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Wishing you
a very
Merry
Christmas!

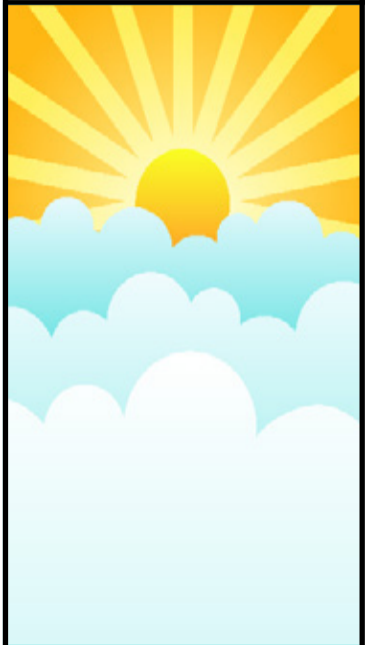
The TIMES

Hamilton County's Only Daily Newspaper

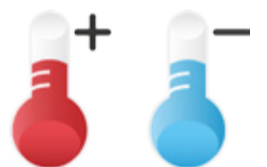
NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM

The Daily Almanac



Sunrise/Sunset
RISE: 8:06 a.m.
SET: 5:26 p.m.



High/Low
Temperatures
High: 44 °F
Low: 26 °F



Wacky Holiday Today
• Crossword Puzzle Day
• Ribbon Candy Day



What Happened
On This Day

- 1937 Snow White and the Seven Dwarfs released
- 1995 Palestinians take control of Bethlehem
- 1872 Phileas Fogg wins his wager



Births On This Day
• 1982 Philip Humber American baseball player
• 1966 Kiefer Sutherland English/Canadian actor

Deaths On This Day
• 1945 George S. Patton American general
• 1940 F. Scott Fitzgerald American author

Sheridan Rotary Club



Photo courtesy of Sheridan Rotary Club

Merry Christmas and a healthy, successful, and Happy New Year from Sheridan Rotary. From the left: Connie Pearson, VJ Stover, Missy Fisher, Mary Roberson, Glenn Hunsucker, special guest Bruce Watson (Westfield Rotary), Lis Pickett, Scott McCullough, Jon Raines, Dan Pickett, Dale McCullough, Steve Martin, and Fred Sturdevant.

TODAY'S VERSE

Matthew 7:2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Charlotte Dzurny smile? "Hot cocoa," said the then 4-year-old Noblesville resident, who was found two years ago holding a Mickey Mouse umbrella over her head while standing on the Hamilton County Courthouse Square, watching for the annual Noblesville Christmas Parade. She wore a pink Santa hat, pink winter coat and a lighted snowflake necklace. Charlotte is the daughter of Ryan and Angela Dzurny and has a then 1-year-old brother, Lincoln. "Santa was her favorite part of the parade," her mom said. "We have been seeing Santa in Noblesville every Christmas season since she was born." Charlotte likes to dance, ride her scooter, play soccer, jump on the trampoline and play with new toys. "Favorite food? "Cheeseburger." Favorite movie, "Brave." Favorite song? "What you made me do" by Taylor Swift." She looked forward to ice skating and absolutely adores Fairyville weekend in Noblesville. She loves attending all of the city's activities. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Folks can still visit Santa one more time before Christmas. Santa will be at the Santa House on the Courthouse Square from noon to 5 p.m. on Christmas Eve, Friday. Also, enjoy Holidays at the Hill at Federal Hill Commons as the temporary Federal Hill Ice Plaza is open for the season 5 p.m. to 9 p.m. today and Wednesday, 11 a.m. to 9 p.m. Thursday; 11 a.m. to 4 p.m. Friday and Jan. 31; closed Christmas; 11 a.m. to 7 p.m. Sunday, 11 a.m. to 9 p.m.; Monday-Saturday and 11 a.m. to 7 p.m. Sundays, Dec. 26-30; 11 a.m. to 4 p.m. Dec. 31; 11 a.m. to 9 p.m. Jan. 1; 11 a.m. to 7 p.m. Jan. 2-9. Admission is \$12, \$11 for ages 12 and younger with Punch Passes available. Enjoy a Holiday Walking Light Tour, part of the Holidays at the Hill, every evening through the holiday season, with ornaments, wreaths and trees lighting up the event lawn.



The Times photo by Betsy Reason

Dee Ricciardi, general manager of operations at St. Vincent dePaul Society's food pantry and thrift store, with the help of volunteer, Mike Kinghorn of Fishers, restocks the pantry shelves with apples, onions and potatoes. The adjacent resale store was rebranded as NobleCause in 2020 and uses money from the store to purchase food for families in need in Noblesville.

Many ways to help others in need any time of the year

While many of the food and clothing drives are now over because it's almost Christmas, the need is still there for our communities.

More than 26,000 individuals in Hamilton County are food insecure, according to the Hamilton County Harvest Food Bank in Noblesville, with about 33,333 meals needed this holiday season.

So there are many reasons why it's important for the community to donate throughout the year at the food bank as well as our local food pantries, to organize and participate in local food drives and to donate monetarily for these needs.

I share some of these plac-

es where you can help in our community:

-At St. Vincent dePaul Food Pantry on Greenfield Avenue in Noblesville, donations of clothing, furniture, toys and more are turned around and sold in the NobleCause Resale Shop, with the money used to purchase food for families in need in Noblesville. Donations are accepted from 10 a.m. to 2 p.m. Mondays, Tuesdays, Thursdays and Fridays. Food pantry clients, who show their St. Vincent dePaul card and ID, use a "drive-thru bagged food" procedure to pick up food 10 a.m. to 1:45 p.m. and 6:30 p.m. to 7:45 p.m. Wednesdays and 9 a.m. to 11:45 p.m. Saturdays. Monetary donations are also accepted to help the food pantry. For more information, visit <https://svdpnoblecause.com/>



BETSY REASON
The Times Editor

See BETSY Page A5

Of Christmas, Dads, daughters, and daring more

A concerned little eight-year-old girl, Virginia O'Hanlon wrote a letter to the editor of New York City's third-most significant daily newspaper, The Sun, and a hasty response followed on Sept. 21, 1897, in an unsigned editorial.

In a surprising uncharacteristically cheerful response, The Sun's resident cynic Francis Pharcellus Church, the brother of the paper's publisher, put to ease a little girl's heart, and answered Virginia's question: Is there a Santa Claus?



JOHN MARLOWE
COLUMNIST

Church's response has since become history's most widely known newspaper article. It has been reprinted in dozens of languages, appeared on posters and postage stamps; kitsch and coffee mugs. Books have been written about it, and movies made. Hundreds of other editorials and columns -- such as this one -- have refocused attention on the story at this time of year, every year.

"Yes, VIRGINIA, there is a Santa Claus," wrote Church. "He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy."

And he's right. But in thinking about it, I've noticed that these fruits seldom occur on their own. Ultimately, they require action on our part, and consequently, action involves risk.

To offer and receive love and generosity and devotion, we have to allow ourselves to become vulnerable to indifference

See MARLOWE Page A5

And Another Thing...

Hamilton County is turning 200 in 2023! The Sheridan Public Library is celebrating with a BICENTENNIAL READING CHALLENGE! This program will run from January 1, 2022 to December 31, 2023. Participants will have this time to log 200 books and be entered to win prizes! All ages are welcome to register. Join the fun + register today: <https://sheridan.beanstack.org>

INSIDE TODAY

- Obituaries.....A2
- Classifieds.....A4
- In the Kitchen.....A6
- Health and Wellness.....A7

HONEST HOOSIER

Christmas is four days away. One of my favorite memories is going sledding at Forest Park!



TODAY'S QUOTE

"Christmas is the season for kindling the fire of hospitality."
Washington Irving

TODAY'S HEALTH TIP

Seniors should always have bright lighting in their homes - it takes three times as much light to see as well as a teenager.

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 JOKE

How do snowmen get around?
They ride an icicle!

THREE-DEGREE GUARANTEE

Weatherby says the high today will be **44°**

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

- Herbert "Herb" Lotze
- James Rodney Windlan
- Michael Howard McClain
- Norma Jean Anderson Musselman
- Wanda Fay Higginbotham

OBITUARIES

Herbert "Herb" Lotze

Aug. 27, 1933 - Dec. 16, 2021

Mr. Lotze departed this life early on Dec. 16, 2021.

He was born Aug. 27, 1933, in San Bernardino, Calif., to a music educator and real estate investor. His family was deeply musical and devoted to their church.

After receiving an associate degree in music, he joined the United States Navy as a cadet pilot. In a career of twenty-six years, he achieved the rank of commander, served as squadron executive officer, experienced multiple deployments, and finished his undergraduate degree in political science. He also earned a Master of Science degree in systems safety from USC. He received numerous awards and recognitions and was flight instructor to many young Navy pilots who held him in high esteem. His service assignments included San Diego and Corpus Christi (twice each); also, Bremerton, Wash.; Virginia Beach, Va.; Rota, Spain; Naples, Italy; and Taiwan. He was on active duty during both the Korean and Vietnam conflicts.

Following his retirement from the military, he joined Lockheed Aircraft corporation as a Systems Safety Engineer where he was instrumental in implementing many safety features now in use in today's military airplanes.

While he loved his airplanes and the military deeply, the biggest love of his life was Beth, to whom he has been married for 67 years. Together they had four daughters, ten grandchildren, and fifteen great-grandchildren. He has been a resident of Hamilton County since 2009, along with Beth.

He was preceded in death by his parents, Herbert E Lotze Sr. and Patricia M Lotze; along with son-in-law David Greer.

Survivors include his beloved wife, Beth; daughters, Cynthia (Barry) LeBlanc of Noblesville, Elizabeth (Eric) Bruening of Spencerport, N.Y., Cathryn Greer of Buford, Ga., and Shirlee (Rick) Tomlinson of Simpsonville, S.C.; his brother, John (Robin) Lotze of Apple Valley, Calif.; and his grandchildren (to whom he was "Pop-pop"), Heidi, Joshua, Joseph, Bethany, Katherine, Charity, Esther, Rebecca, Heather and Benjamin.

Funeral services are scheduled on Tuesday, Dec. 21, 2021 at 11 a.m. at Hartley Funeral Home Cicero Chapel, 209 West Jackson Street, Cicero, with burial to follow at Hamilton Memorial Park in Westfield. Visitation is scheduled from 10 a.m. until time of the service. You may send condolences at <http://www.hartleyfuneralhomes.com>.

Michael Howard McClain

Dec. 17, 2021

Michael Howard McClain, 61, passed peacefully on Friday, Dec. 17, 2021 at 3 p.m.

He and his wife, Faith McClain are residents of Noblesville, Ind. Mr. McClain left behind a legacy of love, success, integrity and friendship. He graduated from Franklin Central High School and loved his alma mater. Throughout his life, he excelled in business and was successful in anything he set his mind to. He was a leader in the Mortgage Banking industry and a gifted mentor and coach. He married the love of his life and best friend, on Dec. 22, 2006. He and Faith enjoyed a happy marriage and life together.

His greatest accomplishment was the love and wisdom he imparted to his family and everyone who knew him personally. He was a devoted husband, a loving father, a supportive brother and a loyal friend. He enjoyed spending time with his friends and family; whether it was on his boat, hosting at his home, telling stories or solving problems, he knew how to have a good time and made everyone feel embraced. He loved his wife, children and grandchildren fiercely and was always ready to help when they needed him. He gave a piece of himself to everyone he encountered. Although he will be greatly missed, we will hold close and remember all he has given us.

Survivors include his wife; three children, Kole, Erika and Matthew; four grandchildren, Haley, Jazmine, Jamison and Cassidy; three siblings, David, Diana and Cathy; and numerous nieces and nephews.

Viewing is scheduled on Tuesday, Dec. 21, 2021, from 4 p.m. to 7 p.m. at Randall & Roberts Funeral Home, 1695 Westfield Road, Noblesville. Ceremony and Burial is scheduled on Wednesday, Dec. 22, 2021 at 10 a.m. at the funeral home.

Condolences: www.randallroberts.com



Norma Jean Anderson Musselman

Nov. 26, 1922 - Dec. 15, 2021

Norma Jean Anderson Musselman, 99, died Wednesday, Dec. 15, 2021.

She was born in Celina, Ohio, on Nov. 26, 1922, to the late Oren and Rieta Grace (Wright) Anderson.

Mrs. Musselman was a longtime resident of Lapel and Noblesville with the last 10 years residing in Pittsboro. She enjoyed being a mother and wife and was very active in her church in Clarksville. In later years, after her husband, Marvin Eugene Musselman died at the age of 49, she became an automobile insurance underwriter at Indiana Farmers Insurance in Carmel.

Survivors include her son, John David (Beth) Musselman; grandchildren, Catherine (Ryan) Maners, Jeffrey (Jenny) Musselman, Aaron (Jannett) Ermel and Ryan (Christine) Ermel; and great grandchildren, Jacob, Joshua and Jason Musselman, Lilly, Grace and Zane Maners, and Sydney and Heidi Ermel.

In addition to her husband, she was preceded in death by her daughter, Janis Elaine Ermel; and siblings, Shirley Morgan, Doris Clark and John Anderson.

Family and friends are scheduled to gather on Monday, Dec. 20, 2021, for calling from 10 a.m. until the time of the funeral service at 12 p.m. in the Strawmyer & Drury Mortuary, 2400 N. Lebanon Street, Lebanon. Norma will be laid to rest in the Crownland Cemetery, Noblesville.

You are invited to visit the website where you may sign her online register and leave a personal message at www.strawmyerdrury.com.



Wanda Fay Higginbotham

July 17, 1936 - Dec. 18, 2021

Wanda Fay Higginbotham, 85, Cicero, passed away on Saturday, Dec. 18, 2021 at her home.

She was born on July 17, 1936 in Frankton, Ind.

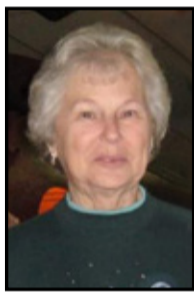
Mrs. Higginbotham worked for Firestone and enjoyed puzzles, painting crafts, and working with her flowers. She enjoyed taking care of her children and grandchildren.

Survivors include her children, Jane (Joe) Kubel, Cindy Dwiggens and John A. Higginbotham; grandchildren, Nate Dwiggens, Andrew Higginbotham, Daniel (Kelsey) Higginbotham, Kayla Kubel, Katie (Jesse) Johnson and Molly Hobbs; great-grandchildren, Kodi, Lexi, Logan, Avalyn, Atticus, Alister, Atreyu, Althea and Nora; brother, Bill (Kathy) Friend; sisters, Alma (Don) Wallen and Peggy (Torrance) Davis; and her special friends, Donald Baker and Estle Hendrick.

She was preceded in death by her father, Arthur K. Friend; mother, Wilma (Blockson) Friend Hurst; step-father, Kenneth "Bub" Hurst; son, Ronnie L. Hobbs; first husband, Charles Bill Hobbs; second husband, John C. Higginbotham; and her siblings, Thomas Friend and Oakley Friend.

Private family services will be held at a later date. The family has entrusted Randall & Roberts Funeral Homes with her care. Memorial contributions may be made to Alzheimer's Association, 50 East 91st Street, Suite 100, Indianapolis, Ind. 46240.

Condolences: www.randallroberts.com



Meeting Notes

Carmel Board of Zoning Appeals

Hearing Officer Meeting Tuesday, Dec. 21, 2021 (Special Meeting)
Time: 5:30 P.M.

Hearing Officer: Mr. Brad Grabow

Location: Carmel City Hall Caucus Rooms, 2nd Floor, 1 Civic Square, Carmel, IN.

NOTE: This in-person meeting will be audio recorded and minutes taken by the BZA Secretary; the recordings will be available via Laserfiche online.

Agenda:
A. Call to Order
B. Pledge of Allegiance
C. Reports, Announcements, Legal Counsel Report, and Dept. Concerns
D. Public Hearings
(V) Napleton Auxilia-

Meeting Notes

CARMEL PLAN COMMISSION

DECEMBER 21, 2021

1. Docket No. PZ-2021-00160 CA: W. Main St. Block C2, Commitment Amendment.

The applicant seeks to amend commitments associated with Ordinance Z-611-16. The site is located at the southeast corner of Main Street

and 4th Avenue SW. The properties are zoned R-2/Residence and C-2/Mixed Use District within the Old Town Overlay. Filed by the Department of Community Services on behalf of the Carmel Plan Commission.

Please see the Petitioner's Info Packet for detailed analysis and request for this commitment amendment.

ry Lot and Detail Center Floodplain Variance.

The applicant seeks the following development standards variance approval:

1. Docket No. PZ-2021-000193 V UDO Section 5.10 (and City Code Chapter 10 Article 5A(11)(a) - Carmel Flood Hazard Areas Ordinance) On-site floodplain compensatory storage required, Off-site compensatory storage requested (in

same watershed, at 1342 E. 116th St.).

The site is located at 4250 E. 96th Street. It is zoned B3/Business and partly located in the SFHA/Special Flood Hazard Area. Filed by Rick Lawrence of Nelson & Frankenberger, LLC on behalf of Napleton Automotive Group.

E. Old Business
F. New Business
G. Adjournment

Local mother to open Fit Body Boot Camp in Fishers

Fit Body Boot Camp, the world's fastest-growing boot camp fitness franchise, is opening in Fishers and motivating people to live a more active lifestyle. Located at 9653 Olio Rd., Fit Body Boot Camp brings a non-competitive, fat burning group workout to the Fishers area. With each training session lasting just 30 minutes, calories continue to burn up to 31 hours after the workout is done due to the blended training exercises.

The new Fit Body Boot Camp is owned and operated by local entrepreneur Betsy Kwiatkowski. Kwiatkowski is a former college athlete with a dental background and a family of five. The local mom always had a passion for fitness, but wanted to take it a step further and help her community be healthy.

"When the COVID-19 pandemic hit I really wanted to find a way to change lives and make the world better," said Kwiatkowski.



"I believe the best way to accomplish that goal is to help others get healthy and become the best version of themselves. Fishers Fit Body Boot Camp is more than just a workout facility, it's a place community members can call home."

Fishers Fit Body Boot Camp is holding a founding members promotion for those who sign up prior to Jan. 8. For more information fishersfbbc@gmail.com.

Fit Body Boot Camp's specialized Afterburn workouts use a combination of High Intensity Interval Training (HIIT) and Active Rest Training to help the body burn up to twice the fat and calories that traditional workouts burn in only half the time - and keep it burning for up to 31 hours after each

workout. Fit Body Boot Camp workouts are designed for both women and men and aim to support the client's success with one-on-one accountability with personal trainers, nutrition coaching, smart goal-setting and workout adjustments.

Fishers Fit Body Boot Camp will have classes scheduled in the mornings and evenings to accommodate all schedules. The trainers use low-risk exercises and minimal equipment to emphasize the power and capabilities of the human body. Fit Body Boot Camp not only aims to minimize fat, but the overarching goal is to increase confidence and perception of self-worth for people working out at the gym. A focus of every location is to create a community of hard workers that are dedicated to wellness and supportive of each other and themselves.

As the pioneer of

indoor group training concepts, Fit Body Boot Camp was founded in 2009 by personal trainer & fitness industry icon/social influencer/author/podcaster Bedros Keuilian. His vision was to provide mainstream access to best-in-class professional guidance from trainers, at a fraction of the cost of expensive one-on-one personal training. With convenience in high demand in a fast-paced world, the brand's 30-minute, high intensity workout also appeals to those looking to get a good burn in a short period of time.

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.

Meeting Notes

Board of School Trustees of Noblesville Schools

AGENDA / REGULAR SCHOOL BOARD MEETING
EDUCATIONAL SERVICES CENTER BOARD ROOM
18025 River Road Noblesville, Indiana
Dec. 21, 2021 7:00 P.M.
The items on this agenda are being addressed with the best interests of Noblesville Schools' students as the prime consideration.
Call to Order
Pledge of Allegiance
Moment of Silence
I. MINUTES
Approval of the minutes of the minutes of the November 16, 2021 regular board meeting.
II. RECOGNITIONS
•2021 Holiday Card

Artwork Selection
•Girls Cross Country / Noblesville East Middle School
•Hare Teachers of the Month / Noble Crossing Elementary School
III. REPORTS
•ESSER Plan December 2021
Laura Denis, Director of Student Services
IV. PUBLIC COMMENT
The board provides an opportunity for members of the public to address the board pursuant to Policy 0167.3 Public Participation at Board Meeting
V. CONSENT
By single motion, the board approves/adopts the following items or actions which reflect application of Board Policy and Indiana Code. Any items marked "Consent" may be moved from

the list at the option of a board member or the superintendent and acted on separately.
•Donations
•Overnight Trips
•Personnel
VI. ACTION
By individual motions, the board approves/adopts the following items or actions which reflect application of Board Policy and Indiana Code.
•Transfer of Appropriations
•Noblesville High School Gym Improvements Project
•Policy Adoption
VII. COMMITTEE REPORTS
Board members may present reports of their committee activities.
VIII. CLAIMS
IX. ADJOURNMENT
The school board president asks for a motion to adjourn

Extra police on patrol during the holiday season this year



The Hamilton County Sheriff's Office announced that it will be increasing patrols during the holiday season, as part of a statewide crackdown on impaired driving. Starting this week until Jan. 1, officers will be on high alert for anyone driving under the influence of drugs or alcohol. Law enforcement will also be watching for seat belt violations and other forms of dangerous driving. This is part of the Safe Family Travel campaign aimed at reducing crashes and traffic fatalities around the holidays, when statistics show an increased potential for drunk driving. The high-visibility patrols are funded by the National Highway Traffic Safety Administration (NHTSA) with a grant from the Indiana Criminal Justice Institute (ICJI). "This holiday season, we'll have a strong and visible police presence focused on keeping people safe and dangerous drivers off the road," said Sheriff Dennis Quakenbush. "This effort is a reminder about the dangers of impaired driving, but it also serves as a warning. If you choose to drive impaired on drugs or alcohol, you will be arrested." Every year, more than 10,000 people die in drunk-driving crashes in the U.S. That's approximately one person every 52 minutes. While driving under the influence is a daily concern, it's more

prevalent around certain holidays, with Christmas and New Year's among the deadliest. Last December, 73 people lost their lives in fatal collisions in Indiana. Of those, 11 involved a drunk driver, according to ICJI. "It's important to remember that these aren't just numbers we're talking about," said Robert Duckworth, ICJI Traffic Safety Director. "These are people with loved ones whose lives were cut short due to impaired driving. Your choices behind the wheel matter, and they can have serious consequences." Throughout the campaign, Deputies will be working overtime to raise awareness about the dangers of impaired driving, which includes more than just drugs and alcohol. Certain prescription and over-the-counter medications can also affect a person's ability to drive safely, so it's important to read and follow all warning labels or consult with a doctor before driving. The Hamilton County Sheriff's Office is asking for the public's help to

keep Indiana roads safe this holiday season by designating a sober driver or using a ride service, public transportation or taxi if alcohol is consumed. Motorists are also encouraged to wear a seat belt, slow down, put down the cell phone and to make sure kids are properly buckled up. In addition to being required by law, wearing a seat belt also reduces the risk of injury or death in a crash. "If your holiday celebrations include alcohol, make arrangements ahead of time to get home safely - don't wait until after you've had a couple of drinks," said Devon McDonald, ICJI Executive Director. "One wrong decision behind the wheel is all it takes to cause a tragedy." Motorists can report suspected impaired drivers by calling 911 or contacting dispatch: 317-773-1282. To learn more about Hamilton County Traffic Safety Partnership, please visit: <https://www.hamiltoncounty.in.gov/502/Traffic-Safety>

Sheridan Museum wins 3rd place in Main Street Christmas decoration contest

Much to the surprise of the Sheridan Historical Society, the museum on Main Street recently won the third-place ribbon for its Christmas decoration efforts. It was a surprise because the Society decorators were not even aware there was a contest, and they were only about half done with the decorating. You know, sometimes you just get lucky, and we want to express our thanks to the Main Street Committee for honoring us. And congratulations, too, to the first and second place winners. We have since completed the full Christmas decorating and if you have an opportunity to drive by the museum after dark, you will find us all decorated and



Photo courtesy of Sheridan Museum

Seated is Bess Copess, holding the third-place ribbon earned by the Museum. Standing from the left are Connie Pearson, Lis Pickett, Connie Mossburg and Jeanna Pearson. Thank you, ladies, for your outstanding work.

lighted up for the season. We don't like to brag, but we think we have done a rather good job for our first

year. We plan to start our decorating earlier next year in hope of capturing first place. The Sheridan Historical Society's Stephenson Family Cultural Center and Museum is open on Tuesday and Friday afternoons from 1 pm to 4 pm. We can also be open by special arrangement at other times by calling 317-758-5054 during our open hours and making an appointment. The Museum is located at 315 South Main Street in beautiful downtown Sheridan.

Rokita's statement on vaccine mandate

Indiana Attorney General Todd Rokita issued the following statement following the US Court of Appeals for the Sixth Circuit's decision to dissolve the Fifth Circuit's stay of the Occupational Safety and Health Administration's (OSHA) rule implementing the Biden Administration's

vaccine mandate order. "We will not be deterred by the Sixth Circuit's decision. I am committed to defending Hoosiers' liberty," said Attorney General Rokita. "We have already appealed this finding to the US Supreme Court. These outlandish mandates will not be tolerated."



Todd Rokita

RENNER NIXON BODY WORKS
Merry Christmas & Happy New Year!
8190 E. 146th Street • Noblesville
317-773-9792

The Times
SERVICE DIRECTORY

<p>APARTMENTS</p> <p>NOBLE MANOR APARTMENTS</p> <p>Now accepting applications for 2 bedroom apartments Affordable housing that is income based</p> <p>Applications can be picked up Monday through Friday 8-12 and 1-3</p> <p>780 Noble Run • Noblesville (317) 773-6133</p>	<p>AUTOMOTIVE</p> <p>Alexander's Auto & Radiator Repair</p> <p>Four Seasons Free Coupon</p> <p>Hours: Monday - Friday 8 AM - 5 PM</p> <p>317-773-7098</p> <p>820 Hannibal Street Noblesville</p>	<p>FEATURED BUSINESS</p> <p>Indiana Funeral Care</p> <p>indianafuneralcare.com</p> <p>Indianapolis (317) 636-6464 8151 Allisonville Rd. Indianapolis</p> <p>Greenwood (317) 348-1570 2433 E Main St. Greenwood</p>	<p>FUNERAL SERVICES</p> <p>BUSSELL FAMILY FUNERALS</p> <p>Serving Hamilton County and surrounding areas</p> <p>BussellFamilyFunerals.com</p> <p>Donna Bussell Owner/Director</p> <p>1621 E. Greyhound Pass Carmel, IN 46032 317-587-2001</p>	<p>Traditional Services Affordable Cremation Pre-Planning</p> <p>Hersberger Bussell FUNERAL HOME</p> <p>2020 North Main Street Lafayette, Indiana 46033 765-534-9233 www.hersbergerbussell.com</p>
<p>FUNERAL SERVICES</p> <p>Indiana Funeral Care</p> <p>indianafuneralcare.com</p> <p>Indianapolis (317) 636-6464 8151 Allisonville Rd. Indianapolis</p> <p>Greenwood (317) 348-1570 2433 E Main St. Greenwood</p>	<p>HOME SERVICES</p>		<p>HOME SERVICES</p> <p>SUPREME MECHANICAL SERVICES LLC</p> <p>The Diamond Standard in HVAC</p> <p>317-354-7088</p>	<p>RESTAURANTS</p> <p>Jim Dandy Restaurant Since 1964</p> <p>Online Ordering is HERE! Visit our new website at www.jdrest.com to order now!</p> <p>Sign up for our email list to receive weekly deals and specials!</p> <p>Monday - Saturday 6:30 AM - 9 PM Sunday 7:00 AM - 9:00 PM</p> <p>2301 E. Conner Noblesville 317-773-3288</p>

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



Photos courtesy of "Mercedes-Benz"

2022 Mercedes E450 All Terrain Wagon finally masters geography

Mercedes-Benz had a pretty crazy strategy when it introduced the jacked-up All Terrain E-Class wagon in Europe, home of fast cars and faster highways, and left crossover-crazy America with the more boring Rodeo Drive version. I mean, hadn't they learned the basic lesson of the Subaru Outback? Americans want to look ready for adventure whether they're hitting the trails...or shopping mall. Mercedes mends its ways with the 2022 E450 All Terrain. Styling tricks are familiar, but the canvas is not. In domestic form, the E-Class wagon is a sleek sled honed to make haste in the left lane of Germany's famed Autobahns, but All Terrain editions put on a face of industrial metallic grille, black plastic wheelwell extensions, 19" AMG alloy wheels,

and dual exhaust outlets. LED headlamps and glitzy chrome trim add style. All kinds of attachments for bikes, kayaks, skis, and other gear attach to the slim roof rails. It finally looks like a station wagon affluent Americans will appreciate. The interior is pure Mercedes with curvy planks of authentic Grey Ash wood on the dash, doors, and center console. Heated leather front seats are the perfect thrones from which to command the dual-zone automatic climate control, panoramic sunroof, and saturating Bernster audio system. Connect devices via Apple CarPlay, Android Auto, Bluetooth, and wireless charging. Power open the rear hatch to find two additional rear-facing "kid seats" in the cargo area, proving you don't need a full-size crossover for seven

passengers. Twin screens display driver info and infotainment. I am not a fan of the touch pad in the console because I kept changing radio stations every time I grabbed my latte, but infotainment can also be commanded via touch and voice. Being a Mercedes, safety is beyond reproach. The basics like blind spot warning, rear cross path detection, and lane keep assist are covered - as are advanced systems like automatic emergency braking, lane following steering, and evasive steering assist that helps drivers execute emergency maneuvers. Very impressive. Getting down the road will not be a problem. Beneath the sculpted hood is a turbocharged inline six-cylinder engine delivering 362 horsepower and 369 lb.-ft. of torque to the smooth shifting nine-

speed automatic transmission. 4MATIC all-wheel-drive shifts power between wheels as needed, keeping the car moving through snow and muck. A light hybrid system and engine stop/start contribute to reasonable fuel economy ratings of 21/28-MPG city/highway. I guess nobody promised a frugal little Prius, which is good, because the E450 isn't one. The engine is not even the best part of driving the E450. Air suspensions often feel chattery over rough pavement, but the E450's wafts down the highway, glides over broken asphalt, and with the flick of a switch, tightens up for a spirited backroad cruise. The same switch

2022 Mercedes-Benz E450 All-Terrain

7-passengers, AWD Wagon
 Powertrain: 3.0-L T16, 9-spd trans
 Output: 362hp/369 lb.-ft.
 Suspension f/r: Air Ind/Ind
 Wheels f/r: 19"/19"
 Brakes f/r: disc/disc
 Must-have features: Performance, Utility
 Fuel economy: 21/28-MPG city/hwy
 Assembly: Sindelfingen, Germany
 Base/as-tested price: \$68,400/\$80,070

configures the steering feel and throttle response through a range from Eco (numb) to Comfort (commuting), Sport (lively) and Sport+ (hang on). Being a machine with off-road ambitions, the suspension can even raise the wagon to clear off-road obstacles. Not everybody wants a crossover. Station wagons are pretty cool, especially when you consider their interior space, improved handling, and acceleration. This one is especially fetching with



CASEY WILLIAMS
Auto Reviews

its air suspension, body cladding, and third-row seat. However, E-Class wagons are not cheap. The base price for the E450 All-Terrain is a lofty \$68,400, but came to \$80,070 as tested. Competitors include the Subaru Outback Touring and Volvo XC70 Cross Country. Storm Forward!

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

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Something Worth Waiting For

Yesterday I bought a Christmas tree at the hardware store. I thought it was a good day to do it both because I'd heard the rumors of Christmas tree shortages and because it would keep me away from my email for more than an hour—a near record in the last two weeks.

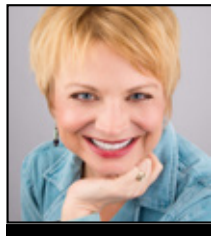
No one tells you, when you start writing, that it involves a lot of waiting. I have sent the manuscript of my first novel off to someone, and it feels as if 30 minutes or so should be plenty of time to read 300 pages. It doesn't seem to work that way. So I'm waiting and, while I do, I'm remembering all the times in the past when I have waited.

Life used to involve a lot more waiting. I waited for long-distance phone calls (isn't that a funny expression?) and letters (who gets those anymore?) and for people to arrive by car before they could call to say they were just around the corner.

I remember going to the mailbox more than once in a day, thinking the mail must surely have arrived before it actually did. I remember opening an empty mailbox, looking down the street for the mail truck, not seeing it, and heading back to the house to wait another hour.

Now, I am watching my email with a familiar obsessiveness and, once again, I am remembering that waiting is not fun.

Of course, incurable optimist that I am, I try



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.

to reframe it.

"Aren't I lucky to have something exciting to wait for?" I ask myself, as if I were an impatient four-year-old waiting for a marshmallow. My inner four-year-old is not fooled. I may not get a marshmallow, and I know it.

"Isn't waiting just a form of happy anticipation?" I ask myself cheerfully, willfully denying the gut-twisting, sleep-defying effect the waiting has on me. My gut knows better. There is nothing pleasant about this.

So far, my attempts to make waiting fun have failed. So far, the best I can come up with is that it's better than the alternative.

We wait for births and special visits and big changes and holidays and news, both good and bad. Waiting is the bridge between then and now, between now and what happens next. Waiting is essential and, as painful as it is, it would be a very dull life if there was nothing worth waiting for.

So, I am waiting.

Advent is the season of waiting, so at least my waiting seems seasonal. I decided not to drive to the hardware store, but

wheeled my cart there, picked out a handsome little tree, strapped it into my cart and headed home.

I got a few surprised looks. I hadn't realized it was unusual to wheel a Christmas tree home. And while I was wheeling, a funny thing happened: I wasn't thinking about my wait at all.

I was thinking about the challenges of keeping my cart rolling in a straight line with a Christmas tree sitting catawampus in it. I was thinking of what a beautiful day it was and what a lovely tree I had found and how kind they had been at the hardware store and, most surprisingly of all, I was thinking of things I'd like to work on—other things I'd like to write.

And I realized that when this wait has ended, no matter what happens, life will still be filled with wonderful things worth waiting for.

Then I hit a bump and had to concentrate on my Christmas tree again.

Till next time,
Carrie

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

Meeting Notes

CARMEL BOARD OF ZONING APPEALS

SPECIAL HEARING OFFICER MEETING DEPARTMENT REPORT TUESDAY, DECEMBER 21, 2021

(V) Napleton Auxiliary Lot and Detail Center Floodplain Variance.

The applicant seeks the following development standards variance approval:

1. Docket No. PZ-2021-000193 V UDO Sec. 5.10 (and City Code Chapter 10 Article 5A(11)(a), Carmel Flood Hazard Areas Ordinance) On-site floodplain compensatory storage required, Off-site compensatory storage requested (in same watershed, at 1342 E. 116th St.). The site is located at 4250 E. 96th Street. It is zoned B3/Business and partly located in the SFHA/Special Flood Hazard Area. Filed by Rick Lawrence of Nelson & Frankenberger, LLC on behalf of Napleton Automotive Group.

General Info & Analysis: The Petitioner seeks approval for off-site floodplain compensatory storage, when on-site is required by the Carmel Flood Hazard Areas Ordinance. The architecture, design, lighting, landscaping, and signage for the project were all reviewed and approved by the Plan Commission on July 20, 2021, with Docket No. PZ-2021-00048 DP/ADLS. The Petitioner proposes an auxiliary parking lot with a detail/service building and a pad ready site for a new dealership in the future. All parcels to the west, south, and east are also zoned B3/Business and

are not in an overlay zone. The surrounding land uses are office and automobile sales, as well as single family residential to the north (Williamson Run subdivision, zoned S2/Residential). Please see the Petitioner's info packet for more detail on the variance request.

UDO Section 5.10 lists the Floodplain Standards, and it cross references with City Code Chapter 10 Article 5, the Carmel Flood Hazard Areas Ordinance. Article 5 subsection A(11)(a), General Standards, states the following: In all SFHAs and known flood prone areas the following provisions are required: (1) Whenever any portion of the SFHA is authorized for use, the volume of space which will be occupied by the authorized fill or structure below the BFE shall be compensated for and balanced by an equivalent volume of excavation taken below the BFE. The excavation volume shall be at least equal to the volume of storage lost (replacement ratio of one (1) to one (1)) due to the fill or structure. The excavation shall take place in the floodplain and in the same property in which the authorized fill or structure is located.

Site Plan and Engineering:

The proposed 9-acre site plan accounts for two new buildings, their associated parking spaces, as well as overflow/inventory parking. 747 parking spaces are provided. The detail center building will be constructed now, and a new dealership building will be developed in the future. The dealership building will be placed at the southeast corner of the site, more visible to traffic

on 96th Street and Randall Drive. The detail center building will be placed in the middle of the site (and behind the future new dealership).

Stormwater detention and water quality for this site is proposed through the dry pond at the northwest corner of the site, which will tie into the existing pond on the SW corner of the site, as well as a new offsite compensatory storage location at 1342 E. 116th Street, located a few parcels east of the Monon Trail. That "pond" will be located west of Rosemeade Commons subdivision and east of Faith Apostolic Church. That off-site location is adjacent to other compensatory storage facilities for the other automobile dealerships around 96th Street and Randall Drive. The Petitioner worked through stormwater detention, water quality, and floodplain mitigation review and approval with the Carmel Engineering Dept. and the Hamilton County Surveyor's Office. The Carmel Engineering Dept. recently reviewed and approved the off-site mitigation and is supportive of this variance request.

The Petitioner addressed all planning/zoning review comments. The Planning Dept. supports the variance request.

Findings of Fact:

Please refer to the petitioner's Findings of Facts sheet.

Recommendation:

The Dept. of Community Services (DOCS) recommends positive consideration of Docket No. PZ2021-000193 V, and with adoption of the findings of fact submitted by the Petitioner.

MARLOWE From Page A1

and selfishness and betrayal. That's why these deep affections are such sought-after commodities. These are things we feel within ourselves, and often the memory of past experiences closes the door to opportunities at hand. The risk of rejection seems more powerful, sometimes, than the reward of beauty and joy.

Risk is actually at the heart of the original Christmas story. There was a lot to lose for standing by a young wife for a man named Joseph.

Mary risked even more traveling in an inhospitable world, so soon to birthing a child. The Magi risked the wrath of a king. A newborn baby, in peril to all, found peace surrounded by animals and strangers, although no larger himself than a promise.

Virginia risked a lot, too: "DEAR EDITOR: I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, 'If you see it in THE SUN it's so.' Please tell me the truth; is there

a Santa Claus?"

That's a big chance Virginia is taking, asking questions so meaningful to her, about ideas she can't solve on her own. What if Dad had said, "Heck no"? What would that have done to the childlike faith that Church explains we all need "to make tolerable this existence."

Ginny's dad is risking something, too. He's put an awful lot of confidence in The Sun not to damage his daughter's heart. Maybe he didn't think

they would even answer a child, or just trusted them to be kindly in their response. We'll likely not ever know.

Church — the author of the most reassuring children's story of all times; the comforter of millions of children and children to come — had no children of his own. He was seldom compassionate nor caring. A lonely curmudgeon, he remained a cynic and skeptic toward religion and superstition, and initially refused to have his name credited to

his article. Grudgingly or not, he believed he could answer a young girl's question, and brought comfort to the world.

It is a truth, yet a mystery nonetheless, that God or the universe seeks out those of us who believe we are the least capable to furnish the most genuine answer.

Luckily, we don't really have to know the answer. We just have to chance that we will find it.

Let me challenge you. After all we've been through, together, let's

make this Christmas the year we step out from behind our fears. Let's dare to do more than hope. Let's have faith that beauty and joy belong to us, too.

"[We] have been affected by the skepticism of a skeptical age," says Church. "No Santa Claus! Thank God! he lives, and he lives forever."

Merry Christmas everyone.

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

BETSY From Page A1

-Good Samaritan of Hamilton County is offering Christmas Eve meals for shut-ins with advance reservations. Donations are also taken for clothing, food, paper goods, emergency items and household items during drop-off donation hours from 9 a.m. to noon and 1 p.m. to 3 p.m. Monday through Friday. For more information, visit <https://www.gsnlive.org/>

-FeedingTeam.org, created by Mark and Lisa Hall of Noblesville, based on neighbors serving neighbors, has grown to 31 yellow and red outdoor food pantries throughout Hamilton County, including 17 Noblesville locations, for people who don't have sufficient resources. The motto is "Take What You Need, Give What You Can." The community is encouraged to donate nonperishable items to the pantries as well as take what they need from the pantries. For more information, visit <https://feedingteam.org/>

-Noblesville Township Trustee office on Division Street at Eighth Street, provides food bags 9 a.m. to 4 p.m. Wednesdays with various food items available to choose from Wednesday



The Times photo by Betsy Reason

Noblesville's Nancy Chance (back), founder of Good Samaritan Network of Hamilton County, oversees about 60 Northview Church volunteers, who helped organize donations of food and clothing in past years in the Small Animal Barn at the county 4-H Fairgrounds for holiday distribution giveaways and more.

through Friday each week, according to the website.

-Hamilton County Harvest Food Bank collects food and keeps county food pantries stocked year-round. The food pantries give out food directly to people in need. At the Harvest Food Bank, food donation drop-off is 10 a.m. to 11:30 a.m. Tuesdays and 9:30 a.m. to 11:30 a.m. Thursdays at the food bank's location next to and just south of White River Christian Church on North 10th Street in Noblesville. Folks can also donate monetarily online at <https://www.hchfoodbank.org/>

-Humane Society for Hamilton County, a no-kill pet shelter in Fishers, is in the midst of its annual Home for the Holidays campaign, featuring 12 animals -- including an 8-year-old German Shepherd named Larry, who knows all of his commands -- seeking forever homes, with adoption fees waived, at <https://www.hamiltonhumane.com/>. Donors can also sponsor the care of a shelter animal with a pawlday ornament. Purchase your gift in honor or memory of a loved one by Dec. 22. The shelter also offers 2022



The Times photo by Betsy Reason

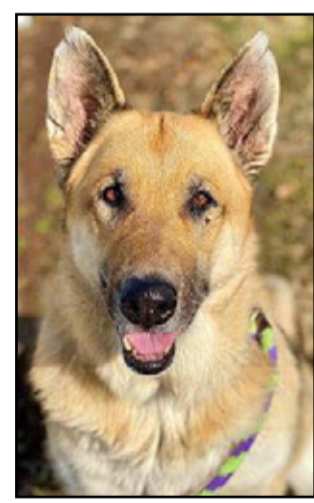
Volunteers set up a new yellow and red outdoor pantry from feedingteam.org at Harbour Shores Church in Cicero.

calendars for \$20 each and is also accepting monetary donations and also all kinds of items for its downloadable wish list.

-Tri Kappa Red Stocking Fund is an annual fund drive going on now through Dec. 31. Tri Kappa distributes 100 percent of the money donated to the school children of Noblesville through Noblesville Schools and Noblesville Township Trustee Office, which distributes the funds throughout the year to the school children of Noblesville. Money raised ensures the children of Noblesville

have shoes, clothing, school supplies, and shelter as well as medicines and other necessities. In 2020, more than 100 students and their families were assisted. Donations may be made payable to Red Stocking Fund and mailed to Noblesville Red Stocking Fund, P.O. Box 162, Noblesville, IN 46061.

-White River Christian Church Food Pantry on North 10th Street accepts donations of food and non-food essentials and monetary donations. Drop off donations from 9 a.m. to 4 p.m. Tuesdays and Wednesdays and 10 a.m. to noon and



The Times photo by Betsy Reason

Humane Society for Hamilton County, a no-kill pet shelter in Fishers, is in the midst of its annual Home for the Holidays campaign, featuring 12 animals -- including an 8-year-old German Shepherd named Larry (pictured), who knows all of his commands -- seeking forever homes, with adoption fees waived, at <https://www.hamiltonhumane.com/>

3 p.m. to 6 p.m. Thursdays. Households can shop at the pantry from 1 p.m. to 6 p.m. Thursdays. For a complete list of food pantries in Hamilton County, visit <https://www.gsnlive.org/food-pantries-directory>

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

TUESDAY

In The Kitchen

Tuesday, Dec. 21, 2021

A6

Better-for-You Family Favorites for a Healthier Routine



Tuna Pasta Casserole

Photo courtesy of Getty Images

FAMILY FEATURES

Taking time to nurture your health and well-being starts with building healthier habits. As the seasons change, challenge yourself to make small yet consistent choices that help you and your family through transitions at school, the office or wherever your days take you.

To help you establish (or re-establish) healthy habits during mealtime and beyond, consider these tips.

Eat Meals Together

"Making time for meals together as a family provides a chance to connect and decompress," said Bridget Wojciak, director of nutrition at Kroger Health, a national sponsor of the American Heart Association's Healthy for Good initiative. "In fact, regular meals at home can help reduce stress, boost self-esteem and improve feelings of connection."

Bring everyone together with a better-for-you seasonal favorite like Turkey and Bean Tostadas.

Make Time for Yourself

Chronic stress can have a negative impact on mental and physical health, but turning lost moments – like a meal by yourself spent mindlessly scrolling through social media – into mindful moments can help. Try practicing gratitude at the table by thinking of three things you're grateful for or putting your fork down between each bite to savor the flavor and consider the nourishment you're receiving.

Enjoy the Cooler Temperatures

Cooler temperatures can make it more enjoyable to take advantage of outdoor exercise, which is a good way to soak in vitamin D to improve your mood and boost immunity. Going for a brisk walk after mealtime (solo or with your pet), jogging and even raking leaves are examples of activities that count toward the American Heart Association's recommended 150 minutes of moderate physical activity per week.

Visit heart.org/healthyforgood to download more heart-healthy recipes and find more tips for a healthier you in mind, body and heart.

Tuna Pasta Casserole

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 4

- 4 ounces dried whole-wheat rotini pasta (about 1 1/2 cups)
- nonstick cooking spray
- 16 ounces frozen mixed vegetables, thawed
- 1 pouch (11 ounces) low-sodium chunk light tuna
- 1 can (10 3/4 ounces) low-fat, low-sodium condensed cream of chicken soup
- 1/2 cup chopped roasted red bell peppers
- 1/2 cup fat-free half-and-half
- 1 teaspoon all-purpose, salt-free seasoning blend
- 3/4 cup crushed low-sodium, whole-grain crackers
- 1/4 cup shredded or grated Parmesan cheese

Prepare pasta according to package directions, omitting salt. Using colander, drain well. Transfer to large bowl.

Preheat oven to 350 F. Lightly spray 2-quart glass baking dish with nonstick cooking spray.

Stir mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into pasta until combined. Transfer to baking dish.

Top with crackers and Parmesan cheese.

Bake, uncovered, 25-30 minutes, or until casserole is warmed through and topping is golden brown.

Nutritional information per serving: 400 calories; 7 g total fat; 2.5 g saturated fat; 0 g trans fat; 2 g polyunsaturated fat; 2 g monounsaturated fat; 30 mg cholesterol; 537 mg sodium; 52 g carbohydrates; 8 g dietary fiber; 7 g sugars; 32 g protein.



Turkey and Bean Tostadas

Turkey and Bean Tostadas

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 5

- Salsa:**
- 2 cups chopped tomatoes (about 2 medium tomatoes)
 - 1 medium avocado, halved, pitted and diced
 - 1 large ear of corn, husks and silk discarded, kernels removed
 - 1-2 medium fresh jalapenos, seeds and ribs discarded, finely chopped
 - 2 tablespoons finely chopped red onion
 - 2 tablespoons fresh lime juice
- Tostadas:**
- nonstick cooking spray
 - 5 corn tortillas (6 inches each)
 - 8 ounces ground skinless turkey breast
 - 2 teaspoons chili powder
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
 - 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
 - 2 tablespoons water

To make salsa: In small bowl, stir tomatoes, avocado, corn, jalapenos, onions and lime juice. Set aside.

Preheat oven to 400 F.
To make tostadas: Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray. Place tortillas on baking sheet. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas several times to prevent from filling with air.

Bake tortillas 5-6 minutes on each side, or until golden brown.

In medium nonstick saucepan over medium-high heat, cook turkey, chili powder, cumin and coriander 5-6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up turkey.

Add beans and water. Cook 5 minutes, or until beans are heated through. Using potato masher, coarsely mash beans. Remove from heat.

To assemble tostadas, spread turkey mixture over each tortilla. Top with salsa.

Nutritional information per serving: 260 calories; 7.5 g total fat; 1 g saturated fat; 0 g trans fat; 1 g polyunsaturated fat; 4.5 g monounsaturated fat; 18 mg cholesterol; 60 mg sodium; 33 g carbohydrates; 8 g dietary fiber; 7 g sugars; 19 g protein.

Ginger Pumpkin Soup

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 4

- 1 1/2 teaspoons canola or corn oil
- 1 medium onion, finely minced
- 3/4 tablespoon minced peeled gingerroot or 1/2 teaspoon ground ginger
- 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic
- 1/2 teaspoon dried thyme, crumbled
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 1 tablespoon all-purpose flour
- 1 3/4 cups fat-free, low-sodium vegetable broth
- 1 cup water
- 2 cans (15 ounces each) solid-pack pumpkin
- 1 cup fat-free milk

- 1/4 cup fat-free sour cream (optional)
- 2 tablespoons chopped chives (optional)

In large heavy pot, heat oil over medium-high heat, swirling to coat bottom. Cook onion 6-8 minutes, or until soft, stirring occasionally.

Stir in gingerroot, garlic, thyme, cinnamon, pepper and salt. Cook 1 minute, stirring constantly. Stir in flour. Pour in broth and water. Using spatula, scrape bottom of pot to dislodge any browned bits. Stir in pumpkin. Bring mixture to boil. Reduce heat to low and simmer 10 minutes.

Stir in milk. Remove from heat. Ladle soup into bowls. Garnish with sour cream and chives, if desired.

Nutritional information per serving: 138 calories; 2.5 g total fat; 0 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1 g monounsaturated fat; 1 mg cholesterol; 199 mg sodium; 27 g carbohydrates; 10 g dietary fiber; 14 g sugars; 6 g protein.



Ginger Pumpkin Soup

TUESDAY Health and WELLNESS

Tuesday, Dec. 21, 2021

A7

Heads are spinning and people are starting to ask why

This week I want to address a specific variant of a condition that I've been seeing a lot of lately – dizziness. Primary Care doctors in the U.S. see about six million patients a year who complain of “dizziness.”

Dizziness means different things to different people and can be a symptom of many different medical conditions. People use “dizzy” as a universal term to describe feeling faint, lightheaded, or a spinning sensation (either themselves or the world around them). This latter sensation is called vertigo, from the Latin *vertere* meaning “to turn.”

The most common cause of vertigo is benign paroxysmal positional vertigo or BPPV. Benign means the condition is not dangerous, paroxysmal indicates it occurs in a recurring pattern, and positional refers to the vertigo typically being brought on by changes in position.

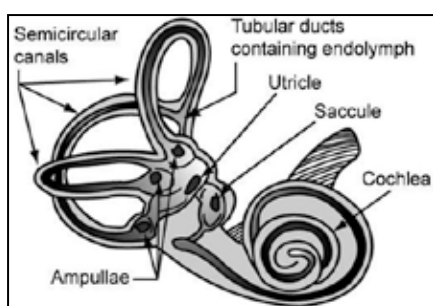
I have to crack open the anatomy and physiology



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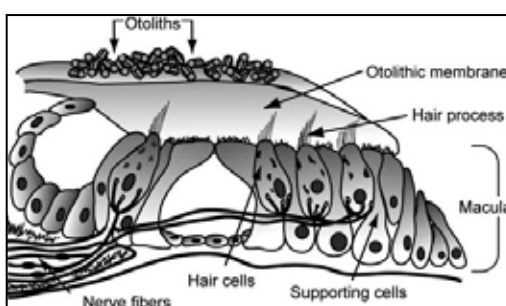
books to explain the cause of BPPV. Hopefully, some of you recall the vestibular apparatus from junior high science class. It is the organ that allows us to maintain our balance and is found in the inner ear. This is a truly remarkable and complex organ. I've included a diagram to help you visualize what I'm describing.

We have a vestibular apparatus on each side of our heads. These organs, along with input from our eyes, are constantly monitoring the position of our heads in space in relation to motion and gravity. If one or



both of them gives faulty or conflicting information to our brains, we can lose our sense of orientation in space.

The three semicircular canals are a key part of the vestibular apparatus and are oriented at 90 degree angles to one other. They are filled with a fluid called endolymph. When we move our heads, the fluid shifts to varying degrees inside each of the three canals, allowing us to detect motion in three different planes (head turning, nodding up-and-down, and moving forward or backward). Movement of the endolymph acts on a piece of tissue called the otolithic membrane that resides in two other parts of the vestibular system



called the utricle and saccule.

The membrane sits on top of tiny hairs protruding from nerve cells that communicate with the brain. When the membrane moves, it wiggles the hair cells that in turn fire off nerve impulses, telling the brain which direction the head is moving.

Resting on top of the otolithic membrane are tiny crystals made of calcium called otoliths. These crystals provide some weight on top of the membrane allowing it to stimulate the nerve cells more easily.

Now that you're an expert in some inner ear anatomy and physiology, what does any of that have to do with BPPV?

The cause of BPPV is a problem with the otoliths – they get dislodged from their position on top of the otolithic membrane and move into the semicircular canals. The displaced crystals move in the canals tricking your brain into thinking your head is moving. This results in the sensation of vertigo. Tilting the head, rolling over in bed, getting out of a bed or chair, looking up or down, or sudden head motion can all cause vertigo associated with BPPV.

A good patient history is usually suggestive of BPPV. There is also a simple movement test called the Dix-Hallpike maneuver that can be performed in the office to determine if one of

the vestibular canals is at fault. You can see a video demonstration here: goo.gl/HcNIDY.

Most cases of BPPV resolve on their own when the otoliths move out of the semicircular canal. Sometimes medications like meclizine (Antivert®) or scopolamine are given to dull the severity of the vertigo.

For those cases of BPPV that don't resolve on their own, most can be treated in the office by undergoing either the Epley, Lempert, or deep head-hanging maneuvers. These involve putting the patient through a series of movements that attempt to move the otolith(s) out of the semicircular canals. Severe and refractory cases of BPPV occasionally require surgical correction.

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.

Five holiday survival tips for challenges divorced parents face

Many people find this time of the year to be more stressful, because they are busy trying to fit in so much around the holidays. For millions of divorced parents there are additional challenges they face, as they try to make the holidays a success, while splitting custody of the children. The good news is that there are things that co-parents can do in order to make the holiday more enjoyable and less stressful for everyone.

“What children in separated families want more than anything in the world is for mom and dad to work together on their behalf,” explains Dads' Resource Center executive director Jeff Steiner. “The greatest present that separated parents can give their children at any time, and most particularly during the holidays, is the gift of getting along.”

The first knee-jerk reaction that many co-parents have is to essentially grab a rope and invite the other parent to a game of

tug-of-war. Both parents fight about who will have the kids over the holidays and there's very little compromise and flexibility involved. That's not going to create a great holiday experience for anyone, and may even have a detrimental impact on the children.

When parents can successfully work together to create a great holiday experience the child will benefit, as will the parents. The effort to work together will show the child a great lesson in how to get along with others, how to work together, and how to put their family first. It's important for families to not put the pressures or stresses of co-parenting during the holidays onto the child, as it will only make them feel like they are a burden. Rather, focus on working together to make it a great month, and working through any challenges with a good attitude.

Here are 5 holiday survival tips for divorced parents to help them work

together to make the best experience:

Plan it out. Make a list of the events that people want to do for the holiday, including for each side of the family, and if the child has any special event they want to attend. Map and calendar it all out to include as many as possible. If there are conflicts on particular days, work out which one will be attended. Having a plan that everyone agrees to is the first major step to ensuring a smooth holiday month.

Discuss the gifts. It's important that both parents are okay with the gifts that the other one wants to purchase. If both parents don't agree to a certain gift then it should be left off the table. For example, if one parent wants to purchase the teen a pellet gun and the other disagrees, then that gift should be avoided. Work out the bigger gifts so there's no problems that arise after they have been opened.

Be patient. Co-parents or not it's important to practice patience during

this time of the year. As people find it to be a more stressful time it is a good idea to do things to relax and reduce stress, such as meditation, reading, taking a walk, etc. Make time during the month to relax and simply do nothing.

Agree to not fight. It's common for co-parents to want to fight to get their way on every issue, often times taking it to court. Instead of that route, which is more difficult for the kids, too, agree to work together. In doing so, you will need to compromise, but it will be worth it. Remember, the kids are watching what battles are waged and how they are fought, and will often repeat those patterns later on in life. Make sure what you are teaching them is something you'd want them repeating.

Put the kids first. The years of co-parenting during the holidays are fleeting. It's imperative to put the kids first and give them the best possible experience. Ask yourself what is in the child's best

interest when challenges arise. Being able to have some traditions and see family and extended family members are positive ways to help give the child a good foundation.

“Study after study shows what we already know – children develop more fully and have a greater chance of being successful in life when both of their parents are actively involved in their lives,” said Dads' Resource Center founder Dr. Joel N. Myers. “It is my most sincere wish that all children are given the opportunity to benefit so greatly from their fathers' engaged presence.”

Dads' Resource Center was started by Dr. Myers, a father of eight and the founder and CEO of AccuWeather. The mission is to help combat the issues associated with children growing up without their fathers in the home. At its heart, the center is a child advocacy organization that aims to ensure that each child has the appropriate involvement and contribu-

tions from both parents.

Dads' Resource Center has been established to benefit children of separated or divorced parents by advocating the importance of fathers having adequate opportunities to fulfill their role of fatherhood. The group helps get information regarding the issues out to the public and works with fathers to help make improvements. To get more information, visit the site at: <https://dadsrc.org>.

About Dads' Resource Center

The Dads' Resource Center is committed to providing education, resources and advocacy for dads who are separated or divorced and are determined to uphold their sacred responsibility as fathers. The Dads' Resource Center was founded by Dr. Joel N. Myers, who is the founder and CEO of AccuWeather. His own experience as a single father led him to start the group. To get more information, visit the site at: <https://dadsrc.org>.

Hoosiers pick 3:49 p.m. as acceptable to begin drinking alcoholic drinks

- 16% of Hoosiers admit that they bend the rules and drink before lunchtime.

- Alaskans begin drinking earliest over the festive period (at 12.30pm).

The unofficial rule is that it's acceptable to have your first alcoholic drink at 5 p.m. - no earlier. 'It's five o'clock somewhere' is a cheeky re-interpretation of when it's acceptable to have your first drink and could be used to shake off judgements when it comes to day drinking. But when it comes to the holiday season, when traditions are typically focused on celebrating the end of the year, rules can sometimes be bent. Are morning mimosas acceptable during breakfast at 8 am if it's close to Christmas? Is boozy eggnog considered a

suitable accompaniment to pancakes, eggs and bacon?

Detox.net, an online resource for finding drug and alcohol addiction detox centers, conducted a survey (3,178) to find out what time the average household considers an acceptable hour to start drinking over the festive season, which revealed some very interesting results. It turns out that 3:49 pm is the precise time that Hoosiers consider an 'acceptable' time to begin drinking over the holidays (later than the national average of 2:42 pm). However, the survey also found that 16% of Hoosiers admit that they bend the rules and drink before lunchtime.

In Alaska, the average household considers midday - at 12:30 pm - an

acceptable time to start pouring drinks. Could this be because Alaska is among the coldest states in America? This hypothesis makes sense given that the survey revealed that households in Hawaii, on the other end of the Fahrenheit scale, prefer to wait until just before the evening hits to start drinking: 4:11 pm. Indeed, a survey by Rehabs.com earlier in the year found that 1 in 5 Americans admit to drinking more when the weather is cold out.

A common perception of someone with alcoholism is the image of, someone who drinks as soon as their alarm goes off in the morning. Other people believe in the 'hair of the dog' hangover-avoidance method, which includes having

an alcoholic drink the morning after a big night out in an attempt to lessen or alleviate the symptoms of a hangover. Spoiler alert: this method merely postpones the effects of a hangover and can turn into a bad habit.

In fact, there are many dangers associated with drinking alcohol first thing in the morning, which the experts at Detox.net have explained below:

It can become a habit. The festive period (from Thanksgiving through NYE), includes meet-ups with friends and colleagues as well as many other opportunities for someone to create a habit of drinking earlier in the day. Whether it's a mimosa at breakfast, or eggnog mid-morning, it's easy for alcohol to

become a mainstay in the days leading up to the end of the year. It may seem harmless as you may think you're 'just getting into the festive spirit,' but it is still drinking, and you might even be consuming more if you start earlier in the day, as compared to a night out.

You can get dehydrated easily - unlike summer, whereby warmer temperatures make you more inclined to drink water to quench thirst and cool down, the festive period is not one typically associated with rehydration. Rather, you are more likely to be offered an array of festive drinks such as mimosas, egg-nogs, hot toddy's and hot buttered rums, rather than water, still or sparkling.

So if you are going to keep drinking, make sure to drink water in-between these Christmas cocktails.

You drink way more than you notice. Drinking earlier in the day, such as kicking things off with a wassail, means you'll likely be drinking far more than you realize. So, no matter what time you begin, it is a good idea to set a limit for yourself and stick to it.

You are more likely to end up in the ER. Beyond the direct effects of drinking too early in the day, doing so also risks ending up in the hospital. It is no surprise that being more intoxicated increases your risks of accidents happening, and no one wants to end up in the ER on Christmas Day!

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Photo courtesy of Pixabay

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,

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.



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