob for \$25 gift card for Chantilly Crepes. The ducks can be purchased at the game, or through a player or player parent. Junior varsity action tips off at 6 p.m. and the varsity contest gets going at 7:30 p.m.

The TIMES

Hamilton County's Only Daily Newspaper

NOBLESVILLE, INDIANA

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Photo courtesy of Conner Prairie

Addie McMillan, who has been a Conner Prairie youth volunteer since 2018, said she has learned a lot, including how to safely use "knives in the kitchen while cutting carrots (in this 2019 photo)." Conner Prairie is seeking youth volunteers for the class of 2022.

Learn about being a youth volunteer

It's recruitment time for another class of Conner Prairie youth volunteers.

So if you know a young person who will be 10 years old by April 1 and would be great interpreting on the Conner Prairie grounds in Fishers, then encourage the youth and his or her parents to attend tonight's Conner Prairie Prospective Youth Info Meeting. It's 7 p.m. to 9 p.m. today in the Conner Prairie Welcome Center.



BETSY REASON
The Times Editor

No need to RSVP. The meeting is open to youth applicants and their parents or guardians.

The Conner Prairie youth volunteer program, for ages 10-18,

Want MORE?

What: Conner Prairie Prospective Youth Info Meeting.
When: 7 p.m. to 9 p.m. today.
No RSVP needed.

Where: Conner Prairie Welcome Center, Overlook room, 13400 Allisonville Road, Fishers.
Good to know: Youth volunteer program is for ages 10-18.
Info: <https://www.connerprairie.org/support/get-involved/youth-volunteer/>

teaches its youth about history in a hands-on environment. At the same time, the youth volunteer in 1836 Prairietown, 1816 Lenape Indian trading camp and the 1863 Civil War Journey, plus Treetop Outpost, Conner Barn, and Discover Station and Create Connect in the Welcome Center. Youth volunteers help with special events, prepare



Photo courtesy of Conner Prairie

Conner Prairie is seeking youth volunteers for the class of 2022

crafts and clean artifacts. They help with chores, scoop waste in the animal barn and learn how

➔ See BETSY Page A5

Six Wabash College senior students earn Orr fellowships

Six Wabash College seniors, including one from Noblesville, have earned Orr Fellowships, guaranteeing them two-year, salaried positions with a host company in Indianapolis. This marks the most Orr Fellows from Wabash in an academic year in the fellowship's history.

As Orr Fellows, Gerard Seig, Lucas Bender, Drew Bluethmann, Isaac Cloran, Kenny Coleman and Solomon Davis will receive executive mentorship and participate in a curriculum designed to develop understanding and skills vital to entrepreneurship and business



Gerald Seig

leadership. Fellows will also grow professionally through an active and supportive network with opportunities for cultural and civic engagement.

"I am delighted with the success our six recipients achieved this year," said Steven Jones '87, Dean for Professional

Development. "Orr Fellowship is a respected program and has more than 1,300 applicants each year. To reward six Wabash men with this great honor is a proud moment for the College. It also sends a message to high school students who have business and entrepreneurship

➔ See ORR Page A5

All Glory to the Great Turtle God

I was out in my neighbor's front yard helping Ronnie, Stevie's father, put up Christmas lights on his roof. My job was to detangle the strands of lights as they came out of the plastic storage box, before hoisting them up to Ronnie for installation.

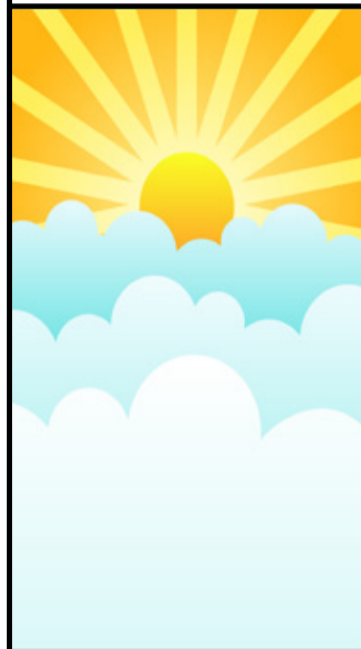
I'm surprised I got the job, because I'm certain that Ronnie can see my garden hose from atop his roof. That birds' nest of extruded green synthetic rubber is hardly a positive testimony to my detangling skills.



JOHN MARLOWE
COLUMNIST

➔ See MARLOWE Page A5

The Daily Almanac



Sunrise/Sunset
RISE: 8:02 a.m.
SET: 5:23 p.m.



High/Low Temperatures
High: 53 °F
Low: 34 °F



Wacky Holiday Today
• Free Shipping Day
• Roast Chestnuts Day



What Happened On This Day
• 2012 Sandy Hook Elementary School shooting
• 1939 USSR expelled from the League of Nations
• 1911 Roald Amundsen reaches South Pole



Births On This Day
• 1988 Vanessa Hudgens American actress
• 1503 Nostradamus French astrologer

Deaths On This Day
• 1943 John Harvey Kellogg American surgeon
• 1799 George Washington 1st President of the U.S.

INSIDE TODAY

- Obituaries.....A2
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HONEST HOOSIER

Christmas is a week and four days away. One of my favorite memories is Christmas shopping. There weren't any big boxes or online options back then. And mom and dad knew all the merchants and they knew us.



TODAY'S QUOTE

"Remembrance, like a candle, burns brightest at Christmastime."
Charles Dickens

TODAY'S JOKE

How did Scrooge win the football game?
The ghost of Christmas passed!

TODAY'S HEALTH TIP

Treat burns by immediately soaking the area in cold water for at least five minutes and cover any open areas with antibiotic ointment. 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.



THREE-DEGREE GUARANTEE

Weatherby says the high today will be **53°**

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.



The Times appreciates all our customers. Today, we'd like to personally thank John Thomas of Noblesville for subscribing!

OBITUARIES

SEE OBITUARIES ON PAGE A2



OBITUARIES

Roger Alton Neal Dec. 10, 2021

Roger Alton Neal, 74, Noblesville, passed away on Friday, Dec. 10, 2021, at his hand-built log home in the woods.

Mr. Neal was a 1965 graduate of Noblesville High School. In June of 1966, before his sophomore year at Purdue University, he enlisted in the United States Navy. At age 19, he shipped out to Da Nang, South Vietnam. Having driven Harger Farms tractors as a teenager, he had a natural knack for heavy machinery. Upon entry into the Navy, he was assigned the rank of 3rd Class Petty Officer as a member of The Fighting Seabees. When he returned from active duty, his service to his country (and the GI Bill) paid for three more years of Purdue University, where he obtained a biology degree.

He worked for 37 years for the Indiana Department of Natural Resources as a wildlife biologist, property manager and specialist at Hovey Lake, Glendale, and Indianapolis. He was universally respected by colleagues, hunters, employees, farmers, campers, and fishermen and was integral in implementing increased wildlife conservation efforts. In his "spare time", he scouted, harvested, hauled, split, and delivered thousands of loads of the finest firewood to Davess and Hamilton County families.

Mr. Neal worked tirelessly, using only a Rand McNally atlas and guide books to plan once in a lifetime summer vacations for his family. To Yellowstone, Yosemite, Redwood National Forest, Crater Lake, the Grand Canyon, The Alamo and Alaska. He found unlimited pleasure in the outdoors and cherished every second he spent there. He was a lifelong member of Union United Methodist Church. He loved The Beach Boys, pick-up trucks, Gene Keady, the St. Louis Cardinals, changing his own oil, Budweiser, bluegill fillets, firm handshakes, Red Wing boots and his father's 1950 Ford 8N tractor.

He encouraged his children, nieces, nephews and grandchildren to never stop learning. To ask questions. To respect your elders. To be fearless. To take your lumps. He taught them to do something right the first time, that nothing is ever broke, and, most importantly, to leave the world a better place than what you found it.

Survivors include his loving wife of 52 years, Sharon Sue Gibson Neal; son Jeff (Jamie) Neal of Vincennes; daughter, Jennifer (Chad) Schlotter of Noblesville; sisters, Darlene (Joel) Musselman of Noblesville and Marilyn (Niles) Cline of Union, Ky.; and grandchildren Allison, Haley, Katelyn, Kyle, Kolden, Chase and Cooper.

He was preceded in death by his father, George Russell Neal; mother, Leona (Harrold) Neal; at least seven John Deere lawnmowers; horses Dusty, Star & Lady; and dozens of good dogs, including Babe, Laddie, Belle, and his four-legged best friend, Heidi.

Visitation is scheduled on Dec. 13, 2021, from 4 p.m. to 8 p.m. at Randall & Roberts Funeral Home, 1150 Logan Street, Noblesville, Ind. The funeral service is scheduled on Dec. 14, 2021, at 10:30 a.m. at Randall & Roberts Funeral Home. Mr. Neal will be laid to rest following the service at Crownland Cemetery, 1776 Monument Street, Noblesville, Ind.

Memorial contributions may be made to Union United Methodist Church, 19090 Deshane Avenue, Noblesville, Ind. and Alzheimer's Association, 50 E. 91st Street, Suite 100, Indianapolis, Ind., 46240.

Martha Jane (Nugen) Turner July 13, 1932 - Dec. 10, 2021

Martha Jane (Nugen) Turner, 89, Anderson, passed away Friday, Dec. 10, 2021, at Sugar Fork Crossing in Anderson.

She was born on July 13, 1932, in Spiceland to Charles Ira and Cecilia (Sebesta) Nugen.

Mrs. Turner graduated from Huntsville School. She was very involved in The Pilot Club and held several offices there throughout her membership. She enjoyed traveling with her husband to see the United States. She loved visiting with her family and adored her grandchildren.

Survivors include her two sons, Charles L Turner (Kandus Cage) and David L. (Joyce) Turner; five grandchildren, Christa (Jim) Walling, Benjamin Turner (Beth Fuller), Joseph Turner, Hayden Turner (Nichole Eberle) and Trevor Turner; two great-grandchildren, Gus and Abe Walling and expecting a third.

She was preceded in death by her parents; her husband, Clyde; two brothers, John and Dick Nugen; and one sister, Eloise Nunn.

Visitation is scheduled at 10 a.m. to 12 p.m. Wednesday, Dec. 15, 2021, at the funeral home. A funeral service is scheduled at 12 p.m. on Wednesday, Dec. 15, 2021, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel. Burial will follow in Lewisville Cemetery.

Memorial contributions may be made to The Pilot Club of Muncie, Inc., 1712 North Riley Road, Muncie, Ind.



Cecil Kenneth Lundy Feb. 19, 1948 - Dec. 9, 2021

Cecil Kenneth Lundy, 73, Elwood, passed away on Thursday, Dec. 9, 2021 at St. Vincent Hospital in Indianapolis.

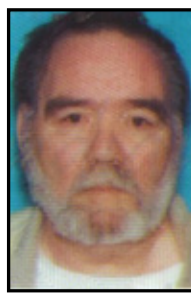
He was born on Feb. 19, 1948 to Roscoe and Stacey (Mullins) Lundy in Pennington Gap, Va.

Mr. Lundy enjoyed hunting and fishing.

Survivors include his daughter, Loretta Lundy (fiancé, Dennis Tate, Sr.); sister, Sandy Wade; several nieces, nephews, great-nieces and great-nephews.

In addition to his parents, he was preceded in death by his sister and brother-in-law, Barbara Jean and Glenn Collier; brother and sister-in-law, Eddie and Wanda Lundy; sister and brother-in-law, Sharon and William Nickles; and nephew, Billy Joe Nickles.

The Lundy Family has entrusted Randall & Roberts Funeral Home with his care. Services will be held at a later date with family in Virginia. Condolences made be made online at: www.randallroberts.com



Philip Louis Yadon Oct. 24, 1958 - Dec. 9, 2021

Philip Louis Yadon, 63, Noblesville, passed away Dec. 9, 2021.

He was born Oct. 24, 1958 in Sitka, Alaska to the late Charlie M. and Orpha J. Yadon.

Mr. Yadon was a graduate of Evergreen High School, Vancouver, Wash. He was an alum of Jackson College of Ministries and married Debra J. McKinney on June 6, 1981. He excelled at his career in the insurance industry and spent the last 8 years as a Data Scientist at HealthEC. His love for God shaped his life. He was a talented musician both vocally and on the keyboards. He used his talent ministering in several different churches over his lifetime. He loved serving the church, which led him to take on many different roles throughout his life. He was a youth pastor, worship leader, associate pastor, and was involved in missions. His final church family was Life Connections, where he was a member for 15 years.

He was a delight to be around. Young and old alike loved him. He could spin the wildest tales around the fire pit yet join in the most intellectual conversations providing his own knowledgeable thoughts! He was an avid nature lover from fishing to nature walks. He loved to connect to his Creator through creation. What will be remembered about him is the way he loved his family and friends, willing to do anything for those he loved.

Survivors include his loving wife of 40 years, Debbie Yadon; children, Philip Chad (Michelle Yadon), Chelsea Yadon, Charity (Zach Cruse) and Chase (Morgan Yadon); sister, Charleen and husband Rev. David Dugas; mother-in-law, Mary Jo McKinney; and several nieces and nephews.

He was preceded in death by his brother, Nathaniel Yadon.

Final care and arrangements are entrusted to Shirley Brothers Fishers-Castleton Chapel.

Visitation is scheduled on Thursday, Dec. 16, 2021 from 4 p.m. until 8 p.m. and Friday from 12 p.m. until the time of service at 1:00 p.m. at Life Connections, 11616 E. 126th Street in Fishers.



Richard Charles Davis Nov. 8, 1933 - Dec. 7, 2021

Richard Charles Davis, 88, Noblesville, passed away peacefully on Tuesday, Dec. 7, 2021 at Harbour Manor Care Center in Noblesville.

He was born on Nov. 8, 1933 to Archie and Marian (May) Davis in Lansing, Mich.

Mr. Davis proudly served his country in the United States Marine Corps during the Korean War. In 2016 he was privileged to be selected for the Honor Flight to Washington, D.C. He worked as a sales engineer and manufacturing rep for 50 years and founded Davis/Haslam Inc. He was a member of Our Lady of Grace Catholic Church and past president of the South Harbour Property Owners Association. He was on the Board of Directors for St. Vincent de Paul, Harbour Trees Golf Club and the Boys & Girls Club where he was honored with their prestigious Founders Award in 2015. He served the City of Noblesville on the Planning, Zoning & Appeals Commissions before becoming a City Councilman from 1976-1980. He was a lifetime member of the Noblesville Elks Club and the Fifty Club of Hamilton County.

He enjoyed fishing and took several trips to Canada that will be remembered fondly by family and friends. He loved to go pheasant hunting in South Dakota and turkey and deer hunting in Missouri. Over the last 25 years, he spent a lot of his free time at the family property in Greene County sharing his love of hunting and fishing with his sons and grandsons.

Survivors include his daughters, Cindi (Jeff) Hood, Patti Davis (JR Garl); sons, Mike (Bobbi) Davis, Andy (Kathy) Davis; his granddaughters, Whitney and Karli; grandsons Drew (Whitney) Hood, Jake, Brandt, Austin, Hank; his great grandchildren Jeffrey and Sidney Hood; along with several nieces and nephews.

In addition to his parents he was preceded in death by his wife, M. Leah Davis; daughter Krissi Davis; his sisters Joan Holliday, Sharon Martone and Sandra Langstaff.

Services are scheduled on Thursday, Dec. 16, 2021 at Our Lady of Grace Catholic Church in Noblesville with Fr. Michael Block presiding. Visitation is scheduled from 12-2 p.m. with a Funeral Mass immediately following at 2 p.m. Rite of Christian Burial will follow at Crownland Cemetery in Noblesville.

The family is requesting donations be made to the Krissi Davis Memorial Scholarship Fund, Boys and Girls Club of Noblesville or St. Vincent de Paul Society of Noblesville. Online condolences made at: www.randallroberts.com



Barbara Jean Stevenson Nov. 17, 1935 - Dec. 3, 2021

Barbara Jean Stevenson, 86, Noblesville, passed away Friday, Dec. 3, 2021, at Lakewood Ranch Medical Center in Lakewood Ranch, Fla. following an extended illness.

She was born Nov. 17, 1935, in Noblesville, Ind. to George A. Layton and Esta (Huffman) Reagan.

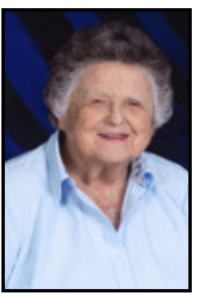
Mrs. Stevenson graduated from Lapel High School in 1953. She was a homemaker most of her life. She worked for Brockway Glass for a short time and also worked for the Hamilton Southeastern School System as a Secretary for the High School in the 1970's. She was a member of the Braden River United Methodist Church in Bradenton, Fla. She loved through life. She had many special friends and loved spending time with them and her family. She was active with her Emmaus Community. She and Kay Don also enjoyed their motorcycle trips around the country and met many special friends along the way.

Survivors include her husband Kay Don Stevenson of Noblesville of 66 years; children, Robin (Jeff) Passwater of Pendleton, Tracy Stevenson of Westfield, Lezlie Cook of Bradenton, Fla. and Keri (Jeff) Moore of Cicero; sister, Jan (Jim) Baker of Anderson; grandchildren, Nick Passwater, Aaron Stevenson, Amanda Kirkin, Adam Stevenson, Angela Poisel, David Cook, Steven Cook, Ivery Cook, Travis Moore, Jenna Goodnight, Justyn Webb, and Alex Moore; and 19 great-grandchildren, several nieces and nephews; her life-long friend Sam Swadley; and three of the five fabulous friends, Doris Barker, Myrna Sauer, and Sue Haines.

She was preceded in death by her parents; stepmother, Ileen Layton; godparents, Glen (Catherine) Swadley; brothers, James Layton, and Charles Layton; a son-in-law, Donald E. Cook Jr; and special friend Harriett Turner.

Visitation is scheduled from 12 p.m. to 2 p.m. on Saturday, Dec. 18, 2021 at Hersberger-Bozell Funeral Home. A memorial service is scheduled at 2 p.m. on Saturday at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Ind., with Rev. Steve Fair officiating.

Memorial contributions may be made to the charity of the donor's choice. Online condolences: www.hersbergerbozell.com



Earl Eugene McMahon Dec. 17, 1928 - Dec. 12, 2021

Earl Eugene McMahon, spouse, father, entrepreneur, and real estate investor of Noblesville, Ind. passed away peacefully on Dec. 12, 2021, at the age of 92 after a brief stay at the Abbie Hunt Bryce Home.

He was born Dec. 17, 1928 to Harold and Martha McMahon.

He married Bettye Kraemer in 1953. Mr. McMahon grew up in a family of nine during the depression and worked at his father's grocery business in Noblesville. He graduated valedictorian from Noblesville High School in 1946. He then attended Indiana University where he was a member of Theta Chi fraternity and obtained his undergraduate and MBA degrees. He served as an officer in the Air Force during the Korean War.

He, along with his brothers, Bud and Ed, owned and operated McMahon Food Company from 1953 to 1987. It became one of the largest independent foodservice distributors in the country. At one point the company was the largest employer in Hamilton County. He had a passion for Quarter Horses. He was a fourth all-time leading point producer/breeder of Quarter Horses in the country for a period. He was a past Hamilton County fundraising chairperson for the United Way, served on the Board of Directors of the American National Bank and a life-long member of the Noblesville First United Methodist Church.

Mr. McMahon was a great communicator, "Do you follow?" and a wonderful storyteller. He had a deep belief in family and its heritage. He was always there for his wife, children, grandchildren and great grandchildren. He believed in giving people a second chance that created bonds that lasted a lifetime. He was able to touch the lives of not only his family but those of his former employees as well. Keep a positive attitude, maintain your composure, and don't criticize, condemn or complain were the words he lived by.

Survivors include his children, Sarah (McMahon) and Mark Bowman, Leslie (McMahon) Reynolds, and Don and Suzanne McMahon; thirteen grandchildren: Laurie (Bowman) Martin, Zach and Lauren LeCount, Adam and Haley Bowman, Abby (LeCount) and Sean Magnusen, Emily Bowman, Melanie (Bowman) and Chris Hufford, Wes LeCount, Ashton (McMahon) and Michael Galyen, Joe and Erin Bowman, Reid McMahon, Aubrey (McMahon) and Christian Carter, Keaton Reynolds and Carson Reynolds; and twenty-two great grandchildren.

He was preceded in death by his wife Bettye, his parents, siblings Phyllis Douglas, Harold "Bud" McMahon, Esther Goodwin, Betty Ann Wolverton, Edward McMahon and Mary Jane Cook.

Visitation and service are scheduled at Randall and Roberts Funeral Center, 1685 Westfield Road, Noblesville on Thursday, Dec. 16, 2021. Visitation will begin at 11 a.m. followed by funeral service at 1 p.m.

Please consider a donation to the Noblesville Boys and Girls Club, 1700 Connor Street Noblesville.



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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

relax & enjoy

THE TIMES

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@hclaw.net.



Photos courtesy of Hamilton County Sheriff's Office

Hamilton County Sheriff's Office Deputies and Correctional Officers teamed up to deliver stockings and giant red bags of toys to 55 children

County Sheriff's Office delivered toys to 55 children

On December 11th and 12th, 2021, Hamilton County Sheriff's Office Deputies and Correctional Officers teamed up to deliver stockings and giant red bags of toys to 55 children. The Hamilton County Sheriff's Office

Community Foundation compiled a list of families who needed additional assistance during the holiday season, but this Shop with Kids event would not have been possible without the generous donations from the HCSO Staff, citizens,

and local businesses. 'Twas the night of the Sheriff's special Christmas delivery, when all through the house, not a criminal was stirring, not even a louse. The stockings were packed by the Foundation with care, in hopes that

St. Nicholas and the Hamilton County Sheriff's Office staff would soon be there. The children were nestled all snug in their beds, while visions of cherry and berry colored police lights danced in their heads. And Momma in

her kerchief and I in my cap, had just settled in for a long winter's nap. When out on the road, sirens caused such a clatter, I sprang from my bed to see what was the matter. Away to the window I flew like a flash, tore open the

shutters and threw up the sash. The headlight luster gave a joyous glow, to the mid-day atmosphere below. When what to my wondering eyes should appear, but a fleet of shiny Sheriff vehicles and Christmas cheer.

Two juveniles arrested for threats to Riverside Junior High School last week

Last week, the Fishers Police Department arrested two juveniles, one for felony intimidation and one for felony false informing.



and HSE Schools immediately launched independent investigations. Officers were quickly able to determine that in both cases no credible threats existed and identified the students who allegedly made a verbal threats against the school.

Fishers Police Department and the officials from Hamilton Southeastern Schools were notified of each verbal threat, one involving a bomb and one of a possible threat, to Riverside Junior High School. Fishers Police School Resource Officers

Officers located the students and their parents. The Hamilton County Prosecuting Attorney's Office and the Hamilton County Ju-

venile Probation approved the criminal charges and recommended the juveniles be released to the custody of their parents.
- Arrested: Female (Juvenile)
13 years old
Fishers, Indiana
Charge(s): Intimidation A Level 6 Felony
Held: Released to Parents
- Arrested: Male (Juvenile)
13 years old
Fishers, Indiana
Charge(s): False Informing A Level 6 Felony
Held: Released to Parents



Photo courtesy of BettyComm

Dan Strong - Board President for the Town of Cicero, Jamie Berry - BerryComm Vice President, James Berry - BerryComm President, Liz Foley Nelson - Hamilton County Northern Chamber President, Sonny Beck - Beck's Hybrids, Mark Heirbrandt - Hamilton County Commissioner

BerryComm had ribbon cutting event

BerryComm held a ribbon cutting event Dec. 10, 2021 at Northern Hamilton

County Chamber of Commerce, where members of the community, business,

and county representatives shared and celebrated their arrival in the city!

The Times SERVICE DIRECTORY

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Photos credit: "Ford"



Photos credit: "Ford"



Photos credit: "Ford"

2021 FORD F-150 Raptor is not made for Paris in mind

Two of my dearest friends came to visit from Paris this week. One of them was a marketing manager for Peugeot Citroen in Paris for years, so when he saw the redesigned Ford F-150 Raptor, he clearly knew he wasn't in France anymore. But, he was impressed with all of the changes made to Ford's big bad desert runner (and to more rational F-150s) for 2021. Think of it as a brute that's spent some time in finishing school. Neither Peugeot nor Citroen ever built a clawed beast like this. I mean, look at its jacked up ground clearance, wide black grille with FORD in block letters, and giant finned air extractor in the hood. Military grade aluminum panels are protected by ample

black plastic around the wheels, across the rear, and wedged between the front fenders and doors. The long four-door Crew Cab body promises an expansive cabin and looks especially fetching in orange paint with black decals. Nobody could miss seeing it on hunting grounds - or your favorite stomping grounds. Big changes include the F-150's new widescreen infotainment system, flatscreen gauges, and B&O audio system. Deeply bolstered sport seats are supportive and comfortable with suede/leather upholstery and heat/ventilation up front. A thick heated leather-wrapped steering wheel, dual-zone automatic climate control, and carbon fiber package further dress the cabin.

Power-stow the gear selector, flip open the center work surface, plug into the household outlet, and connect to 4G Wi-Fi to work on the go. Providing wake around this ship are adaptive cruise, automatic emergency braking, 360-degree camera, lane keep assist, and rear cross path detection. In context of fuel-efficient French compacts, the Raptor's powertrain is comical...but serious. Nestled beneath the snarling hood is a 3.5-liter twin-turbo V6 bellowing 450 horsepower and 510 lb.-ft. of torque, routed to the four-wheel-drive system through a 10-speed automatic transmission. Feel free to configure the Terrain Management System for modes like Slippery, Sport, Tow/

Haul, and Baja. Fuel economy, of course, is horrendous at 15/18-MPG city/highway. The new V8 option for 2022 is sure to make it even more disgusting. Sounds good to me. More than deep lungs, a bird of prey needs tools to kill. This one rides with a five-link rear suspension and protects its delicate bits with skid plates. Active shock damping provides a comfortable pavement ride and can transform to knock the clips off of rough trails. Off-road tires cuddling 17" wheels are a soft cushion no matter the driving surface. Especially on city

2021 Ford F-150 Raptor
5-passengers, 4WD Pickup Powertrain: 3.5-L TTV8, 10-spd Output: 450 hp/510 lb.-ft. Suspension f/r: Elect Ind/Ind Wheels f/r: 17"/17" alloy Brakes f/r: disc/disc Must-have features: Style, Capability Fuel economy: 15/18-MPG city/hwy Assembly: Dearborn, MI Base/as-tested price: \$64,145/78,545



CASEY WILLIAMS
Auto Reviews

streets, the truck's size is apparent, but it turns sharp and is bolstered by a full array of cameras and lane keeping tech. It doesn't even fit in American parking spaces well, but it's not difficult to drive...provided you aren't smashing up Renaults on the side streets in Paris. As you could have guessed, the sticker price is more appropriate for a Lincoln than Peugeot. Raptors start at \$64,145,

but came to a desert-churning \$78,545 as tested. Competitors include the equally angry Chevy Silverado ZR2 and Ram TRX.

Storm Forward!

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

MY SALON Suite had their grand opening at Carmel City Center

MY SALON Suite at Carmel City Center is excited to announce their grand opening on Dec. 13, 2021. The 5,677 square foot MY SALON Suite is located on the plaza of the United Fidelity Bank Building at 800 S. Rangeline Road, Hanover Place, Suite 290. The Carmel City Center location is the first Indianapolis area location and second Indiana location for the company. MY SALON Suite provides beauty and wellness professionals across many specialties a location to build their business and talents. MY SALON Suite offers the largest professional luxury salon suites in the industry. The 28 private suites come fully equipped with updated sleek and modern furniture,

including a full-length mirror with surround lighting and storage, a styling chair, a separate shampoo bowl, a color bar with separate sink, and options for business owners to customize the space with their own flair and choice of paint colors. "We are thrilled to be celebrating the grand opening of MY SALON Suite at Carmel City Center and celebrating all of the amazing entrepreneurs that have joined us," said local franchise owners. "We have an incredible mix of businesses in the suites that offer a wide range of services. The energy and community atmosphere of the Carmel City Center location is really special, and we're excited to see all of the entrepreneurs thrive

and build their businesses at MY SALON Suite." "MY SALON Suite has been a great addition to the Carmel City Center community," said Melissa Averitt, senior vice president at Pedcor Companies. "The mix of services that the beauty and wellness professionals offer is a nice complement to the neighboring businesses at Carmel City Center." Carmel City Center is located at the southwest corner of City Center Drive and Rangeline Road. Parking is available along the street and surface parking is available on plaza level (accessible from City Center Drive) and in the underground garage (accessible from Range Line Road as well as City Center Drive) and in the Veterans Way garage.



Photo courtesy of Riverview Health

Photo of the maternity team at Riverview Health from left to right: Megan Brophy, Julie Morgan, Michelle Allen, Erika Pouch, Dede Flaherty, Shannon Foster

Riverview Health has been recognized for excellence in infant and maternal health

Riverview Health was recently recognized by the Indiana Hospital Association (IHA), in partnership with Governor Eric J. Holcomb and State Health Commissioner Kris Box, MD, FACOG, with the Inspire Hospital of Distinction 2021 award for its commitment to infant and maternal health. "Being recognized two years in a row is a true testament to the commitment our maternity

team devotes to each of our patients," said Michelle Allen, director of maternal and child services at Riverview Health. "In addition to making patient safety a priority, we strive to create an environment where our patients feel they have access to top-notch care but with a personal touch." INSpire, funded by the Indiana Department of Health's Safety PIN grant, was developed to

implement the delivery of best practice care for Hoosier moms and babies and recognize hospitals for excellence in addressing key drivers of infant and maternal health. Riverview Health earned the Hospital of Distinction award based on implementing best practices in five key areas, including infant safe sleep, breastfeeding, tobacco prevention and cessation, perinatal substance use, and obstetric hemorrhage.

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Fifty shades to look through and fifty shades to choose from

My husband, Peter, is a man of few colors—black and gray, to be exact.

He has always been this way, as far as I know. Peter is not opposed to color, but I think it makes him a little nervous. He worries that one color might not go with another or that there might be too much color in one place—especially if that one place is on him.

So he goes the other route and opts for no color at all—unless you call 50 shades of gray a color, which I don't.

We've been remodeling our house lately. It had been freshly painted when we bought it: The walls were a pale gray, which I didn't mind, and which immediately put Peter at

ease. Our living room furniture predates our marriage and belonged to Peter before I met him, so it is black. Lately, I've been adding some color. Peter has been quite tolerant—but he does have his office, which is also the guest room, in which he can take refuge.

The carpeting in his office is gray, and he bought new office furniture in black. Then he bought a gray couch which turns into a guest bed. Finally, to complete the look, he hung a beautiful Ansel Adams print up on the wall and it is, naturally, black and white.

Now, when I go looking for Peter in the evenings, he is dressed in a black sweater and gray jeans,



Carrie Classon
Columnist

Want MORE?

Carrie Classon's memoir, "Blue Yarn: A Memoir About Loss, Letting Go, & What Happens Next" is available at Amazon, Barnes and Noble, and other fine stores. Learn more at CarrieClasson.com.

sitting in his black chair in his gray room.

In low light, he can be difficult to locate. But I know this is calming to him, and I'm not complaining. I just call out to him until he answers.

Color affects us all differently. I didn't used to be a person who wore a lot of color. For a while, I worked in business and traveled a lot, and I heard it was a good idea,

when traveling, to wear black so everything would match and stains wouldn't show. I took the advice to heart and had a closet full of black suits and black shoes that I would wear under a black trench coat as I made my way to the airport with my black briefcase and black luggage. I didn't worry about matching or stains in my monochromatic get-up, but after a while, it

became rather dull.

When I left business, I decided to leave black clothing behind, and I started wearing colors. For a while, I refused to wear anything black. I've softened my stance with time and now occasionally wear black, but I still like a pop of color.

I like bright blues and greens and the occasional deep yellow. I like reds if they are not too orange, and deep pinks and fuchsia. I always have flowers on my desk, and sometimes just looking at the colors is enough to remind me that my mood is unreasonably dark, or that I am forgetting all the reasons I have to smile.

This is the time of year when color is more

important than ever. We go out of our way to bring color and light into our homes to contrast the gray of outdoors, to brighten the shorter days. I've got some fairy lights and red branches to brighten up the balcony, I'm making plans to decorate a tree, and am thinking of putting something colorful and cheerful on the front door.

I've told Peter all about all of this, of course, and he is agreeable—as long as he has his gray room to retire to.

Till next time,
Carrie

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

MARLOWE From Page A1

Nevertheless, I was there, reverse engineering all the knots listed in my old Boy Scout Hand-book, when Stevie's little brother showed up under my feet. Sebastian — or "Sebby," as they call him — is nothing like his older brother.

He's normal. Brother Sebby is about 4 years old. I always marvel that Sebastian even exists. One would think that after living four years with Stevie, Ronnie and Kaity would never want another child. It just shows you how much love these

people have for each other that they would want to give it another try.

Four years would be enough for me. The minimum sentence, by the way, for carjacking is also four years. I think that's meaningful.

After a barrage of "what-cha-doin'-theres," and the fourteen follow-up "why" questions from Sebby, I finally was able to deflect the lad onto a subject that I thought would give me some control over the conversation.

"Do you like Christmas,

Sebby?" I asked.

"Yes. Yes. I love Christmas!" he replied exuberantly, bouncing lightly as he spoke.

"What part do you like most about Christmas?" I asked.

"I like the Turtle God the most," he said, after thinking hard.

Now, I don't know about you, but I've heard a lot of versions of the Christmas story through the years, but in not a single one do I remember hearing anything about a role played by a ma-

rine reptile. My brother, Ben, has a turtle. Even though Spike is really cool, Christmas has never crossed my mind in his presence.

Nevertheless, Sebby was convinced.

Equating my bewilderment to my understanding of what myrrh is, I asked, "The Turtle God, Sebby?"

"Yes. He's the reason we have Christmas," he said proudly.

After convincing Sebby that I was going to need more information to completely understand, he said

this:

"We learned about it in Sunday School. Our teacher taught us a prayer. It goes like this," he said, while clapping his small hands.

"Jesus, we love that you were born with the animals in the manger. We love that Mary and Joseph loved you, and we love that you, ye Turtle God, loved us so much that you sent baby Jesus to love us."

Ronnie and I just stared at each other. Sure, this was a teaching moment.

But there would be time later to explain the word "eternal" to Sebby. This was our opportunity to learn from a 4-year-old boy.

Sebby's God in his Christmas story might be a lot like the one familiar to the rest of us. We are not easy people to love. Like that turtle, maybe God really had to stick his neck out, for us to understand true love.

John O. Marlowe is an award-winning columnist for Sagamore News Media.

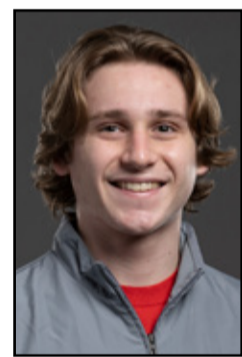
ORR From Page A1

goals in their future, Wabash is a great option to consider."

A student must demonstrate leadership potential on and off campus, have a cumulative 3.5 GPA or higher (students with a 3.2 GPA may be considered if they have extensive leadership experience), and have a strong interest in entrepreneurial business or organizational leadership to be considered for an Orr Fellowship.

Seig is a financial economics major and Asian Studies and religion double minor from Noblesville. He will be joining EM Brands, an apothecary, serving in a business analyst role that focuses on projects across the company.

"I am very excited for the Orr because it is a great opportunity to make connections in Indianapolis, and it's a great community that pushes you to continue your professional development," Seig said. "I have wanted to participate in the Orr since my



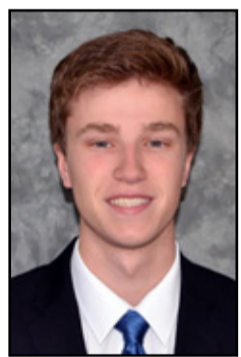
Lucas Bender



Drew Bluethmann



Kenny Coleman



Issac Cloran



Davis Solomon

freshman year, so it is amazing to even have that opportunity and I cannot wait to draw all I can from the experience!"

Bender is a financial economics major and biology, business, and religion triple minor from Zionsville. He will serve as an engagement coordinator for the marketing team at Remodel Health, a software and service company focused on innovative solutions for employer health benefits.

"I am incredibly excited for the opportunity to work at Remodel Health," Bender said. "To be selected as an Orr Fellow means that I'll be

able to continue building key competencies both in marketing and entrepreneurship over the next two years."

Bluethmann is a political science major and history and Germany double minor from Greenfield. He will be working as an associate consultant at Resultant, a consulting firm focused on technology, data analytics, and digital transformation.

"I feel honored to be selected as an Orr Fellow, and I am excited to start my career with such an opportunity," Bluethmann said. "I only succeed in the process with the support of my family, frat-

ernity brothers, and current Wabash Orr Fellows. I also could not be where I am today without the help of my career mentors, Rob Shook '83 and the late Roland Morin '91."

Cloran is a chemistry major and business and classics double minor from Zionsville. He will also be starting his work with the data and analytics team at EM Brands.

"I'm feeling very excited to be a part of a great program and I'm looking forward to helping EM Brands grow over the next couple years," Cloran said. "Many thanks to the Wabash guys who are in the Orr Fellowship pro-

gram for their advice."

Coleman is a rhetoric major and Black Studies minor from Muncie, Indiana. He will be working at Genesys, a tech-based company that specializes in creating software that helps businesses create a better customer service experience.

"Getting the fellowship is something I couldn't have done without Wabash," Coleman said. "I hope that being a fellow enables me to open the door for other students of color at Wabash to explore and better themselves. I'm truly thankful to God and the Orr Fellowship for this

opportunity."

Davis is a religion major and education minor from Washington, Indiana. He will serve as a strategic relationships manager with NEXT Studios, a venture studio designed for startup companies.

"Being selected as an Orr Fellow is excellent, and is a testament to the environment I came from. Growing up in Washington, I was exposed to the impact entrepreneurs can have on a community," Davis said. "Seeing members of my community strive to create and draw in businesses that help serve the locals made me so passionate about business. My hometown is what grew my interest in the Orr Fellowship and ultimately to NEXT studios, a company that seeks to support the entrepreneurial ecosystem in Indiana."

Since 2007, 32 Wabash students have been awarded Orr Fellowships, including 19 in the last five years.

BETSY From Page A1

to safely throw a tomahawk. They learn about Civil War surgeries so they can talk about it with visitors, learn how to spin wool on a spinning wheel and learn how to take care of farm animals. Youth volunteers can learn proficiencies, such as how to chop wood and how to start a fire.

Youth are also invited to volunteer at Conner Prairie's special event programs, such as Headless Horseman, Merry Prairie and Breakfast with Santa. Older youth, in 2021, were offered opportunities to volunteer with the younger kids during the Conner Prairie Summer Camp.

All of the new youth volunteers will wear Conner Prairie's green shirts as modern third-person interpreters. Youth volunteers who also choose to be first-person interpreters will wear period costumes, which they buy from Conner Prairie or have made through Conner Prairie's clothing coordinators.

Being a Conner Prairie youth volunteer looks good on a student's re-

sume, helps students who need volunteer hour requirements for school and gain leadership skills. Plus make some new friends.

My 15-year-old daughter has been a Conner Prairie youth volunteer since 2018. She's learned so much in her four years in the program, including public speaking, confidence and how to present herself in front of adults.

She learned about leadership, especially in the volunteer youth spinning program, for which she was a captain in 2021. The program offered opportunities to learn new skills, about 1836 cooking in the Golden Eagle Inn in Prairietown, "a good life skill," she said, and "using an ax," "starting a fire," and "knowing how to tend fires and be safe around fires." She learned how to safely use "knives in the kitchen while cutting carrots and peeling potatoes," and learned other "responsibilities" in the kitchen. She learned "how to work with animals" and "different things about farm animals and how they are not pets and teaching kids that."

She learned "how to work with adults and how to communicate with them," and "how to be responsible on the grounds. She said, "A big thing" that youth volunteers learn at Conner Prairie "is talking to people." Many youth volunteers "are very shy when they come in," she said. "They haven't had a lot of experience in public speaking and talking to people ... Even myself, I was awkward around people my age ... I was very awkward when I first started working .. But one thing you learn there is the confidence to be able to talk to people ... and show people what you're passionate about." She also learned "a lot about history." She said, "And depending where you work (volunteering on the grounds), it's great experience everywhere for everything and every job and every career that you can possibly have. It will really set you up for that. And it's great on your resume."

I remember when my daughter applied to be a part of the youth volunteer program. Each applicant

was required to complete an indepth application, which asked about their experience, particularly with history and science and working with animals, and about their historic skills, such as sewing, weaving and carpentry, and other talents that would make them a good volunteer. They also had to respond to two essay questions.

During my daughter's round of interviews, applicants were asked to talk about themselves, to tell a story about a mystery object and to share their talents. Her class of 2018 class was "very creative." One child had made a cookie dispenser from Legos. Another shared his Civil War reenactment skills. Other children demonstrated their abilities at making textiles or shared about their cooking skills and care of animals.

Her class was the biggest class at Conner Prairie at the time. I recall how becoming a youth volunteer was so highly competitive. The year that my daughter applied, she was among 105 youth, ages 10-18, who applied

to be youth volunteers, and only 57 were selected to move on to the interview round, and only 34 were actually invited to be a part of the youth volunteer program.

On the 2018 welcoming day, the new youth volunteers spent seven hours of their day learning what it's going to be like as a youth volunteer. They toured the grounds, the behind-the-scenes costume rooms and places that I had not even seen.

They heard from Bill Freil, senior interpreter, who assists with the youth volunteer program and Sarah Morin-Wilson, youth experience manager, and from current youth volunteers, who helped as trainers on this new youth volunteer training day, plus some other museum coordinators.

Did you know that Rounders is an 1836 version of baseball, and an outfitter is a volunteer in a blue shirt who gives directions at Prairietown crossroads? That's part of learning "ConnerPrairieese," a glossary of nearly six dozen terms that new youth volunteers

are expected to learn. As a parent of a new youth volunteer, I also attended an information session that reassured parents about the safety of our children, how to sign up for volunteer shifts and what's to be expected. So, parents should plan to attend the youth welcoming day in 2022.

Each season, personable staff members guide youth volunteers to help them develop their people skills, including how to speak with and interact with museum visitors of all ages.

Youth are required to volunteer for one full year and a minimum of 120 hours during that year. I encourage any interested youth to learn more about the program.

If the youth applicants can't attend tonight, they can still apply online by the Jan. 7 deadline. Scholarships for clothing and travel are available. Visit <https://www.connerprairie.org/support/get-involved/youth-volunteer/>

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TUESDAY

In The Kitchen

Tuesday, Dec. 14, 2021

A6

Warm Up Winter with Comforting Classics

FAMILY FEATURES

Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Snowman Pizza Bombs, Polenta Bites and Baked Tomato Goat Cheese Dip. Easy to make and fun to create together, these simple snacks are perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Originally started by an Italian mother more than 80 years ago, RAGÚ sauce, known for its distinctive yellow cap, is the perfect have-on-hand pantry staple to help you create easy and delicious home cooking. As an invaluable resource and family favorite since 1937, RAGÚ sauces easily allow anyone, regardless of gender or culinary skillset, to "cook like a mother" and serve up delicious, homemade favorites. The brand's rich heritage and array of sauce choices ensures that your next cold-weather day spent inside will be elevated with family-favorite snacks and easy and taste-tempting meals made with RAGÚ.

Find more recipes perfect for warming up this winter at Ragu.com.

Baked Tomato Goat Cheese Dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-10 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.

Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.

Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.

Place baguette slices on baking sheet. Drizzle or brush with olive oil and sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.

Note: To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.



Baked Tomato Goat Cheese Dip



Polenta Bites

Polenta Bites

- 1 tube (18 ounces) polenta
- 1 1/2 teaspoons olive oil
- 1 jar (24 ounces) RAGÚ Chunky Tomato, Garlic and Onion Sauce
- 1 package (8 ounces) shredded mozzarella
- 2 sprigs, rosemary, destemmed and chopped
- 3 basil leaves, chopped
- 1 block (8 ounces) hard Parmesan cheese

Cut polenta into slices. In skillet, heat olive oil over medium-high heat; fry polenta slices 10-12 minutes on each side until crispy and golden brown.

In saucepan over medium heat, warm sauce.

Place polenta slices on tray and sprinkle with mozzarella. Place 1/2 teaspoon warm sauce on each slice then sprinkle with chopped rosemary and basil. Grate hard Parmesan onto each slice for topping.



Snowman Pizza Bombs

Snowman Pizza Bombs

- 1 tube (11.8 ounces) pizza dough
- 1 jar (24 ounces) RAGÚ Old World Style Traditional Sauce
- 1 package (6 ounces) pepperoni slices
- 1 package (6 ounces) Canadian bacon slices
- 1 package (8 ounces) shredded cheddar cheese
- 4 tablespoons melted butter
- 1 teaspoon garlic powder
- 1 1/2 teaspoons Italian seasoning
- 1 package (8 ounces) mozzarella cheese slices

Decorative vegetables (optional):
multicolored sweet peppers
olives
spinach
mushrooms
cherry tomatoes

Preheat oven to 400 F.

Cut pizza dough into 12 squares. On each square, place 1/2 teaspoon sauce and evenly top with pepperoni, Canadian bacon and cheddar cheese.

Pinch corners of dough together to round into balls then place in muffin tins.

In small bowl, mix melted butter, garlic powder and Italian seasoning; brush generously over dough balls. Bake 15-20 minutes until golden brown.

Remove from muffin tin and carefully shape dough balls into circles; place on baking sheet. Cover with mozzarella slices and bake until melted.

Create snowman faces by decorating each with peppers, olives, spinach, mushrooms and cherry tomatoes, if desired. Use remaining sauce for dipping.

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Learning more about GERD and its complications – part 2

I left you hanging last week wondering about the treatment of Gastroesophageal Reflux Disease (GERD). First, a quick review. Recall that acid from the stomach (gastro) is found in the tube that connects the mouth and stomach (esophagus) and goes in a backward direction (reflux).

When I see someone complaining of GERD symptoms in my office I review my patient's history to try and identify any risk factors for GERD such as decreased tone of the lower esophageal sphincter (LES), loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach and overeating. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate and mint are all foods that can cause or worsen GERD. Alcohol and cigarette smoking are also risk factors.

Many patients immediately request medication to help control the symptoms rather than try to control the underlying cause(s) of the GERD. Direct-to-consumer advertising has been extremely effective in selling medications to treat this common problem. If you ask any medical insurance company what it's largest drug expense is, it's often a class of medications called PPIs or Proton Pump Inhibitors (more below).

Simple lifestyle modifi-

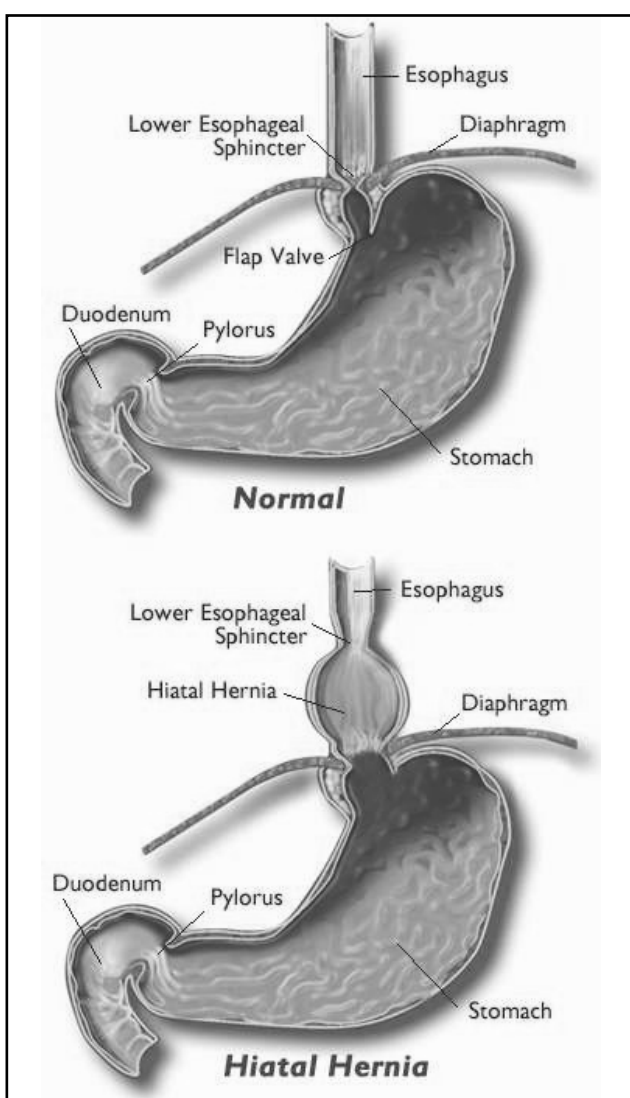


JOHN R. ROBERTS, M.D.
Montgomery Medicine

cations are the foundation of treatment for GERD. Weight reduction is a primary goal. This can usually be accomplished by reducing fat in the diet and stressing the importance of not eating large, fatty meals just before bedtime. Avoiding tight fitting clothing, reducing alcohol consumption, and smoking cessation are also important.

For people who wake up at night with reflux symptoms, I recommend raising the head legs of the bed. The easiest way to do this is to either buy commercial plastic bed risers, cut a 4X4 post into blocks, or nail two 2x4s together. Many people tell me they raise their head by sleeping on a number of pillows but this bends the body at the waist and can increase pressure in the abdomen leading to worsened reflux.

Medications may be needed for those who don't



respond to lifestyle modifications. Patients' response to the treatment of heartburn, the most common symptom of GERD, is much less predictable than treatment for esophagitis that I wrote about last week. Patients may or may not respond to medications and may need to try

different medications from various classes to find one that may work for them.

The oldest medications on the market are called histamine antagonists. They block the release of histamine that leads to stomach acid production. The most common ones available include Tagamet

(cimetidine), and Pepcid (famotidine). They are available over the counter and are effective for most people.

The newest class of anti-GERD medications are the Proton Pump Inhibitors or PPIs. These are extremely powerful blockers of acid production. Names that most people recognize (due to very successful marketing) include: Prilosec®, Protonix®, Aciphex®, Nexium®, Zegerid®, Dexilant® and Prevacid®. Why so many? Because they make pharmaceutical companies wheelbarrows of money.

These medications are safe and effective for short-term use, but are associated with a slight increased risk of hip fractures in those over age 50, probably due to reducing absorption of calcium in the gut. Many people take PPIs for years thinking they need them because their symptoms return when they stop them. Most of these people suffer from "rebound" reflux. Some call this an "addiction" to PPIs. Once the initial symptoms of GERD are controlled, often they can be controlled with medications that are not as powerful as PPIs. Ask your doctor about ways to try stopping PPIs if you've been on them more than a few months.

I get a lot of questions about the "two week warning" found on boxes of

GERD medication. It advises people to contact their physician if they have to use the medication longer than two weeks to control their symptoms. This is an important reminder for people to come in and discuss risk factors and develop a game plan to manage their GERD. It's also important to see a doctor to assess your risk for other more serious complications of GERD that I discussed last week.

The treatment of last resort is surgery. The laparoscopic Nissen fundoplication is the most commonly performed procedure. This involves using minimally invasive endoscopic surgery to take the top portion of the stomach and wrap it around the bottom of the esophagus to act as a valve to keep stomach acid from refluxing. It's very important to see a gastroenterologist and/or surgeon who is very familiar with the procedure to make sure you are a candidate. A newer procedure called the EsophyX TIF allows reconstruction of the lower esophageal sphincter via an endoscope passed through the mouth into the esophagus.

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.

Shifting wellness attitudes shape new 2022 fitness trends

(Family Features) In adjusting to the constraints of the pandemic, many Americans had to improvise where and how they work out. After months of adapting to a "gym anywhere" mentality and learning to accommodate more flexible workout schedules, this new fitness mindset is inspiring some larger trends for healthier living.

"We've learned that wellness is not one-size fits all, and that it's achieved by small habits like regular hydration that can really impact how you feel throughout the day," said celebrity fitness trainer Harley Pasternak, MsC. "Collectively, nourish-

ing both body and mind together as one makes holistic health a sustainable lifestyle."

Pasternak and the experts at Propel Fitness Water are forecasting five fitness and wellness trends to watch for in 2022:

Accountability Buddies

When gym closures ran rampant, folks leaned on others for inspiration to get moving, so it's no surprise working out in pairs (or more) is a continued way to focus on fitness. Feelings of burnout may be common heading into 2022, so having a partner who gives you a healthy sense of camaraderie and competition can help push you to show up on days when you'd

rather rest and stay committed to your goals. It also provides a sounding board when you need suggestions for nutritious recipes or fresh at-home cardio ideas.

Versatility in Gym Spaces and Schedules

When a large segment of the workforce started working from home, the rituals of before- and after-work gym visits fell by the wayside. People grew more accustomed to improvising where they work out, whether it was their neighbor's garage, their living room or a running path in the city. As exercisers are less beholden to studio or gym schedules, the "gym anywhere" mentality is a level of flexibility many are

holding on to, even as they ease back into more normal work routines.

Health in Small, Achievable Doses

This trend is all about recognizing health transformations don't happen overnight, and even modest steps can make a big difference in how you feel throughout the day. One example is paying more attention to your hydration. If you aren't properly hydrated, few other things tend to go right either. Small habits like throwing Propel Powder Packs into your gym, work or school bag can make a difference. Filled with enough electrolytes to replace what is lost in sweat, they are handy

for on-the-go hydration and are easy to add to a water bottle.

Wellness Goals vs. Fitness

Committing to overall wellness is more about lifestyle changes than numbers like weight loss or muscle mass. People embracing this trend are forgoing numeric goals based on performance in the gym or on the scale and instead emphasizing outcomes that affect life, nourishing both body and mind together as one. Fitness goals are an essential component, but so is supporting your mental health as well as being cognizant of what you're putting into your body. When each piece is well

taken care of, your body is better able to work like a well-oiled machine.

Low-Impact Workouts

This year, walking treadmill challenges gained virality on social media, marking the increasing popularity of workouts that are low impact yet effective. Getting moving is the key, even if it means taking your tempo down. You don't need to do hours of HIIT every day to see results. In fact, less time- and energy-intensive workouts are easier to sustain and can often yield the same, or better, results.

Find more hydration options and wellness tips at propelwater.com.

Tips for better protecting yourself and your loved ones in 2022

During the holidays and beyond, people are generally more stressed out and are rushing from one place to another. It's also a time when the weather takes a turn for the worse, putting people at further risk. These issues can lead to an increase in the number of accidents and problems that can arise that put people at risk for injury. The good news is that having the right insurance policies in place can help ensure your loved ones are better protected in the new year.

"We know there will be an increase in distracted drivers and weather that impacts driving and our homes," explains Candice Bond, managing partner and founder of Bond Legal. "Making sure your family has the right insurance policies in place is one of the best ways to help protect them."

The start of 2022 is

a great time to take the necessary steps to protect yourself and your family from damages associated with things such as car accidents. To do this, you start with the best motorist coverage because some policies do not provide enough coverage to cover the medical bills, funeral expenses, loss of earnings, nor the pain and suffering that the family will endure.

Start by calling your auto insurance company to verify your coverage and determine if you need to increase it. A good rule of thumb is to have limits equal to or greater than the combined gross income of your household. That coverage will help if you are in a motor vehicle, bicycle, motorcycle, scooter, water, or pedestrian accident, so it will ensure the family is well covered for the season.

Additional tips regard-

ing insurance to consider include:

Weather. Expect bad weather this winter, including wind, flood, freezing, and more. Make sure your homeowners insurance policy will take care of your home no matter what element strikes.

Medical. Review your policy going into the new year, so you can ensure you have proper coverage. If the carrier denies your medical bills because your injury or loved one's death is not considered to be "covered," keep pressing. Do not take no for an answer. Keep demanding they pay for the medical bills for you and your loved ones. If in doubt, seek an attorney that specializes in insurance bad faith. The actions that were depicted so clearly in the movie "The Rainmaker" is an actual

true depiction of the "big business of insurance," – and it is sadly happening every day.

Accident procedure. If you are in an accident, it is important to not speak with the adjusters nor accept their offers without first speaking with a personal injury attorney. If you do not have an attorney, you are walking into a defense money-saving trap that will leave you paying for your own damages for the rest of your life, rather than having the one who caused your injury pay for the debt he caused on the day your damages began to accrue – the day of your accident. Leave the insurance heavy lifting of your damages to a professional personal injury attorney. Heal while they fight. Mourn the loss of your loved one while they go to war.

Wills and more. Many

people don't like to think about it, but if something should happen to you, it's important that you have a will in place. Also, if you have minor children at home, take the time to legally name a guardian for them should something happen to you.

Justifying the expense. Many people try to avoid paying for insurance policies because they feel it's too expensive or it's something they don't really use. It's important to remember that paying monthly insurance premiums is a small drop in the bucket for the cost of damages to your body or property if there is an unforeseen tragedy in the family.

Seek advice. When it doubt, always get the advice of a personal injury attorney. They will know what to do and the best ways to help ensure your family is protected. Most

offer a free consultation, so you have nothing to lose by discussing the accident or injury with them to get a professional opinion.

"We all need to make a concerted effort to be safe out there this winter," added Bond. "Ensuring you have the right insurance policies in place and seeking the advice of a personal injury attorney if something happens to you will help protect your family all year long."

Bond Legal offers personal injury representation around the country, specializing in personal injury cases. The firm focuses on providing representation for auto accidents, truck accidents, motorcycle accidents, wrongful death, insurance bad faith, clergy abuse, and more. For more information, visit the site at: www.CandiceBond.com

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Holiday tips for people living with OAB

(Family Features) You're sharing a great conversation with friends at a holiday party when it hits you: You need to go, and you need to go now. As you make a clumsy exit, unsure if you'll be able to make it to the bathroom in time, you may ask yourself for the thousandth time, "is this normal?"

You're not alone. More than 30 million Americans 40 and older live with the symptoms of overactive bladder (OAB). That's about 1 in 10 people and as many as 40% of women in the United States. Yet many do not seek help from a physician for their symptoms. Rather, many continue to cope with the symptoms and navigate their lives around their symptoms of OAB.

"People, both men and

women, are reluctant to mention OAB concerns to their doctors; it's embarrassing for them to discuss the topic," said Dr. Cornelia Haag-Molkenteller, a clinically trained urologist and executive vice president and chief medical officer at Urovant Sciences, Inc. "Because of the stigma, many patients do not seek out medical treatments that are available to help manage the symptoms that have a limiting effect on their lives."

Identifying an Overactive Bladder Condition

OAB is a common lower urinary tract or bladder health problem that can cause incontinence, which is the leaking of urine that cannot be controlled.

Symptoms of OAB may include urgency, meaning a sudden need to urinate

immediately; frequency, which is defined as urinating more than eight times per day; urge incontinence, or urine leakage following a sudden urge.

There are many causes of OAB, including taking certain medications and being overweight. Your risk also increases if you have had a stroke or have Alzheimer's disease.

Managing an Overactive Bladder

According to the American Urological Association, the first step in managing OAB is behavior modification. That means patients should talk with their health care providers to learn about the benefits of new habits, such as restricting fluid intake, reducing sodium and limiting alcohol consumption, for example. If changing some habits

Practical Tips to Help Manage OAB

You don't have to just cope with the symptoms of OAB, talk to your doctor. Here are some helpful tips to manage your symptoms over the holiday.

Travel

- * Stop every 2-4 hours to help reduce strain on your bladder
- * Drink plenty of water but limit your intake a few hours before traveling
- * Kegel exercises can help improve OAB symptoms
- * Wear an absorbent pad that can hold more liquid on your travel days
- * Book an aisle seat near the bathroom

Diet

Drink six to eight glasses of fluid, 8-ounce each daily. However, avoid foods and beverages that can irritate the bladder including:

- * Caffeinated beverages and foods
- * Alcohol
- * Spicy foods
- * Citrus fruits and juices
- * Carbonated beverages
- * Dairy
- * Sugar, honey or artificial sweeteners

does not work, the next step is usually oral pharmacological therapies.

A third option available if medications don't work

are medical procedures to manage symptoms.

If you think you may be experiencing symptoms of overactive bladder,

talk to your doctor and ask for help managing the condition. You can also find more information at Urovant.com.

A sweet, simple way to make your holiday healthier and more well-balanced

(Family Features) With holiday menus in full swing, many Americans aim to add healthier dishes and ingredients to their seasonal tables but are hesitant to compromise on tried-and-true favorites. Whether you're looking to reduce the fat or added sugar content of a recipe or add more plants to your table, raisins are a healthy, natural option for topping or adding to your favorite dishes.

Raisins fit seamlessly into many family-friendly recipes, like traditional oatmeal cookies, stuffing, casseroles and sweet breads. They also make for easy salad, oatmeal and yogurt toppers, provide a naturally sweet fruit option on charcuterie boards and act as a great standalone holiday snack. Raisins are free of added sugars and contribute micronutrients to your diet, such as iron,

potassium and fiber.

Many health-conscious consumers are interested in wholesome foods and products with less ingredients and natural sugars, like those that occur naturally in fruits, vegetables, grains and dairy products. Added sugars, however, refer to any sugars or caloric sweeteners that are added to foods during processing or preparation. The consumption of excessive added sugars may be associated with health consequences, such as obesity, cardiovascular disease, type 2 diabetes, insulin resistance, fatty liver, dental caries and more, according to research published by the National Library of Medicine.

The 2020-2025 U.S. Dietary Guidelines for Americans recommends that added sugars comprise no more than 10% of the overall diet for adults and

children ages 2 and older.

"Aiming to consume regular, balanced meals throughout the day with adequate fiber is especially important around the holidays," said registered dietitian Sarah Schlichter. "This helps keep blood sugar and energy levels balanced and consistent. We know limiting sugars in our diets can be beneficial to health and we can do this by choosing foods that offer less added sugars throughout the day."

Swapping dried cranberries, which contain 27 grams of added sugars per 1/4-cup serving, for nutrient-dense raisins, which contain 0 grams of added sugars per 1/4-cup serving, is an easy substitution that can reduce overall sugar intake without compromising flavor or texture.

Understanding Natural Sugars vs. Added Sugars

Nutrition labels haven't always distinguished between natural and added sugars, Schlichter said, but instead lumped them together under "total sugars." However, the updated Food and Drug Administration's Nutrition Facts label, which is in the transition stage, makes this easily discernible by clearly outlining how much of the total sugar content comes from added sugars.

"One key difference between natural and added sugars is natural sugars usually complement other nutrients organically found in a food or fruit, such as fiber, potassium, iron, vitamin C or antioxidants, all of which confer several health benefits," Schlichter said. "These complementary nutrients may also slow the rate of digestion, keeping blood sugar more stable. Conversely, added sugars are added during

processing and aren't adding any nutrients to the product."

To put this in perspective, 1/4 cup of dried sweetened cranberries contains 29 grams of sugar. Of those 29 grams of sugar, 27 grams are added sugars, meaning that most of the sugar is not found naturally in dried cranberries. While a 1/4-cup serving of raisins also contains 29 grams of sugar, the difference is that all 29 grams are naturally found in raisins and none are added. Raisins also naturally offer potassium, iron and fiber.

Making the Case for Raisins

To reduce added and total sugars, many products are formulated using artificial sweeteners, such as sucralose, aspartame or other no-calorie sweeteners. No-calorie sweeteners are not free from health

risks, however, and have been linked to weight gain, obesity, changes to the microbiome, decreased satiety and altered blood sugar levels, according to research published by the National Library of Medicine.

Additionally, 50% less sugar dried cranberries also contain unnecessary ingredients such as soluble corn fiber, table sugar, glycerin and sucralose.

These products are not any healthier, Schlichter said, noting there is still much unknown about artificial sweeteners and how they impact hormones, satiety and gut health. Because raisins have no added sugars, no artificial flavors and no unnecessary ingredients, Schlichter recommends utilizing them as an alternative this holiday season.

Find more information at sunmaid.com.



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