

TODAY'S VERSE

Romans 8:18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.



FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Christian Tombers smile? "Making other people happy," said the 68-year-old Noblesville resident. A member of Noblesville Chapter No. 67 of the Experimental Aircraft Association, he was found in 2021 volunteering at a Fly-In Drive-In and Pancake Breakfast at Noblesville Airport, where there could have been a record number of aircrafts and a large attendance by the community. "I'm helping out parking and directing traffic for aircraft." He was born in West Berlin, Germany, and grew up in Detroit and Indiana. He is single and has a daughter in California. He came to Hamilton County for a job. "I've got my own company. It's Charlie Tango Productions; thinksales101.com is my website." I'm a marketing and sales coach, inspirational and motivational speaker. I do not teach people how to sell; I teach people how to get the customer to want to buy. "When he's not working?" "I like to fly gliders and sailplanes." He said, "I've been flying gliders since I was 17 ... The longest flight in a sailplane is five hours and 49 minutes on one flight. My highest altitude is 12,000 feet." He is a member of Soar Indy at Alexandria Airport. "We give rides in sailplanes on Saturdays and Sundays when the weather is nice." Coolest flight? "I've actually been in a thermal soaring underneath a cloud with a hawk 10 feet off of my wingtip in formation with me." First time in the air? "First time was when I was 3 years old, when my parents flew from Berlin to Hamburg to take me on a boat to emigrate to the United States ... I am now a naturalized American citizen." He said, "I just enjoy sharing the pleasure of aviation with other people who are also enthusiasts." Save the dates in 2022: This year's Noblesville Chapter No. 67 EAA fly-in and pancake breakfast events are 8 a.m. to 11 a.m. Saturdays, June 25 and Aug. 20, and Young Eagles events are Sundays, June 26 and Aug. 21, with registration at 8:30 a.m. Happy New Year!

And Another Thing...

Noblesville First United Methodist Church is offering a 13 week program called Divorce Care to help those in need of healing from separation and divorce. Our program will begin Friday January 18, 2022 from 6:30 to 8:30 pm and will run for 13 weeks, but people can join us at any time. Child care may be provided. They should enter Door # 1 and we will meet in the church parlor. More information can be found at: noblesvillefirst.com/divorcecare or https://www.divorcecare.org/groups/search

The TIMES

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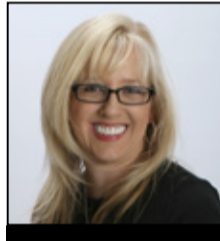
The Times takes a moment to remember those we have lost in 2021, from the young to the old.

Remembering those we lost in 2021

While every birth and death is significant, The Times remembers some of those who we lost in 2021, from ages 17 to 99:

Paul Edward Woodward, 96, Noblesville, died Dec. 3, 2021.

He served as an MP in the U.S. Army in Hawaii during World War II. He was a Hamilton County Co-Op director, 4-H leader, member of Hamilton County 4-H Council and 70-year 4-H volunteer who received the Sagamore of the Wabash award. He had a registered Angus herd, sold breeding stock and grew corn, beans, wheat, hay, oats, eggs, poultry, lambs, wool, pork and beef with his legacy not only being his work as a farmer but his lifelong dedication to educating and influencing the youth of today and



BETSY REASON
The Times Editor

tomorrow. He graduated in 1951 from Butler University, where he played basketball under Tony Hinkle and helped launch his career as a basketball coach. He moved to Noblesville in the fall of 1956, and was the head basketball coach at Noblesville from 1957-70, compiling an overall record of 149-130. His basketball teams won seven out of eight sectionals from 1957-1964 and two Kokomo regional

championships in 1957 and 1963. The 1957 team lost to State Champs, undefeated South Bend Central. He was named Indiana Basketball Coach of the Year by the sportscasters and newswriters for 1957.

Ted Rowland, 81, Noblesville, died June 28, 2021.

He graduated in 1958 from Noblesville High School, where he met future wife, Mary Sue (Staton) Rowland. He served in the U.S. Navy aboard the U.S.S. Alamo and the U.S.S. Ester AGC 12 as a lithographer (printer). They started their own printing company in 1972 in downtown Noblesville in the historic Union Traction Terminal Station known as Imagine Builders Rowland Printing, which is now run by his sons,

➔ See BETSY Page A5

Hamilton County Tourism brings back "The Great Dine Out"

The Great Dine Out restaurant promotion returns Jan. 3 - 31 in partnership with Hamilton County Tourism and locally owned restaurants.

Starting Jan. 3, more than 40 participating Hamilton County restaurants will offer deals and discounts for both dine-in and carryout meals. These specials range from free appetizers to \$5 off your meal.

The winter community campaign encourages residents to support local restaurants during the slower winter months.

The Great Dine-Out is a mobile-exclusive program. Customers must have a smartphone in order to redeem the offers at participating restaurants. Visit DineOutHamiltonCounty.com and enter a name and email address, and a link to the mobile passport will be texted to the participant. Saved to a smartphone home screen, or bookmarked, the digital passport provides for easy access to search for deals.

➔ See DINE Page A5



When participants visit a Great Dine-Out business, they present their phones to a staff member to redeem the available discount.

After eight check-ins, at participating restaurants (dine-in or take-out), diners will be automatically eligible to receive a \$25 local restaurant gift card to use later, while supplies last.

Each check-in will be entered for an overall grand prize for a Hamilton County prize pack including hotel stay, attraction passes and local gift cards.

Customers also are encouraged to take a photo of their meal or takeout place setting and share it on social media, tagging @VisitHamiltonCo or using #VisitHC. One lucky

A very shaggy New Year

My friend, Karen, and I were talking the other day, and like nearly all discussions between members of the opposite sex, the conversation ultimately turned to shag carpeting.



JOHN MARLOWE
With the Grain

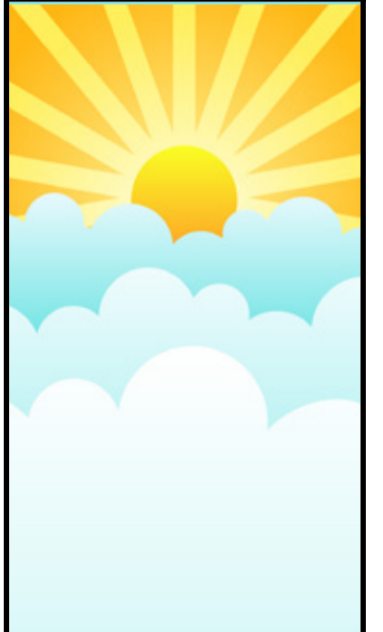
Karen is remarkable. Not only does she juggle the demands of a husband and a home full of preteen children, she manages the household finance, and can do six handstand pushups in the gym without stopping.

If that wasn't impressive enough, Karen works in construction!

Mind you now, when I say construction, I'm not talking about building a house or two. What I really mean is, construction -- as in high rise, steel and concrete braced frame structures, like hotels, dormitories or

➔ See MARLOWE Page A4

The Daily Almanac



Sunrise/Sunset
RISE: 8:06 a.m.
SET: 5:33 p.m.



High/Low Temperatures
High: 42°F
Low: 24°F



Wacky Holiday Today

- Spaghetti Day
- Trivia Day
- Tom Thumb Day
- World Hypnotism Day



What Happened On This Day

- 1896 Utah becomes the 45th state of the U.S.A.
- 1847 Samuel Colt sells his first revolver
- 1958 Sputnik 1 falls to Earth from orbit



Births On This Day

- 1809 Louis Braille French educator
- 1942 John McLaughlin English guitarist

Deaths On This Day

- 1965 T. S. Eliot American/English publisher
- 1961 Erwin Schrödinger Austrian physicist

INSIDE TODAY

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HONEST HOOSIER

Only 75 days until spring. Can't wait! So this is what 2022 looks like? I'm hoping it's a stark improvement from the first two years of the pandemic.



TODAY'S QUOTE

"The first step toward getting somewhere is to decide you're not going to stay where you are."
J.P. Morgan

TODAY'S HEALTH TIP

Make sure your shoes have good arch support and fit correctly to help prevent foot, ankle, knee, hip and back problems. 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

What does the cat say on New Year's? Happy Mew Year!

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

- Barbara Louise Street
- Judy Dian Dalton Parkes
- Wilma Ilene Hawley
- Timothy Patrick O'Hara

OBITUARIES

Barbara Louise Street Jan. 26, 1927 - Dec. 29, 2021

Barbara Louise Street, 94, formerly of Frankfort, Ind. and Noblesville, Ind., passed away on Dec. 29, 2021 in Lexington, Ky.

She was born on Jan. 26, 1927 to Mary Elizabeth Morgan and Leslie R. McCorkell in Cherokee, Iowa.

She graduated from Frankfort Senior High School in 1945. Barbara worked a variety of jobs, from the counter of a soda shop to a bookkeeper, but her favorite job was as a wife and mother. She married Herbert Max Street on Dec. 30, 1961. They shared 28 wonderful years of marriage until his passing in 1990.

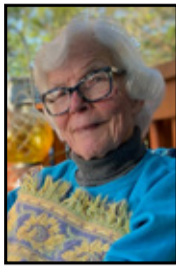
She loved the Lord and was a member of Emanuel United Methodist Church in Noblesville, Ind. She enjoyed making quilts for family and prayer quilts for the members of her Sunday school class. She loved spending time with her family and friends, playing cards and games and reading.

Survivors include her daughters Carol A. Street (husband Brent Potter) of Lexington, Ky. and Susan S. Cook (husband Kenneth) of Noblesville, Ind; along with many friends and relatives.

She was preceded in death by her husband, Herbert; and two sons, Thomas Lee Walsh and Ronald Street.

No services are planned at this time. Please consider donating to your local library or animal shelter.

Online condolences at: www.milwardfuneral.com



Judy Dian Dalton Parkes Oct. 15, 1945 - Jan. 1, 2022

Judy Dian Dalton Parkes, 76, passed away Saturday morning, Jan. 1, 2022, after complications from a prolonged battle with congestive heart failure.

She was born Oct. 15, 1945, in Danville, Va., to Morgan Oscar Dalton and Mary Etta Smoot Dalton.

While growing up in Danville, Mrs. Parkes's spiritual journey began early in life when she would walk to the Stokesland Baptist Church each Sunday and became active in her local Youth for Christ chapter. She loved singing and held down the alto part for singing groups throughout high school and college.

She met her lifetime love, David Parkes, at Kernersville Wesleyan College in Kernersville, N.C. The two of them would embark on a lifetime of adventures and ministry together, while raising the family she always dreamed of having.

After settling in Indiana, she worked on staff in medical offices within the Community Health Network for more than twenty years, where she applied her precise attention to detail and aptitude for organization in scheduling, then insurance precertification. After she retired at 65, she became a full-time "NeeNee" to the six grandchildren who brought her so much joy.

Her gentle nature and quiet strength were qualities that defined her, yet those who knew her also enjoyed her quick sense of humor. She loved nothing more than gathering with friends and family over a good meal. Her gift for hospitality drew countless adopted family members around her table for holidays and dinners over the years.

Survivors include her daughters, Emily (Scott) Sutherland and Melody (Craig) Boyer; grandchildren, Jackson Sutherland, Riley Sutherland, Ashton Boyer, Avery Boyer, Eli Boyer and Izzy Boyer; sister, Barbara Dalton Nunn; and brother, Tommy Nunn.

In addition to her parents, she was preceded in death by her husband, David Chandler Parkes; and her infant son, Edwin Chandler Parkes.

A service honoring her life will take place at the Northview Chapel located at 12900 Hazel Dell Parkway, Carmel, Ind., Wednesday, January 5, at 12 p.m. Out of respect for the health and safety of all her friends and family, a traditional visitation will not take place before the service. Guests will be invited to write remembrances and messages to the family which will be cherished for years to come.

Mrs. Parkes will be laid to rest at Highland Cemetery in Fishers, Ind. at a private graveside service.

Bussell Family Funerals, Carmel-Westfield is privileged to assist the family with arrangements.

Timothy Patrick O'Hara Dec. 14, 2021

Timothy Patrick O'Hara, Carmel, Ind., passed away suddenly on Dec. 14, 2021 at the age of 49.

He was born in New York City to the late Robert O'Hara and Mary Ann (nee Giallombardo) O'Hara.

He graduated from Ridgefield High School in Ridgefield, Conn. where he was a standout athlete, student and football captain. He graduated from Yale University with a degree in political science and Warrington College of Business at University of Florida, with a master's in business administration. At Yale, he was a proud member of the Yale Football team and Delta Kappa Epsilon Fraternity.

He was married for 22 years to his wonderful wife, Karen Jean (nee Dempsey), devoted father to his children, Katelyn Elizabeth, Michael Patrick, Kelly Ann, Christina Grace and John Patrick. He had a sister, Tracy Finck, a brother-in-law, Nathan Finck and was son-in-law to Jean and John Patrick Dempsey.

Mr. O'Hara, an energy industry executive and leader, held various positions in the energy industry throughout his career which led him to positions in New York City, Florida, Ohio, and Indiana. He was the Managing Director of Energy Systems Network in Indiana. He started his career at Goldman Sachs in New York City. He was well respected by his colleagues and a good friend to all those who knew him.

Services are private. Please consider a donation to provide educational funding for his young children. Donations can be sent to Michael McMorrow Esq. at 773-616-6453 or mike@mjmcmorrow.com.

Bussell Family Funerals is privileged to assist the family in arrangements.

Wilma Ilene Hawley Dec. 21, 1925 - Dec. 31, 2021

Wilma Ilene Hawley, 96, Boxley, Ind., passed away peacefully at home, surrounded by her loving family on Friday morning, Dec. 31, 2021.

Born Dec. 21, 1925, in Sheridan, Ind., she was the daughter of the late Fred Raymond and June Mildred (Spencer) Cline.

Mrs. Hawley was a people person who never met a stranger. Most people around the area called her the Boxley Historian due to her love of genealogy and her encyclopedic knowledge of the area. She loved to share what she learned with everyone she met. Throughout her life, she worked in various capacities around the area, adding to the volumes of stories she would collect during her lifetime. For many years she was a substitute bus driver for Sheridan Schools, and subbed for the Sheridan Post Office. She was also a custodian with the school system for many years.

She took in ironing for many people, and never tired of being community babysitter when she was needed. She also enjoyed helping her sister, Mary Kay Harbaugh, with her event catering business. She never really cared for the catering part of the job, but the socializing aspect was right up her alley. No matter the event, she always found people to talk with and stories to share.

She was an active member of the Boxley United Methodist Church; she taught Sunday School for many years and helped with the nursery school and vacation bible school. If something was happening out at the church she was bound to be there, helping in whatever capacity she could. Mrs. Boxley loved to garden and enjoyed finding ways to attract birds to her property. She also enjoyed oil painting, but her talent was really on display with her Chalk Talk sketches, especially around Christmas time. Taking large sheets of paper, she would begin sketching while someone else would read a story aloud. By the time the story was finished, her sketch was usually completed, and ready for everyone to enjoy.

She loved taking care of those around her. There was always a seat at her table and friend at your side when you needed one the most. She will be greatly missed by everyone who had the privilege of knowing her. Family was one of the most important things in her life. She loved family road trips and weekend adventures when the kids were younger. Sometimes they would end up at the grandparents' house, other times they would just drive around and explore the great unknown and everything in between. The destination never mattered, it was the adventures and the memories made together as a family that were the most fun for her.

Survivors include her sons, Robert A. "Bob" Hawley and Larry L. Hawley, both of Sheridan; daughter, Judith E. (Dan) Whicker of Sheridan; grandchildren, Angie Johnson (Mark) of Ohio, Eric Hawley (Anastasia) of Fishers, Jamie Long (Matt) of Noblesville, David Alsup (Kathy) of Sheridan and Gayle Harvey (Phillip) of Sheridan; great grandchildren, Chase Hawley, Chad Hawley, Alyssa Johnson, Kaylee Miller, Tom Whicker, Corey Harvey, Stephanie Harvey, and Sonya Alsup; great-great grandchildren, Keira Hawley, Lilly Harvey, Cambria Hiatt, and Violet Harvey; many nieces and nephews; and by her adopted granddaughter, good friend and "mamaw sitter", Angie Hubble.

She was preceded in death by her parents; grandson, Michael A. Hawley; brother, Lawrence "Pete" Cline; sisters, Mary Kathryn Harbaugh and Jo Ann Bouse; brothers-in-law, Victor Harbaugh and Don Bouse; sister-in-law, Maxine Cline; and by her loving husband of 67 years, Robert William Hawley on April 29, 2011. She and Robert were married on April 21, 1944. She was also preceded in death by her 2 canine BFFs, Rags and Croquette, whom she never missed an opportunity to jokingly tell people "that's short for meatball".

Services are scheduled at 2 p.m. on Wednesday, Jan. 5, 2022, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Ind., with Visitation from noon until the time of Service. Burial will follow at Spencer Cemetery in Sheridan. Pastor Mike Bullick will be officiating. Memorial contributions may be presented to either the Alzheimer's Association or to the Parkinson's Foundation.

Senator Young's office helps record number of Hoosiers

Once again, U.S. Senator Todd Young (R-Ind.) and his staff set records for the number of constituents represented in cases before federal agencies this year. In 2021, Senator Young's office resolved more than 2,500 constituent issues and returned more than \$46 million owed to Hoosiers by various government agencies.

Since assuming office in 2017, Senator Young has helped more than 7,600 Hoosiers recover nearly \$58 million from federal agencies. In 2020, the office resolved 2,014 cases and returned more than \$4.1 million to Hoosiers.

For the second consecutive year, there was a surge in inquiries related to the COVID-19 pandemic and related payments and delays. The office helped 323 taxpayers receive delayed tax refunds or missing stimulus payments. Due to the closure of passport offices, Senator Young fielded more than eight times the usual number of passport requests.

"This year, much of our constituent service work centered around pandem-

ic-related delays, and some of these problems came as the result of the Biden Administration's failure to provide quality customer service while Americans went back to work," said Senator Young. "Government should be at its best during emergencies, not causing additional headaches for taxpayers."

In April, Senator Young questioned IRS Commissioner Charles Rettig about delays in refund processing. Earlier this month, Senator Young pushed the Social Security Administration to re-open field offices around the country.

Additionally, Senator Young's office helped approximately 60 people exit Afghanistan after the Biden Administration's disastrous evacuation that left American citizens and Afghan nationals who supported the U.S. military stranded in the country while the Taliban retook control of the country.

Hoosiers who think they may need help with a federal agency can visit young.senate.gov and click "Help for Hoosiers".

GriefShare new seminar begins Sunday, Jan. 23rd

Have you lost a loved one or know someone that will find it difficult to face each day? Noblesville First United Methodist Church, 2051 Monument Street, Noblesville announces the beginning of their next GriefShare sessions open to the community. Our Fall GriefShare weekly session will meet on Sunday's, 3:30-5:30 p.m. beginning Sunday, Jan. 23, 2022.

Participants are invited to join us either in person or on Zoom, anytime during our 14-weeks of meetings. One time registration fee of \$20 is appreciated. (Scholarships available).

GriefShare is a 14-week non-denominational program featuring Christ-centered, program that focuses on grief topics associated with the death of a loved one. The

DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD. Daily work in the GriefShare workbook also helps one look thoughtfully at their grief experience and helps in the healing process.

Our GriefShare group is led by caring people who have experienced grief and have successfully rebuilt their lives. We understand how you feel because we've been in the same place. We will walk with you through grief toward healing and hope for the future. To learn more about GriefShare: www.noblesvillefirst.com, or contact Coleen Albright, coleen.albright58@gmail.com or contact the church office -317-773-2500

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NFPA encourages prompt removal of Christmas trees

Nearly one-third (30 percent) of U.S. home fires involving Christmas trees occur in January. With this post-holiday fire hazard in mind, the National Fire Protection Association (NFPA) strongly encourages everyone to keep the festive memories and remove the hazards by disposing of Christmas trees promptly after the holiday season.

"As much as we all enjoy the look and feel of Christmas trees in our homes, they're large combustible items that have the potential to result in serious fires," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "The longer Christmas trees remain in homes, the longer they present a risk."

Carli notes that fresh Christmas trees, which continue to dry out and become more flammable over time, are involved in a much larger share of reported Christmas tree fires than artificial trees.

According to the latest NFPA winter holiday fire data, 160 home structure fires began with Christmas trees, resulting in two civilian deaths, 12 civilian injuries, and \$10 million in direct property damage, on average each year between 2015 and 2019. Overall, fires that begin with Christmas trees represent a very small but notable part of the U.S. fire problem, consid-

ering that they are generally in use for a short time each year.

To safely dispose of a Christmas tree, NFPA recommends using the local community's recycling program, if possible; trees should not be put in the garage or left outside. NFPA also offers these tips for safely removing lighting and decorations to ensure that they remain in good condition:

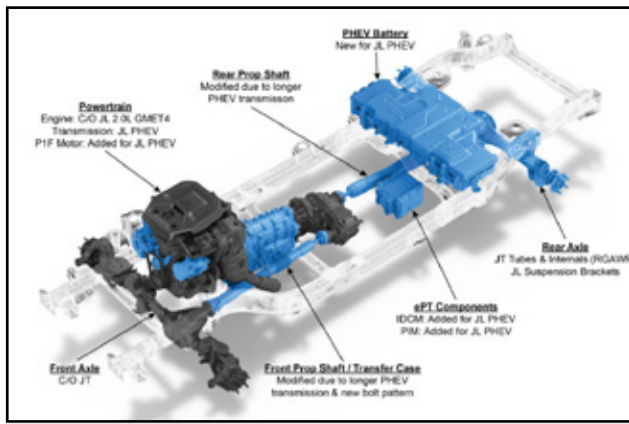
Use the gripping area on the plug when unplugging electrical decorations. Never pull the cord to unplug any device from an electrical outlet, as this can harm the wire and insulation of the cord, increasing the risk for shock or electrical fire.

As you pack up light strings, inspect each line for damage, throwing out any sets that have loose connections, broken sockets or cracked or bare wires.

Wrap each set of lights and put them in individual plastic bags or wrap them around a piece of cardboard.

Store electrical decorations in a dry place away from children and pets where they will not be damaged by water or dampness.

For more information on home fire safety all winter long, visit a winter safety campaign NFPA promotes annually with the U.S. Fire Administration.



Photos courtesy of "Jeep"

2022 Jeep Wrangler 4xe sticks its finger in a light socket

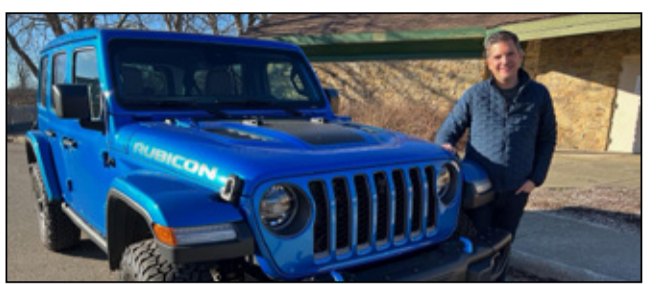
One might argue it has taken Jeep way too long to embrace the coming age of electric vehicles, especially since Chrysler has offered a plug-in mini-van for years. Its destination will be paved with all-electric vehicles foreshadowed by the Wrangler Magneto concept and a slew of car-based models derived from Fiat and Peugeot architecture, but the 2022 Wrangler 4xe at least sticks its finger in the light socket.

Like regular Wrangler hybrids, the 4xe employs a 2.0-liter turbocharged four-cylinder engine, batteries, and motors, but it can be plugged in for 22 miles of all-electric range – perfect for running quick errands or driving to work. Output is a robust 375 horsepower and 470 lb.-ft. of torque, so clawing up the side of a mountain (or launching onto a freeway) will require little effort. Fuel economy is rated 49-MPGe after plugging in and 20-MPG otherwise. Drivers choose whether they want

to run as a hybrid, full EV, or save electricity for later (ideal for city driving).

The 4xe is essentially a fleet fuel economy play, but with real benefits to drivers. You're still shoving a heavy brick through the air, but now that's done gracefully. Still a real Jeep, the Rubicon has rock crawl gearing, locking front/rear axles, and disconnecting sway bars for maximum wheel articulation. Add to that skid plates to protect sensitive bits and deep off-road tires to go wherever you want. Jeep did an admirable job of taming the dual solid axles, and it's much better behaved, but will still bounce over rough roads and trails.

From the trailhead, only subtle updates differentiate the 4xe from other Wrangler Rubicons. It has the same iconic seven-slot grille, snarling hood vents, beaming round LED headlamps, metal bumpers, and reinforced side sills. It radiates attitude in Hydro Blue paint. Look closer, though, and you'll notice light blue



tow hooks instead of red ones plus a charging port on the driver's front fender. Notice unique 17" wheels and nearly indestructible Gorilla Glass windshield.

Even with hard sides, this Rubicon opens to the world quickly. Doors can be easily disconnected and removed. Wranglers are available with fully retractable soft tops and ones with removable hard panels, but my favorite is this one that retracts a full-width canvas panel to beyond the rear seats with one press of a button – perfect for enjoying some sunshine at a leisurely pace with the ability to seal up quickly when hitting the highway.

The interior is wash-out rugged, but enhanced with

leather seats, stitched dash coverings, and Alpine premium audio with sound bar. Apple CarPlay, Android Auto, and 4G Wi-Fi ease device connections. Infotainment is controlled through an intuitive touchscreen with icons for climate, audio, navigation, and phone plus key redundant buttons below and voice commands. I appreciated the dual-zone automatic climate control, but would have appreciated heated seats more. Safety is enhanced with adaptive cruise, auto emergency braking, blind spot warn-

2022 Jeep Wrangler 4xe

5-passengers, 4WD SUV
 Powertrain: 2.0-LT4, hybrid
 Output: 375 hp/470 lb.-ft.
 Suspension f/r: Solid axles
 Wheels f/r: 17"/17" alloy
 Brakes f/r: disc/disc
 Must-have features: MPGs, Capability
 Fuel economy: 49-MPGe
 Assembly: Toledo, OH
 Base/as-tested price: \$51,225/69,545



CASEY WILLIAMS
Auto Reviews

ing, and rear cross path detection.

It took time for Jeep to find socket, but the iconic Wrangler was a good place to start. The 4xe is plenty rugged, but with a debonair flair given the upscale interior and styling tweaks. Cruising through town on electric power,

you can hardly believe you're driving a Jeep. Of course, all of this comes at a price. The base 4xe starts at \$51,225, but came to... hug a stout tree...\$69,545 as-tested.

Storm Forward!

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

Finding my uncle a funny present for 90th birthday



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.

My Uncle Andy recently turned 90, and it was hard to imagine what a guy would like for his 90th birthday.

At 90, getting a lot of new stuff doesn't sound very appealing. Andy is in the process of getting rid of stuff, a job made more challenging by the fact that neither he nor his wife, Bea, have any children to fob the stuff off on. Andy and Bea live in the farmhouse where my mom was raised, and we were stumped when the subject of a 90th birthday present came up.

"What does Andy like?" I asked my mom.

"Bad jokes," my mom answered.

"How about a book of bad jokes? We could make one as a family."

So I put out the call for bad jokes on the family Facebook page. At first, I heard nothing. I don't know many jokes, and I was worried I'd have to make a joke book by myself in time for the party in the small country church near the old farmhouse.

Then I got an email from my cousin Sarah.

What do you call a deer with one eye?

A one-eyed deer.

What do you call a deer with no eyes?

No eye deer!

And the floodgates were opened.

Q: What's brown and sticky?

A: A stick."

Who's bigger? Mr. Bigger or Mr. Bigger's Baby?

Mr. Bigger's Baby! He's just a little bigger.

I was flooded with jokes. I got shaggy dog jokes, knock-knock jokes, and Ole and Lena jokes. I got lots of jokes about farms since Andy is a retired farmer.

What did the cow say to the calf? "It's pasture bedtime."

Before it was over, I had a book filled with terrible jokes sent in by Andy's

family. I was glad we had done it, glad my family had come through, glad they'd all chipped in to give Andy something to laugh about on the occasion of his 90th.

The New Year is upon us, and I don't think I'm the only one who needs a little more to laugh about. I usually have no trouble finding the upside, but lately there seems to be more bad news than I can process in any given day. It's easy to believe, looking out on the gray weather and reading the dire news, that this year might not bring all the good things I hope for, that this year might let me down, that there might not be as much to look forward to as there has been in past years.

And I guess that's where bad jokes come in.

Andy broke his leg not too long ago and is still using a walker to get around. We wonder how long he and Bea will be able to stay at the old farmhouse, outside of town on a lonely country road. But as I sat there watching Bea and Andy laughing at terrible jokes and eating birthday cake, I realized they understood all of this.

Because most of what makes a good year good, and a bad year bad, has nothing to do with the big picture. Most of it has to do with how I feel and behave in any given day, at any given moment. And sometimes, all that is needed to change that moment is a reason to laugh. Sometimes all that is needed is to laugh for no reason at all.

People say they pick their nose, but I feel I was born with mine.

For no reason at all, that made my day.

Till next time,
Carrie

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

Cicero Fire Department responds to garage fire

Cicero Fire Department was dispatched to 230 East Buckeye St. at 1:36 pm. This afternoon on a garage fire. The property involved in the fire is owned by Greg Scott who was home at the time of the fire. First arriving fire crews found the garage fully engulfed by flames. Mr. Scott had been working in the garage prior to the fire starting and had been using a wood burning stove as a heat source. The garage and a 2005 Chrysler Crossfire were destroyed by the flames.

Due to an aggressive attack, fire crews kept the fire from spreading to Mr. Scott's house and two other homes that were near the garage. The Scott house and two others did have heat related damage to siding and shingles. Cicero Fire was assisted by Jackson Township, Noblesville, Sheridan, Westfield and White River Township Fire Departments. Cicero Police along with Indiana Department of Natural Resources helped with traffic control and scene protection. Investigators have determined the fire was accidental in nature. The



Photo courtesy of Cicero Fire Department

Due to an aggressive attack, fire crews kept the fire from spreading to Mr. Scott's house and two other homes that were near the garage.

building was torn down after the conclusion of the

investigation as a safety measure. There are no

injuries to report as a result of this fire.

Governor Holcomb unveils his 2022 Next Level Agenda

Governor Eric J. Holcomb has announced his 2022 Next Level Agenda, which focuses on strengthening the state's economy and focusing on areas that support that growth, including workforce training expansion, improving early childhood education efforts, advancing infrastructure projects, and increasing access to public health services. "The 2022 Next Level Agenda builds a foundation for a healthier state," Gov. Holcomb said. "These priorities will cultivate a more competitive environment to attract new economic development opportunities, establish better access to public health resources and help connect Hoosiers to better employment and training opportunities. Our efforts will advance Indiana's reputation as a state Hoosiers want to live, work, play, study and stay." The 2022 Next Level Agenda details both legislative and administrative priorities in five categories for the year ahead.

- Economic development To continue the momentum of a robust economic development environment, the agenda focuses on working with the legislature to eliminate the business personal property tax on new equipment and modernizing the Indiana Economic Development Corporation toolkit to:
 - Create a new funding mechanism to more competitively invest in transformational economic

- Public health and wellness development Gov. Holcomb is committed to removing the stigma of mental health by creating easier access to people in need of services, building awareness and expanding education and growing the workforce in mental health. The agenda supports the Governor's Public Health Commission as it develops recommendations to improve public health infrastructure and resources throughout the state. With the help of legislation, the agenda includes expanding data collection surrounding sudden unexplained infant deaths to understand the root cause which will better support future programming and services. Additionally, it prioritizes creating guidelines for universal lead screening and connecting children with the proper care.
- Community development The 2022 Next Level Agenda will assist communities in establishing safeguards to strengthen cybersecurity efforts by developing a grant program that will help local governments develop improvement plans. Gov. Holcomb is committed to overseeing the implementation of the \$500 million READI program as the 17 regions begin developing their projects. The agenda calls for continued progress on capital projects that were authorized in the current budget and building better infrastructure to connect communities for future

- Good government service The 2022 agenda includes a focus on firefighter safety by establishing a program that collects and properly disposes of PFAS, chemicals found in firefighting foam that can have adverse health effects. Also, the agenda addresses the regulatory and statutory changes prompted by the third-party review of the state's law enforcement agencies. This includes Gov. Holcomb's commitment to do the following:
 - Work with legislative leaders to enhance membership of the Law Enforcement Training Board to include more civilians as well as all satellite academy directors as voting members
 - Establish personnel at the Law Enforcement Training Board to expand development and oversight of statewide training and curriculum that includes implicit bias and cultural awareness
 - Develop a strategic plan for Indiana State Police to accomplish recruiting and diversity goals
 - Modernize state law enforcement information systems to better track and analyze performance metrics

To watch Gov. Holcomb's agenda announcement and learn more about Gov. Holcomb's 2022 Next Level Agenda, visit: <https://www.in.gov/nxt-level-agenda/>. It will be live after the announcement.

Are complementary and alternative medicine good methods

I'm frequently asked by patients to comment on the use of "non-traditional" treatments or remedies they have heard or read about. I usually have to respond that I have limited knowledge about the product, but I will sometimes try to help patients research the product or its ingredients.

The business of complementary and alternative medicine or "CAM" is booming. This is largely an outgrowth of patient frustration with traditional medicine, as well as the ease with which CAM is promoted and sold via social media and the Internet. People are fed up with the high cost of medications and other treatments as well as the perceived loss of empathy in our health care systems.

Many are looking for less expensive "natural" ways to deal with illness and health promotion. The most recent accounting of CAM expenditures I could find was reported in the New York Times in

2016 based on a 2012 NIH study (bit.ly/3EPF1HA). The study revealed that Americans spent \$30.2 billion on CAM treatments. This accounted for 1.1 percent of total health care spending and was equivalent to 24 percent of the amount spent on prescription medications.

Traditionally, physicians trained in the U.S. receive little or no education in CAM treatments in medical school or afterward. This is beginning to change as more medical centers are starting to bow to public demand by integrating CAM into their treatment programs.

Physicians are trained in the scientific method from an early age and rely on carefully designed medical studies to provide convincing evidence that the likelihood of a specific treatment working is not simply due to chance. In fact, medical treatments are frequently modified or abandoned when evidence indicates they are not as effective



JOHN R. ROBERTS, M.D.
Montgomery Medicine

as initially thought, or that they are doing more harm than good. Most of us are therefore very hesitant to recommend or comment on treatments that we do not feel have been shown to offer a significant benefit based on current scientific knowledge.

Many physicians, including me, are concerned that CAM treatments are being promoted as legitimate by an increasing number of academic medical centers and hospitals. This is often done with weak or no scientific evidence to support their use. The buzz word for this

phenomenon is "integrative medicine." Some have called it "quackademic medicine," the marketing of dubious treatments that have not been shown to provide significant benefit and that may, in fact, be harmful in some cases. You can read an interesting blog post addressing this issue, with many excellent supporting hyperlinks, at bit.ly/2EghPlz.

When researching a product, I usually do an Internet search to find information about the product or its ingredients. The difficulty with Internet search engines like Google is that the majority of the web sites appearing at the top of a search are posted by manufacturers or sellers of the product. These sites frequently look very professional.

The sites often have testimonials by patients, physicians and/or other scientists who are being paid to endorse the product. There are frequently anecdotal stories of people who have received benefit

from the product, often without any mention of side effects. I must stress to the readers that these sites are NOT the place to go for unbiased information. You should try to look for sites from academic or clinical institutions if possible. The domain names for reputable sites usually end in .edu or .org rather than .com. You should be EXTREMELY skeptical of any site that is selling a product alongside the claims made to support its use.

Another red flag is a web site or advertisement that states physicians, scientists, the government or others are conspiring to suppress evidence that the product works. If a product were indeed shown to be such an incredible scientific breakthrough with no downside, think to yourself, "wouldn't that be the lead story for every news outlet on the planet?"

Conspiracy theories aside, people should be

concerned about products marketed without firm scientific evidence that they produce the desired effect and that they are any safer than other treatments that have been shown to be effective. It's also important to remember that most CAM treatments are not regulated by any agency that looks out for the public interest. This is particularly the case with unregulated nutritional supplements that are not required to be monitored by the FDA.

Always remember to do your research and ask lots of questions. Check things out using objective resources like Consumer Reports, The Center for Science in the Public Interest, sciencebasedmedicine.com or Quackwatch.com.

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.

MARLOWE From Page A1

apartment buildings.

"Do you remember the shag carpeting that we used to have when we were kids?" she asked me the other day, more or less out of the blue. "It's making a comeback. It's gaining popularity again."

Shag carpeting, for those of you who don't remember it, or haven't seen an Austin Powers movie, was the most popular floor covering of the latchkey kid era. The carpeting was nearly always wall-to-wall in those days. Shag adorned everything from the family living room to weird cousin David's psychedelic hippie

van — floor to ceiling.

It was manufactured of nylon, polyester or acrylic, so not only did it hold up to foot traffic, it had twice the half-life of plutonium-239.

Shag came in a variety of vibrant colors, but what gave shag carpeting its appeal — and its name — was the fact that the pile was long, almost wooly. You could order shag carpeting as "shorties," in which the fibers were 1.5- to 2-inches long, up to a 4-inch pile length.

Walking on shag carpeting was like walking on a sheepdog.

"Do you remember that green color? It was so popular, but oh my gosh, it was so ugly."

It's true! One of the most popular shag carpeting colors was a green that I could best describe as what you'd get if a bumble bee wearing a Boys Scout uniform hit your windshield at 60 miles per hour. "Yes! We had that in the hallway to our bedrooms." I said.

I wanted to mention to Karen, that Dad — who once purchased two cases of pickled herring, because each tin was on sale, 10-for-one — bought our shag carpet, used,

from a building materials outlet store. Turns out the carpet had been in a house fire. It wasn't bad carpet, per se, but every time the humidity came up a little, it smelled like someone was roasting a brisket in the master bedroom.

"Do you remember the rake?" Karen asked.

"The rake?" Karen probably needs to know that my Mother always considered housecleaning to be punishment. Eve brought on womanhood for eating the apple, second only to childbirth. Combining housework with garden work would have led my Mother to

take the lawn mower to the shag carpet, long before a rake.

"Yes. It was a wooden or plastic rake with one or two rows of stubby tines on the bottom. Mom used it to loosen the deep dirt before vacuuming, or to reinvigorate the carpet."

"Interesting," I said.

"Yeah, I just told my kids how we used to get in trouble for braiding the long piles," said Karen. "The rake always de-tangled the shag back to normal."

"Really?"

"Yup. The only problem was that, after raking the shag carpet, Mom

wouldn't let us walk on it anymore."

It was at this point that I realized Karen had just given me my New Year's metaphor.

If 2022 is going to be the year we make our comeback, we're likely going to have moments where the deep dirt gets scratched to the surface again. That shouldn't stop us from making the first steps to where we want the year to take us.

Have a very shaggy new year!

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

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Paul Woodward



Glen Harper



Ted Rowland



Gwen Tetrick



Earl McMahon



Jim Flanders



Mitch Russell



Ron Hittle



Dean Emmerson



Jim Castor



Dr. Ben Bromley



Richard Davis



George Beason



Velda Boenitz



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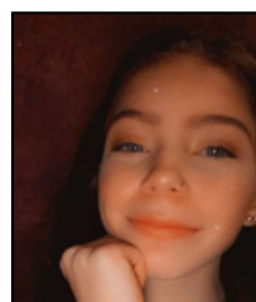
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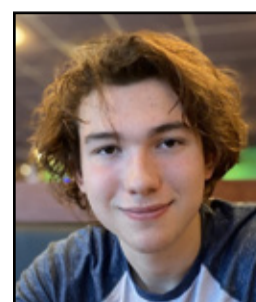
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Bob Gagle



Kalen Hart



Lendon Byram



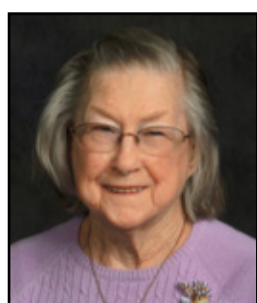
Bradley Harrison



Jean Hammer



Florence Mosbaugh



Naomi Gang



Cleetus Owens



Virginia Miller



Mabel Dillinger



Matt Flanigan



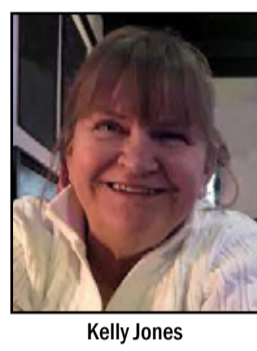
Maggie Jowitt



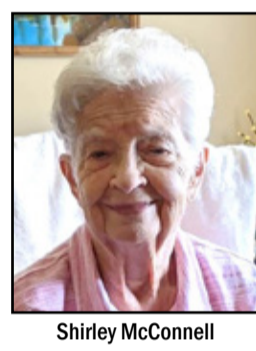
Linda Illyes



Kelly Jones



Shirley McConnell



Vic Caleca



Robin Miller

Dane and Dean. Ted Rowland owned and operated the Noblesville Times weekly newspaper of which he served as editor until selling in 2002. Rowland in 1976 produced a Hamilton County history book called "Remembrances," which sits today in the National Library of Congress, the State and local libraries.

Gwendolyn Geraldine Potter Tetrick, 71, Noblesville, died Oct. 23, 2021.

She was the media specialist at Stony Creek Elementary School in Noblesville 1997 to 2014 and had worked at Hamilton East Public Library in Noblesville and Fishers. She and Stony Creek first-grade teacher Karen Duvall won the 2009 TEAMS Award (for teacher and media specialist collaboration) for elementary schools from Gale and Library Media Connection magazine, presented during the American Association of School Librarians annual conference in Charlotte, N.C. The educators brought students into the library once a week for The Lunch Bunch to eat lunch and hear a story, with 113 students in grades 1-4 participating. Fourth-graders were the focus of their second program, the Young Hoosier Book Club.

Earl Eugene McMahon, 92, Noblesville, died Dec. 12, 2021.

He grew up in a family of nine during the Depression and worked at his father's grocery business in Noblesville. He graduated valedictorian of the Noblesville High School Class of 1946 and was an officer in the U.S. Air Force during the Korean War. He, along with his brothers, Bud and Ed, owned and operated McMahon Food Co. from 1953-1987, with the company becoming one of the largest independent food-service distributors in the nation and was at one point the largest employer in Hamilton County. Earl was a fourth all-time leading point producer/breeder of quarter horses in the nation.

Jimmie "Jim" Ray Flanders Sr., 84, Noblesville, died June 28, 2021.

He graduated in 1954 from Walnut Grove High School, attended the Purdue Ag Short Course, followed by seven years in the Indiana National Guard, an offshoot of the original Minutemen). He was a lifelong farmer in White River Township and a fifth-generation farmer in Hamilton County dating back to 1854.

He raised corn and soybeans and hogs, cattle, sheep, chickens and horses. Once Jim's brothers retired from farming, he continued with his son, Jim Jr., as Flanders A-maizing Grain Inc. He was active in Hamilton County Farm Bureau and served many years as a Hamilton County 4-H leader, being found during the Fair watching the livestock shows enjoying a milkshake.

Mitchell Lee Russell, 67, Arcadia, died Feb. 23, 2021.

He played football, basketball and baseball at Hamilton Heights High School and followed in the footsteps of his older brother and became a police officer, first in Arcadia as a deputy marshal, and 29 years with the Hamilton County Sheriff's Department where he retired as a lieutenant in 2006. After retiring, he was appointed marshal of Arcadia, and in 2012 became director of security for Riverview Health in Noblesville. He also served as president of Arcadia Town Council.

Ronald Hittle, 73, Noblesville, died Dec. 22, 2021.

He was a firefighter for 35 years, working for Westfield Fire Department, Carmel Fire Department and was battalion chief at Washington Township Fire Department. He was owner of Hittle Landscaping and also built the largest snow removal operation in Central Indiana. He was married to Nancy Hittle and had four sons, Jeremy, Josh, Brian and the late Chad Hittle.

Dean Allen Emmerson, 73, Noblesville, died April 27, 2021.

He was a board member of Noblesville Babe Ruth Baseball and Noblesville Girls Softball Association and proudly took care of the fields for Noblesville Babe Ruth in Forest Park and Noblesville Girls Softball. Due to his tireless work, Emmerson Field, at Forest Park, was named after him in 2008, and April 20, 2013, was declared Dean Emmerson Day in the City of Noblesville. He also participated in the Choose to Move Race for Parkinson's disease every year.

James Casey "Jim" Castor, 93, Noblesville, died Feb. 23, 2021.

He was a graduate of Noblesville High School and joined the U.S. Navy where he served in World War II on the U.S.S. Columbia.

He worked at Firestone Industrial Products in Noblesville and in 1956 bought his first business, Pure Oil Gas Station on 10th Street, and in 1999 retired from his second business, Castor's Auto Clinic, where he worked for 46 years. He served on several ministries and sang in the choir at Noblesville First United Methodist Church, and was past chairman of Round Dance Council of Indiana and past president of Merry Mixer Square Dancer's Club and member of Do-Si-Squares dance club of Noblesville. He was commander-in-chief of Noblesville Veterans of Foreign Wars (VFW) Post No. 6246 2014 to 2016, and was married to Jane (Kingsolver) Castor since 2002.

Dr. Ben L. Bromley, 79, Noblesville, died Jan. 28, 2021.

He graduated from Indiana University School of Dentistry and attended the U.S. Naval Academy, then served as a dentist with the Navy and Marine Corps. He had a dental practice in Noblesville for more than 50 years and was married to Carmen Bromley for nearly 60 years, since 1962.

Richard Charles Davis, 88, Noblesville, died Dec. 7, 2021.

Davis served in the U.S. Marine Corps during the Korean War and in 2016 was selected for the Honor Flight to Washington, D.C. He was on the board of directors for St. Vincent dePaul, Harbour Trees Golf Club and Boys & Girls Club of Noblesville of which he was honored with the prestigious Founders Award in 2015. He served the City of Noblesville on the Planning, Zoning & Appeals Commissions before becoming a Noblesville City Councilman from 1976-1980.

George Ray Beason, 90, Noblesville, died June 23, 2021.

He was an auto mechanic for White's Oldsmobile for many years before opening his own mechanic business out of his home. He was a Noblesville Schools bus driver for 27 years, retiring in 2004. While driving the bus and as a die-hard Miller fan, he committed to driving a variety of Noblesville sports teams to and from games. Each year, he'd adopt a new family in every team he drove, transporting them safely to and from home, away, sectional, state and regional games, often sent with tins of fresh cookies from his wife, Doris,

when she didn't travel with him. He dedicated 28 years to the Noblesville City Planning Commission.

Velda R. Boenitz, 81, Noblesville, died June 7, 2021.

While for more than 30 years she was a legal secretary for the Indiana State Court of Appeals, she was best known as a tireless animal advocate, helping to establish a Low Cost Spay/Neuter Clinic in Noblesville and pushing for legislation to make dog owners more responsible for their pets. She directed numerous fundraisers for the Exotic Feline Rescue Center in Center Point, Ind., and the USA Dog Greyhound rescue.

Martha C. Stevenson, 95, Noblesville, died March 25, 2021.

She was a well respected and talented artist in watercolors and oils and won many accolades from Hoosier Salon, Watercolor Society of Indiana and was named Conner Prairie's Artist in Residence one year. She was married to the late attorney Frank Stevenson, who died in 2019.

Bob Jenkins, 73, died Aug. 9, 2021.

The former Noblesville resident was a legendary auto-racing broadcaster for the Indy 500 and NASCAR radio and TV. He was one of the first on-air employees of ESPN in 1979 and worked covering the Indy 500 since then, also spending more than 20 years as the lead commentator for the network's NASCAR races. He was radio "Voice of the Indianapolis 500" on the IMS Radio Network 1990 to 1998 and on ABC Sports television from 1999 to 2001. He was inducted into the Indianapolis Motor Speedway Museum's Hall of Fame in 2019. He continued his IMS public address announcing through 2020.

Gerald L. Bolden, 84, died Sept. 19, 2021.

He served in the U.S. Navy and was co-owner of Bolden's Dry Cleaners in Noblesville, retiring in 1997.

Robert E. "Bob" Gagle, 78, Noblesville, died May 4, 2021.

He worked for NAPA as a salesman and later co-owned the Noblesville NAPA store, retiring after 40 years.

Kalen Rae Hart, 18, Arcadia, and Lendon Cole Byram, 17, Noblesville, died May 1, 2021.

She was a Hamilton

Heights High School senior, and he was a Cathedral High School junior. They were prom dates who were tragically killed in an automobile accident on the way to Hamilton Heights High School prom.

Bradley Harrison, 58, Westfield, died Dec. 25, 2021.

He served as an official for Westfield basketball and was former president of Westfield Athletic Booster Club.

Jean Ann Huff Hammer, 91, Noblesville, died Sept. 1, 2021.

She graduated in 1948 from Noblesville High School and worked for many years as the "ice cream lady" at Alexander's Ice Cream in Noblesville.

Florence Elaine Mosbaugh, 91, Noblesville, died May 9, 2021.

She co-owned Mosbaugh's Grocery in Noblesville for 27 years with her husband, Leon Mosbaugh.

Naomi C. Gang, 98, Noblesville, died May 10, 2021.

During World War II, she worked in a riveting factory. She was the mother of Tom Gang, 1967 Noblesville High School grad.

Cleetus R. Owens, 99, Noblesville, died Oct. 3, 2021.

He served in the U.S. Air Force and was a Shriner and a member of more than 50 years of the Noblesville Masonic Lodge.

Virginia Ruth Miller, 99, Sheridan, died Dec. 15, 2021.

She and her sister, Phyllis, and a small group of dedicated people from Sheridan commandeered a portion of the First Christian Church basement and started MAMA's Cupboard, which grew and gained nonprofit status and continues to serve residents of Sheridan.

Mabel L. Dillinger, 96, Noblesville, died Sept. 28, 2021.

She was the mother of Hamilton County Commissioner Steve Dillinger and worked in the office of Firestone Industrial Products for 17 years.

Matt D. Flanigan, 86, Noblesville, died Aug. 23, 2021.

He was a Korean War veteran who served in the U.S. Army and was a lifelong meat cutter and became the owner of Arcadia Meats and Meat Locker and cut all of the meat and made the sausage for Tipton Pork Festival for 19 years. He was also owner

and operator of Flanigan Septic and Backhoe Co.

Margaret M. "Maggie" Jowitt, 94, Noblesville, died Feb. 12, 2021.

She was a nurse manager for Community Hospital East, a Hamilton County Master Gardener and a volunteer at Conner Prairie and the mother of former Noblesville Police Chief Kevin Jowitt.

Linda Ann (Veach) Illyes, 72, Fishers, died Oct. 11, 2021.

She was a graduate of Purdue University, where she met Andy Illyes, who enjoyed raising their children together for 42 years before his death in 2014. She was a beloved teacher for many years.

Kelly J. Jones, 62, a Noblesville native, died March 19, 2021.

She was a 1977 graduate of Noblesville High School and started working at a young age in her family-owned restaurants, The Forest Park Inn, Wilson's Cafeteria and Golden Manor. She also worked for The Noblesville Ledger, Topics Newspapers, Indy Star and The Times newspapers.

Shirley A. McConnell, 87, Noblesville, died Sept. 10, 2021.

She worked for Danners and Topics Newspapers and The Noblesville Ledger and was married to the late Darrell McConnell, who was a production manager for Topics Newspapers and The Ledger for 43 years.

Victor "Vic" Caleca, 64, Fishers, died in March 2021.

He was a respected and gifted newspaper journalist and editor and married to Linda Graham Caleca for nearly 45 years. He worked 27 years for The Indianapolis Star as state desk editor, suburban bureau chief, city editor and assistant managing editor.

Robin Miller, 71, died Aug. 25, 2021.

He was a lifelong motor-sports fan who became one of the sport's most recognized and influential media personalities. He was best known for writing motor-sports, mainly IndyCar, for The Indianapolis Star from 1968-2001. He died just 12 days after he was honored at a special Hall of Fame induction ceremony during Brickyard weekend at the Indianapolis Motor Speedway.

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

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social media winner also will receive a staycation package including a hotel overnight, dining gift cards and attraction passes.

For more information, visit DineOutHamiltonCounty.com.

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TUESDAY

In The Kitchen

Tuesday, Jan. 4, 2022

A6

Build a Better-for-You Menu in 2022

FAMILY FEATURES

Committing to healthier habits in the new year often starts in the kitchen. Adding better-for-you recipes to your arsenal is the start of a more nutrition-focused lifestyle, and whether you're a true home chef or just learning the basics, these dishes can be the gateway to a healthier you.

From fresh spins on family night and quick solutions in a pinch to homemade lunches and satisfying salads, consider these delicious and nutritious ways to enhance your homemade meals in 2022.

Visit Culinary.net to find more health-conscious recipe ideas.

A Fresh Take on Family Dinner

If your family gets stuck in a dinner routine rut, it can feel like you're eating the same recipes over and over again.

However, this fresh and unique recipe for Cuban Chicken with Salsa Fresca might inspire you to think outside the culinary box and give your family members the satisfying flavor they desire at dinnertime. With fresh ingredients and a wholesome flavor, this meal is perfect to add to your menu.

Find more recipes and family dinner ideas at Culinary.net.

Cuban Chicken with Salsa Fresca

Servings: 5

- 1 cup grapefruit juice
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper
- 1 1/4 pounds boneless, skinless chicken breasts

Salsa Fresca:

- 1 cup grapefruit segments
- 1/2 jicama, cubed
- 1/2 red onion, chopped
- 3/4 cup grapefruit juice
- 4 tablespoons olive oil
- 1/2 cup fresh cilantro, chopped
- 1 jalapeno pepper, chopped

Heat oven to 400 F.

In large bowl, mix grapefruit juice, oil, garlic powder, cumin, paprika and red pepper until combined. Add chicken to bowl and turn to coat. Refrigerate 30 minutes or longer.

To make salsa fresca: In medium bowl, mix grapefruit segments, jicama, red onion, grapefruit juice, olive oil, cilantro and jalapeno pepper until combined. Refrigerate until ready to serve.

Remove chicken from marinade. Place chicken in baking dish. Bake 25-30 minutes until chicken is cooked through. Serve chicken with salsa fresca.

A Lean, Nutritious Lunch

Meal prepping is one of the most common strategies for improving eating habits, however, this tactic is often focused primarily on nutritious breakfasts and family dinners. Don't let lunch go by the wayside; you can skip the fast food breaks by opting for a recipe you can make quickly at home.

Made with nutritious Wisconsin Potatoes loaded with goodness, low in calories, high in fiber and a good source of vitamin B6, potassium, vitamin C and antioxidants, a Turkey-Potato Wrap provides a simple solution for swapping out saltier foods for a lean lunch. By making four at a time in just half an hour, lunch is served for most of your work week to help save time on busy mornings while adding vitamins, nutrients and antioxidants to your afternoon meal.

Find more better-for-you recipe ideas at eatwisconsinpotatoes.com.

Turkey-Potato Wrap

Recipe courtesy of Wisconsin Potatoes

- 3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
- 1 tablespoon water
- 1 tablespoon canola oil
- 3/4 pound ground lean turkey
- 1 large carrot, shredded
- 1/3 cup sliced green onions with tops
- 1 can (8 ounces) tomato sauce
- 2/3 cup shredded cheddar cheese
- 1 teaspoon dried Italian seasoning or basil salt, to taste
- pepper, to taste
- 4 large whole-wheat or high-fiber tortillas
- light sour cream (optional)

Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.

In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.

Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos. Cut in halves. Serve each with sour cream, if desired.



Cuban Chicken with Salsa Fresca

Take Your Salad from Bland to Bold

Step aside, boring salads. A new year and a healthier eating plan can include better-for-you greens and dressings that hit the spot.

Veggies roasted with aromatic spices served on Fresh Express 5-Lettuce Mix are drizzled with lemon tahini dressing in this Moroccan Roasted Vegetable Salad, a delicious vegetarian way to turn a bland meal into a bona fide delight. With green leaf lettuce, red leaf lettuce, butter lettuce, romaine and radicchio, the mix of greens offers a bold combination of textures and flavors for those who love variety and color.

Find more ways to enhance your at-home salads at FreshExpress.com.

Moroccan Roasted Vegetable Salad

Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4

Lemon Tahini Dressing:

- 1/4 cup tahini
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 2 teaspoons maple syrup
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 2 tablespoons cold water
- nonstick cooking spray
- 6 tablespoons olive oil
- 2 teaspoons ras el hanout or garam masala
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



Moroccan Roasted Vegetable Salad

- 4 sweet potatoes, peeled and cut into long wedges
- 4 whole large carrots, chopped
- 2 red bell peppers, cored and cut into 1-inch pieces
- 2 packages (6 ounces each) Fresh Express 5-Lettuce Mix
- 1 can (15 1/2 ounces) chickpeas, rinsed and drained
- 1/3 cup dried apricots, sliced
- 1/3 cup slivered almonds, toasted
- 2 tablespoons Italian parsley, chopped

To make lemon tahini dressing: In small bowl, whisk tahini, olive oil, lemon juice, maple syrup, Dijon mustard and salt. Add cold water;

mix well. If dressing thickens, mix in more cold water.

Heat oven to 400 F. Spray two baking sheets with nonstick cooking spray.

In large bowl, mix olive oil, ras el hanout, salt and pepper. Add sweet potatoes; toss to coat. Transfer to first prepared baking sheet. Add carrots and peppers to leftover oil; toss to coat. Transfer to second prepared baking sheet. Bake 15-20 minutes, or until vegetables are tender. Let cool.

Arrange lettuce mix on four plates. Top each with sweet potatoes, carrots, red pepper, chickpeas, apricots and almonds. Drizzle with dressing and sprinkle with parsley.



Turkey-Potato Wrap

Eating Well When You're Short on Time

Committing to a better eating plan doesn't change the fact there are simply times when a hectic schedule calls for a quick solution.

When you need an easy-to-make lunch or dinner, opt for this Loaded Smoked Salmon Rice Bowl that takes just 5 minutes for a satisfying meal. With Minute's fully cooked Ready to Serve Brown Rice, it's easy to add whole grains to your diet even when you're short on time. One cup of cooked brown rice is equal to two servings of whole grains, making it a nutritious option when time is of the essence.

Packaged in convenient, single-serve, BPA-free cups, the brown rice cups provide a quick, easy solution for dishes from breakfast to dessert. Ready in just 1 minute, they're non-GMO, gluten free and cholesterol free with no preservatives.

Find more easy-to-assemble recipes at MinuteRice.com.

Loaded Smoked Salmon Rice Bowl

Prep time: 4 minutes
Cook time: 1 minute
Servings: 1

- 1 cup Minute Ready to Serve Brown Rice
- 2 ounces smoked salmon
- 1/2 cup julienned cucumber
- 1 teaspoon soy sauce
- 1 tablespoon everything bagel seasoning mix

Heat rice according to package directions.

Top rice with smoked salmon and cucumbers. Drizzle with soy sauce and sprinkle with seasoning mix.



Loaded Smoked Salmon Rice Bowl

The Times SERVICE DIRECTORY

AUTOMOTIVE



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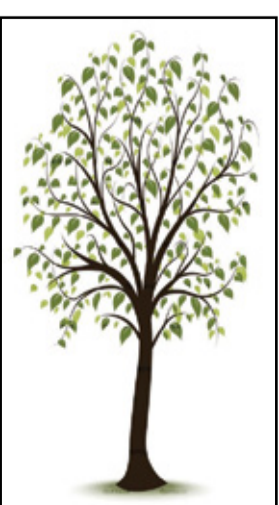
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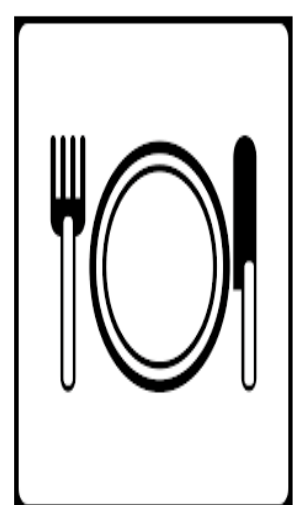
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