

➤ TODAY'S VERSE

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



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

What makes Polly Thompson smile? "Painting and helping other people," said the 13-year-old Cicero resident, the daughter of Scott and Leslie Thompson. She helps with the children's ministry at White River Christian Church Hamilton North worship in Arcadia. She was found in summer 2020 serving hot dogs and hamburgers at the public outdoor celebration for Remnant, WRCC's new Hamilton North coffee shop and community center in Arcadia. "Upstairs in the Remnant, there are six sensory boards for the special-needs kids, so they can touch and feel the pictures, and I made that for the church," Polly said. Her six paintings are in a dedicated sensory-friendly space. She likes to paint animals and people and takes lessons from Sheridan artist Melinda Spear-Huff. She likes to paint for fun and also enters competitions. "I participated in the Plein Art Paintout in Carmel by the Palladium. The first year I just participated. The second year I was in the adult class, and I got second place. And the third year, I was in the children's (class) and I got first place." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. At the time of this interview, in 2020, she was a seventh-grader at Coram Deo Academy in Carmel. She is the middle sister between Norah, 15, and Ingrid, 12. Favorite part about being at the Remnant? "Just helping here." WRCC offers worship at 9:15 a.m. and 11 a.m. Sundays at The Remnant. Andrew Smiley is the Hamilton North pastor and Emma Ping the children's director and Regan Bennett the administration manager. Children's programming is 9:15 a.m. for kids birth to kindergarten, 10:30 a.m. for fifth- through eighth-grades and 11 a.m. for kids birth through fourth grade. For more information, visit <http://www.wrcc.org/hamiltonnorth/>

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](https://www.divorcecare.org/groups/search) or <https://www.divorcecare.org/groups/search>

The TIMES

Hamilton County's Only Daily Newspaper

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The Times photo by Betsy Reason

Candidate Filings for 2022 Primary

The 2022 Primary will be on Tuesday, May 3, 2022. The following website provides the candidate filings to date. These are updated daily at 4:30 p.m. at www.hamiltoncounty.in.gov/222/Current-Election-Information.
Clerk of the Circuit Court
Kathy Kreag Williams -- R
Hamilton County Sheriff
Dennis Quakenbush -- R
Hamilton County Coroner
Jeff Jellison -- R
Hamilton County Council
District 3
Steve Schwartz -- R
Hamilton County Council

District 4
Ken Alexander -- R
Adams Township Trustee
Michelle Junkins - R
Clay Township Trustee
Paul D Hensel -- R
Clay Township Board
Matthew J. Snyder -- R
Delaware Township Trustee
Debbie R. Driskell -- R
Delaware Township Board
Rick Fain -- R
Fall Creek Township Trustee
Doug Allman -- R
Fall Creek Township Board
Brian Baehl -- R
Noblesville Township

Trustee
Theresa Caldwell -- R
Noblesville Township Board
Peggy R Pfister -- R
Joe Arrowood -- R
Perry Williams -- R
Wayne Township Trustee
Laura McNamara -- R
White River Township Trustee
Robbie Ping -- R
Cicero Town Council At Large
Heidi Wilcox -- R
Eric Hayden -- R
Sheridan Town Council

➤ See PRIMARY Page A6

Scrapping another column together

I once heard a fascinating story of an electrician. Every night after work, he gathered all of the scrap pieces of wire from the job site, and throw them in his truck. Then at night, he'd sit watching his favorite television shows, and strip all of the plastic insulation from the



JOHN MARLOWE
COLUMNIST

wire, leaving be-hind only the copper core. He wound that copper wire into a ball that he kept by his chair, until the next night when he'd do the same. "I'm saving up for my retirement," he would tell his buddies, who taunted him for scavenging even the smallest scraps of wire. Night after night, year after year it would be the same routine, until approaching the age of fifty-five, the electrician pulled into work with a chest-high-sized copper ball in the back of his pickup truck, weighing nearly 900 pounds. He had eighteen more at

home. I always admire people that can take the unwanted and the discarded, and through talent, time, or perseverance, turn that waste into something really valuable. My brother, David, is a journeyman cabinet maker. On the side, he's learning how to make epoxy tabletops out of scraps of burl wood left in the woodpile. Ann, a seamstress, makes dish towels out of the tiny little brightly colored fabric remnants left over after making a dress. A farmer not too far from me takes old farm equipment, and

➤ See MARLOWE Page A6

Fishers Health Dept. launches prioritized COVID testing for Fishers-based schools

The Fishers Health Department today launched prioritized COVID PCR testing for students and staff of all Fishers-based schools. Effective Monday, January 10, all students and staff of Fishers-based K-12 schools (public or private) will be eligible for priority access to testing during dedicated drive-thru testing hours at the current FHD testing site located at 3 Municipal Drive, Fishers. Eligible students and staff may visit www.fishers.in.us/SchoolTesting to

make an appointment. Prioritizing students and staff of Fishers-based schools is intended to improve access and availability to COVID-19 testing to keep schools open and safe. Hours for the Fishers Health Department Testing Site will expand before and after school to accommodate school schedules. Hours of operation for school-based testing:
Monday 7:30 - 9 a.m. and 3 - 5 p.m.
Tuesday 7:30 - 9 a.m. and 11

a.m. - 1 p.m.
Wednesday 7:30 - 9 a.m. and 3 - 5 p.m.
Thursday 7:30 - 9 a.m. and 11 a.m. - 1 p.m.
Friday 7:30 - 9 a.m. and 2 - 4 p.m.
Saturday 12 - 2 p.m.
Students and staff scheduled for a priority appointment may visit the site at any time of the same day scheduled. FHD is only able to process tests with

➤ See FISHERS Page A6

The Daily Almanac



Sunrise/Sunset
RISE: 8:09 a.m.
SET: 5:43 p.m.



High/Low
Temperatures
High: 33°F
Low: 10°F



Wacky Holiday Today
• National Human Trafficking Awareness Day
• Learn Your Name in Morse Code Day



What Happened On This Day
• 1922 Insulin is used for the first time to treat diabetes
• 2002 The first prisoners arrive in Guantanamo Bay



Births On This Day
• 1755 Alexander Hamilton Nevisian/American economist, politician, philosopher, 1st U.S. Secretary of the Treasury
• 1971 Mary J. Blige American singer-songwriter, producer, actress

Deaths On This Day
• 2008 Edmund Hillary New Zealand mountaineer, explorer
• 2013 Aaron Swartz American computer programmer, activist

➤ INSIDE TODAY

Obituaries.....A2
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In the Kitchen.....A7
Health and Wellness.....A8

➤ HONEST HOOSIER

Everyone, cover your wallets! The Indiana Legislature is back in session!



➤ TODAY'S QUOTE

"There can be no higher law in journalism than to tell the truth and to shame the devil."
Walter Lippmann

➤ TODAY'S HEALTH TIP

Three out of four child car safety seats are installed incorrectly. Call your local fire department to arrange to have them check the installation. 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

Why are winter days the best?
They're snow much fun!

➤ THREE-DEGREE GUARANTEE

Weatherby says the high today will be **33°**

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.

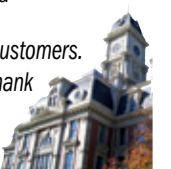


The Times appreciates all our customers. Today, we'd like to personally thank John Thomas of Noblesville for subscribing!



➤ OBITUARIES

Logan Gellert
Ben Beal
Roberto Garcia
Richard R. Hauser



OBITUARIES

Logan Gellert

Oct. 14, 2008 - Jan. 8, 2022

Logan Gellert, 13, Sheridan, passed away on Saturday, Jan. 8, 2022 at his home after a long battle with rhabdomyosarcoma.

He was born on Oct. 14, 2008 to Cory and Jessica (Bankert) Gellert in Indianapolis, Ind.

He was a 7th grader at Sheridan Middle School and a member of Six Points Church. He loved school, playing video games and sports, especially basketball, football and baseball. He also loved the Pacers, Colts and many other teams. He enjoyed being on the farm with grandma and grandpa. Most of all, he loved spending time with his family and friends. He was an awesome Big Brother.

Survivors include his loving parents, Cory and Jessica Gellert; siblings, Levi, Sophia and Landon Gellert; grandparents, Paul (Jeanette) Bankert, Sharon Bankert and Gary and Laura Gellert; great-grandparents, Vivian Jackson, Lois Gellert and Larry and Carol Robinett; uncles and aunts, Daniel (Brittany) Bankert, Blaine (Katie) Gellert and Trey Gellert; cousins, Ostyn and Ryker Gellert, and Payton, Colton and Quenton Bankert; and his beloved dog, Boomer.

He is preceded in death by his great-grandparents, Jesse Jackson, Norman Gellert and Paul and Sandra Bankert.

Visitation is scheduled from 4 p.m. to 8 p.m. on Friday, Jan. 14, 2022 at Sheridan High School Gymnasium, 24185 Hinesley Rd., Sheridan, IN 46069. Services are scheduled at 11 a.m. on Saturday, Jan. 15, 2022 at Sheridan High School Gymnasium, with Pastor Scott McDermid and Pastor Mark Knapp officiating. Burial will be at Crown View Cemetery in Sheridan.

Memorial contributions may be made to Mighty Mason Fund For Palliative Care, c/o Riley Children's Foundation, 30 S. Meridian Street, Suite 200, Indianapolis, IN 46204 (<https://give.rileykids.org/campaign/mighty-mason-fund-palliative-care/c329973>).

Condolences: www.randallroberts.com

Ben Beal

Sept. 13, 1931 - Jan. 6, 2022

Ben Beal, 90, Noblesville, passed away on Thursday, Jan. 6, 2022 at Harbour Manor Care Center in Noblesville.

He was born on Sept. 13, 1931 to George and Dove (Harrison) Beal in Noblesville, Ind.

Mr. Beal proudly served his country in the United States Air force, stationed in Japan during WWII. He was a 1949 graduate of Noblesville High School. He worked for Western Electric for over 30 years then worked in maintenance for Noblesville Schools.

Those that had the honorable pleasure to know "Benny Boo", as nicknamed by his wife Judy and great-grandchildren, knew his fascination with the Indianapolis Colts Football team. He enjoyed traveling south in the winter months, was devoted to his relationship with the Lord and reading the Bible.

He will be missed by many, as he was hardly a stranger to those in his company. Many times, you could find him sparked by his humorous and ornery ways. In his later stages of life, he was thankful for the care, love, and sweet treats, like the Banana "Ben" Bread, that surrounded him.

Survivors include his wife of 15 years, Judy Carson-Beal; brother, Al (Nancy) Beal; sister, Marcella Snyder; children, Bruce Beal, Rick (Carolyn) Hicks, Carla (Mark) Burtron, Marcia Daniels and Pamela (Michael) Moon; grandchildren, Heather (Marcos) Gonzalez-Pacheco, Christopher (Kelli) Moon, Janette (Roberto) Vallecillo, Jaimie (Jeremy) Foreman and Lisa (Ryan) Rusher; 19 great-grandchildren; one great-great-grandchild; and several nieces and nephews.

In addition to his parents, he was preceded in death by his previous wife of 30 years, Linda A. Beal; and his sister, Betty Morris.

Visitation is scheduled from 11 a.m. to 1 p.m., with services at 1 p.m., on Wednesday, Jan. 12, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville, with Pastor Don Janis officiating. Burial with Military Rites will be at Crownland Cemetery in Noblesville.

Donations may be made to Harbour Manor Care Center, "In remembrance of Ben Beal", 1667 Sheridan Rd., Noblesville, IN 46062.

Condolences: www.randallroberts.com

Dawson Ouellette of Noblesville is awarded a prestigious music scholarship and designation

Dawson Ouellette, a senior percussion performance and music composition double major from Noblesville, Ind., is the recipient of this year's Presser Scholar designation from Bradley University. Along with the prestige of being this year's honoree, he will receive a \$4000 scholarship.

Ouellette is involved in Bradley's Jazz Ensemble, Jazz Combo, Symphonic Winds, Percussion Ensemble and occasionally vocal jazz, where he plays drums. In the percussion arena, his highest level of expertise is with the drum set.

He first started playing the drums when he was 11 years old. To gain additional experience, Dawson drove to Bradley's campus from his hometown, Chillicothe, Ill., throughout high school, to play with music groups that performed at The Fieldhouse Bar & Grill in Campustown. In the spring of his senior year, he also participated in the Bradley Honor Band, which allowed him to perform with Bradley's wind ensemble before he was a college student.

After Ouellette earns his bachelor's degree from Bradley, he plans to start a jazz trio or a

quartet and create music inspired by his idol, Chick Corea, and blend it with his own ideas to form a unique musical voice.

The Presser Scholar designation has been awarded annually for more than 90 years. It is a prestigious honor for the recipient and a testament to the success of Bradley's Music Department. The award is in honor of Theodore Presser, who was a noted philanthropist, publisher and educator. His foundation, the Presser Foundation, is one of the only private foundations in the country dedicated

to music education.

Bradley University is a top-ranked, private university in Peoria, Illinois, offering nearly 6,000 undergraduate and graduate students opportunities, choices, and resources to build their futures. Innovation, action, and collaboration drive Bradley students to generate ideas and create solutions that remake the world around them. Our comprehensive array of undergraduate and graduate academic programs includes business, communications, education, engineering, fine arts, health sciences, liberal arts and sciences, and technology.

Richard R. Hauser

June 19, 1944 - Jan. 8, 2022

Richard R. Hauser, 77, Carmel and Westfield, passed away Jan. 8, 2022. He was born June 19, 1944 in Pittsburgh, Pa., son of the late Ernest and Rita (Wolfenberger) Hauser.

Mr. Hauser was a graduate of Eastmoor High School, Columbus, Ohio. He continued his education at Franklin University in Columbus, Ohio and earned his MBA at Capital University, Columbus, Ohio in 1978.

As a US Navy veteran, he served his country during the Vietnam War, stationed in Iceland, where he was awarded a letter of commendation for efficiency recommendations.

During the years of working as a business executive and in leadership roles, he was with multiple companies in Ohio and Michigan before moving to Indiana. From 1982-1988, he worked as Chief Financial Officer and Vice President for Operations at Que Corp., which was a leading computer book publisher. From 1989-1998, he worked as CFO and then President at Howard W. Sams Co., a leading technical publisher. He enjoyed being a consultant to small businesses from 1998-2010, during which time he was invited to be a guest lecturer at Capital University in Columbus. He worked as the Controller at Whitesell Corporation from 2011-2014. He worked as an executive at American Fasteners, Whitesell Corporation, Midwest Graphics and Hoosier Trim before his recent retirement. The highlight of his career was owning and managing Howard W. Sams with business partner, Damon Davis during the 1990s. They purchased the company from Macmillan, then sold to Bell Atlantic (now Verizon).

Mr. Hauser felt honored to have had the privilege to personally meet such dignitaries as Margaret Thatcher, Jack Kemp, Colin Powell, and Dan Coats. He loved being a part of the Honor Flight and the experience of seeing the Washington DC monuments and meeting Bob Dole.

He received the 1990 "New Venture of the Year" as well as the MBA Alumni Award in 2000 from Capital University.

He was known as a dedicated, hardworking, loving husband, father, and grandfather, who took great joy in the accomplishments of his family. He loved high school football and several of his teammates went on to play collegiate and NFL football.

Survivors include his devoted wife, Nancy L. Hauser; sons, Mark R. Hauser of Pekin, Ind. and Craig A. (Shannon) Hauser of Charlotte, N.C.; daughter, Jen N. Hauser of Birmingham, Ala.; grandchildren, Max, Karl, Conrad and Lorelei Hauser; sister, Elaine (Don) Lakin of Dublin, Ohio; brother-in-law; sisters-in-law; nieces and nephews.

Visitation will take place Saturday, Jan. 15, 2022 from 12 noon-2 pm at Bussell Family Funerals, 1621 E. Greyhound Pass, Carmel, where a Funeral Service for the family will begin at 2 pm. A Committal Service will follow in Carmel Cemetery.

The family requests contributions be given to Indy Honor Flights, P.O. Box 10, Plainfield, IN 46168 or indy-honorflight.org or Wounded Warriors Project, P.O. Box 758517, Topeka, KS 66675.

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

Roberto Garcia

Oct. 6, 1932 - Jan. 8, 2022

Roberto Garcia, 89, Indianapolis, passed away on Saturday, Jan. 8, 2022 at Westminster Village North in Indianapolis.

He was born on Oct. 6, 1932 to Guadalupe and Adela (Rivera) Garcia in Pharr, Texas.

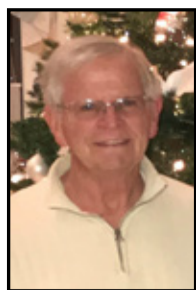
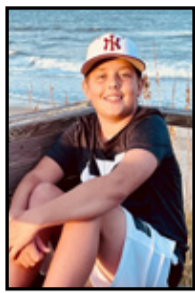
Mr. Garcia owned a trucking business. He enjoyed traveling, gardening flowers and tending to his koi pond. He was a jokester and a social bug who never knew a stranger.

Survivors include his children, Sonia Martinez (Chris), Robert Garcia (Lisa), Lupe Garcia (Julie), Ida Aspling (Steve) and Lana Garcia (Ken); grandchildren, Devin, Amber, Cynthia, Andrea, Stephen, Isabella, Gianna, Lucie, Jett, Jordan, Keely and Milo; great-grandchildren, Blake, Stella, Mila, Jaxon, Jacob, Myles and Kayla; many brothers and sisters; and nieces and nephews in Texas.

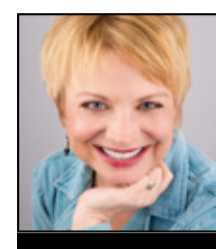
In addition to his parents, he was preceded in death by his wife, Ernestina Garcia.

No public services are scheduled. Randall & Roberts Funeral Homes has been entrusted with his care.

Memorial contributions may be made to the American Heart Association, PO Box 840692, Dallas, TX 75284-0692. Condolences: www.randallroberts.com



Talking about taking a New Year Inventory and stock



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.

The New Year is when we take stock.

In some cases, like my husband Peter's, this is literal. He keeps an inventory of our canned goods and chastises me if I mess up his inventory.

"Did you mark off the black beans?"

"Um, no."

"You have to mark it off on the list or I won't know how many I have."

"Oh. Sorry."

I am less concerned about our supply of canned goods in the New Year and more concerned about stockpiles closer to home—on my hips, for example.

I had gotten out of the habit of weighing myself, and I decided this was probably unwise. So I started weighing myself in the mornings. Monitoring my weight is far more disconcerting than losing a can of beans. I cannot see how I can go out to dinner, eat a heavy plate of curry, and lose a pound and a half, only to eat almost nothing the next day and gain it back. My weight rises and falls like a rollercoaster.

This morning I noticed that I had inexplicably gained two pounds overnight. I looked at myself in the mirror. I looked fine. In fact, I thought I was looking particularly fit. The mirror and I decided the scale was crazy.

The New Year is also an appropriate time to recognize that not all that is lost will be found. It is tempting to believe that the picture frame mysteriously lost in the move will reappear, or that we will find that kitchen gadget that Peter and I are both convinced we used to own, but no longer seem to. The New Year is a good time to just give up and get a new frame and a new gadget.

The same is true of socks. Socks are like kidnapping victims. If they are not recovered within 48 hours, the odds of them ever returning to their mate

are substantially reduced. After three months, as in all True Crime stories, the trail has gone cold.

But then there will be that one (as there was, just the other day) miraculously recovered from beneath the mattress of the bed who was joyfully reunited with its mate because I had not quite abandoned hope. It's things like this that keep me holding on to single socks far too long.

At any rate, I am trying to keep track of things a little better this year. I even bought a daily planner. I didn't have one last year because I remembered what happened to the one I bought in 2020. It had a flurry of events penned in the first two months, then it sat looking at me accusingly from the corner of my desk, unused for the rest of the year.

"What are we doing today?"

"Same as yesterday. Nothing."

Remembering to go out on the front stoop to talk to the neighbor and her dog did not require an entry in my planner.

So I held off on buying one last year and got along just fine. This year, I gave in, and I am busily filling my new planner with things I'd like to do and accomplish.

It may all be foolish. Perhaps this year will be as uneventful as the last two. Still, there is hope. And I guess that is the point of taking a New Year inventory.

It's the time of year when I imagine life being a little different and somehow a little better. It's the time of year when I make sure my inventory of hopes and dreams is stocked to capacity.

Till next time,
Carrie

Carrie Classon's memoir is called "Blue Yarn." Learn more at CarrieClasson.com.

Dreaming of a new home?

find it here!

the times

Noblesville and Hamilton Co. continued to see unusually active residential real estate markets

December 2021 bucked the typical trend of a quieter residential real estate market during the holidays. Monthly real estate statistics from F.C. Tucker Company revealed that December 2021 pended home sales increased 4.4 percent compared to December 2020. Year-to-date home sale prices increased 12.6 percent, and central Indiana housing inventory decreased 19.4 percent compared to this time last year.

- The average December 2021 home sale price for the 16-county central Indiana region was \$293,407, an increase of 15.3 percent compared to December 2020.
- Pended home sales increased, up 4.4 percent compared to this time last year.
- Available housing inventory continued to decrease, down 19.4 percent compared to December 2020.

In December 2021, 2,710 central Indiana homes were purchased, up 4.4 percent from the 2,595 sold in December 2020. Specifically:

- Brown County showed the greatest increase in pended home sales with 200 percent growth compared to December 2020.
- Hamilton County pended

sales had the greatest decrease with 11.6 percent fewer homes sold in December 2021 compared to this time last year. The year-to-date sale price of homes in central Indiana continued their upward climb:

- Johnson County recorded the highest average year-to-date home sale price increase at 20.9 percent.
- Hamilton County had the highest average home sale price in the region at \$420,016.
- Homes sold in 18 days on average, 43.8 percent faster than in 2020. Brown County homes left the market 28 days faster than in December 2020 - the greatest decrease of the 16-county central Indiana area.

Central Indiana experienced a 19.4 percent decrease in overall available home inventory in December 2021, with 511 fewer homes available for sale than in December 2020. However, only six counties continued to see inventory decreases in December, while nine counties saw increases, and one county remained the same.

- Brown County had the largest inventory increase - up 56.5 percent compared to December 2020.
- Hamilton County inventory continued to

experience the greatest decrease in central Indiana - down 59.9 percent - compared to this time last year.

"It's unusual to see this level of residential real estate activity during December," said Jim Litten, CEO of F.C. Tucker Company.

"However, many buyers are taking advantage of low interest rates and the growth in available inventory to purchase a new home. This additional buyer demand results in a continued increase in home sale prices." Of the pended home sales in the region last month, three (3) were priced \$2,000,000 or higher; 30 were priced \$1,000,000 to \$1,999,999; 186 were priced \$500,000 to \$999,999; 690 were priced \$300,000 to \$499,999; 816 were priced \$200,000 to \$299,999; 765 were priced \$100,000 to \$199,999; and 220 were priced at \$99,999 or less.

Editor's Notes:

- All statistics were compiled by F.C. Tucker Company from a report drawn from BLC® statistics on January 5, 2022. Because of delayed processing through other agencies or boards, these numbers are subject to change.

- Effective April 7, 2019, data from MIBOR only reports on single family homes and excludes condo sales. F.C. Tucker will continue to include condo sales in this report.
- "Pending" means the sales contract has been signed, but the transaction has not closed. According to the NAR, pending sales typically are finalized within a month or two of signing.
- "Active Listings - Inventory" is a snapshot frozen in time at the end of the stated month. Per MIBOR, effective April 1, 2018, "Active with Contingency" no longer is a status in the BLC® listing service in order to present a true picture in advertising and marketing. Those listings that were in the "Active with Contingency" status have been moved from the "Active" status to the "Pending" status.
- For this report, F.C. Tucker tracks the following counties: Bartholomew, Boone, Brown, Decatur, Hamilton, Hancock, Hendricks, Jackson, Jennings, Johnson, Madison, Marion, Montgomery, Morgan, Putnam and Shelby. The first report tracking Jackson County data was pulled August 7, 2019.

IN bill would grant new protections to survivors of human trafficking

Survivors of human trafficking in Indiana are required to provide testimony in person during trials, but a new bill would allow young survivors to submit pre-recorded video statements. The proposal would apply to survivors who were 14 or younger at the time of their assault, as long as they're still a minor during the trial.

Rep. Wendy McNamara, R-Evansville, chair of the Indiana House Courts and Criminal Code Committee, said she wrote the bill after talking with a parent in her district.

"His daughter was victimized when she was 14 and then was forced to testify in court when she was 15," McNamara recounted. "So hopefully this would be an opportunity for kids not to have to relive this."

Per the National Human Trafficking Hotline, there were 140 reported cases of trafficking in Indiana in 2020, up from 98 in 2017. McNamara said while her bill is aimed at survivors of human trafficking, it also would cover young survivors of any violent crime.

McNamara's bill includes other provisions which she pointed out will



Wendy McNamara

streamline the prosecution of traffickers and increase penalties for those who pay for sexual acts from minors. She added many of those measures were designed to target the organizations behind the crime.

"It's not just one individual," McNamara explained. "It's often a very complex web of groups of people, multi-state groups, that serve as human-trafficking rings."

The proposal also will require local agencies to report human trafficking investigations to the Indiana Attorney General's office within thirty days. It will be before the Courts and Criminal Code Committee for consideration Wednesday.

Human trafficking can be reported to the National Human Trafficking hotline via the organization's website or by phone: 1-888-373-7888.

Are you having some hearing trouble?

A patient whose mother is having hearing difficulties asked me to write about the best way to purchase hearing aids. I'd like to begin with some background on hearing.



JOHN R. ROBERTS, M.D.

It goes without saying that hearing is one of our most important senses. It is critical for our quality of life as well as for safety and social interactions. It is estimated that 30 million Americans who have some degree of hearing loss, 65 percent of whom are younger than 65 years of age. It's very concerning that one in 14 younger adults and one in 20 adolescents have measurable hearing loss. Since 1971 the number of Americans over three years old with hearing disorders has doubled.

complaining about one's hearing, and avoidance of social situations where hearing is important.

The primary cause of hearing loss is environmental noise. The louder the volume (measured in decibels or dB) and/or the longer the exposure, the more likely it is for damage to occur. Repeated exposure to noise over 85 dB produced by things such as lawn mowers, truck traffic and shop tools, can lead to gradual hearing loss.

Treatment of hearing loss begins with a good hearing assessment. Audiologists and hearing instrument specialists have different training and provide varying degrees of services.

Playing music at a device's maximum volume using headphones can deliver 105-120 dB, while using earbuds can add an additional 6-9 dB. Other causes of hearing loss include drugs that are toxic to the hearing organ, aging, and various other medical conditions.

Audiologists are the only hearing professionals who receive higher education training and are licensed by the state to do comprehensive evaluation and treatment of hearing loss in all age groups. Audiologists typically do four years of additional training after college and earn the Doctor of Audiology degree.

Warning signs of hearing loss include difficulty understanding people (particularly in a crowd), asking people to repeat themselves, trouble hearing the TV or radio (hence turning up the volume), others

Hearing instrument specialists, on the other hand, are not required to undergo nearly as much training. Indiana requires them to have a high school diploma or GED, pass an examination, and pay a \$60 fee. They must also receive supervision by a hearing aid dealer before they can sell hearing aids.

My preference is to refer patients to an audiologist for diagnosis and treatment. Most cases of hearing nerve damage are treatable by amplification using hearing aids though simply purchasing a set of hearing aids should not be

the end of the treatment process. Treatment also involves verifying the fit of the hearing aids, providing counseling on their use, and doing follow up.

There have been huge advancements in hearing aid technology in the last decade. The available models and their complexity requires someone who is skilled in prescribing and managing them appropriately. Hearing aids are expensive, but the ability to hear properly is critical for safety and quality of life. The cost of a hearing aid purchased from an audiologist usually includes not only the fitting, but also adjustments and maintenance. Often these services are not covered when purchasing at discount retailers.

Remember that prevention is the best medicine. Be aware that loud and/or prolonged noise can cause hearing loss. Evaluate your surroundings so you can avoid noise and wear hearing protection if you can't. You can measure ambient sound with your smart phone microphone using the free NIOSH SLM (Sound Level Meter) app. iPhone and Apple Watch users can also set up environmental sound monitoring in the Health app. A note to parents with kids with mobile music players like iPhones - use the maximum volume parental controls that are available on the devices to decrease the chances of hearing damage.

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.

Voting is now open in Indiana Chamber's Coolest Thing Made in Indiana Contest

The first ever Coolest Thing Made in Indiana tournament has officially tipped off with online voting now open. The Indiana Chamber of Commerce contest, which celebrates the state's long manufacturing history, boasts a 65-company field. Nearly 50 Hoosier communities in 35 counties are represented. Online voting for the competition takes place at www.indianachamber.com/coolestthing. Entered companies face off in a single-elimination bracket format with winners chosen through public fan voting. Each winner goes to the next round until the Coolest Thing Made in Indiana champion is crowned. For fairness, the initial matchups were generated via an online randomizer, notes the Indiana Chamber.

"We put the call out for months that we wanted to hear from manufacturers of all kind of things - and we certainly did. Among the entries are very familiar products and some emergent ones that are just starting to make their mark," says Kevin Brinegar, Indiana Chamber president and CEO.

"We encourage all

entrants to get the word out to their staff and on their social media accounts to rally support for their product."

Each entrant includes a photo and product description to aid in voting. A voter may vote once per matchup per round. The number of votes received will be reset at the beginning of each round.

Voting for the first round concludes on Sunday, January 16 and overall on February 14. The timeline of each round of voting:

- Round 1: Week of January 10
- Round 2: Week of January 17
- Round 3: Week of January 24
- Round 4: Week of January 31
- Semis: February 7-9
- Finals: February 10-14

The champion will be announced February 15 at the Indiana Chamber's Chamber Day Event. The Coolest Thing Made in Indiana contest is sponsored by MCA CPAs & Advisors.

The field is comprised of manufacturers from Anderson, Angola, Argos, Batesville, Bloomington, Brownstown, Carmel, Centerville, Decatur,

DeMotte, East Chicago, Elkhart, Elizabethtown, Elwood, Evansville, Fishers, Fort Wayne, Frankfort, Franklin, Goshen, Greens Fork, Hammond, Indianapolis, Jeffersonville, Kokomo, Lafayette, Mishawaka, Nappanee, New Albany, Newburgh, Newtown, Noblesville, Pendleton, Plymouth, Portland, Princeton, Rochester, Sellersburg, South Bend, South Whitley, Syracuse, Terre Haute, Valparaiso, Warsaw, Wawaka, Westfield and Zionsville. Entry in the tournament is free. To participate, a company did not need to be headquartered in Indiana, but the product entered must be manufactured in the state. Companies are limited to having one product nominated for entry. Various sponsorship opportunities are still available for the competition. Contact Jim Wagner at jwagner@indianachamber.com or visit the web site. The Indiana Chamber's goal with the Coolest Thing Made in Indiana program is "to showcase the wide variety of manufacturing taking place in the state that has helped our economy thrive."

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Hoosiers deserve transparency in reporting of COVID data

For Hoosiers in every corner of the state, the response to COVID-19 has been confusing, frustrating, and for many financially costly. One of the most common complaints is the lack of transparency tied to the decision-making of officials at all levels of government. As published in an Association of American Medical Colleges (AAMC) journal in February of last year, confusion has surrounded “whether people die ‘of’ COVID-19 or ‘with’ COVID-19.” The journal noted a case in which a man significantly ill from terminal cancer entered a hospital while also infected with COVID-19 and later died. His death was recorded as a COVID-19 death statistic. A local Orlando TV affiliate found a man who died from a motorcycle crash was tested and found to also have COVID-19. His death was recorded as a COVID-19 statistic until TV coverage caused it to be reversed. The same AAMC medical journal article quotes the chief medical officer for Indiana University Health’s South Central



Todd Rodika

Region in Bloomington as saying, “It’s usually a cascade of events that lead to death — it’s not one thing,” when a person dies who has also tested positive for COVID-19. Much of the public’s exhaustion with those who hold the levers of power comes from a lack of transparency. That is something I tacitly acknowledged when I raised concerns over COVID-19 statistics in a recent media interview. Regular Hoosiers lose confidence in government decision-making when there are inconsistencies and a lack of transparency in data. This is especially true if, like here, the data is so subjective in the first place. This lack of clarity leaves many to believe government officials are making decisions based more on politics than on

data. In noting these concerns, I did not attack any elected official; I did not call into question the hard work of our medical professionals in Indiana who have been dealing with the effects of this pandemic (in fact, I praised them); and I did not question the motives of everyone who has used these statistics. What I did do is raise a concern over how these statistics are created, compiled and, more importantly, how they are presented to the public. Media report after report lists numbers without any nuance or background to go with those numbers. I learned long ago that good leadership means maintaining trust — and that trust is not given but earned. One of the most successful ways to earn the trust of Hoosiers is to install a culture of transparency in the agencies one leads. And this trust goes both ways. As leaders, we must trust and empower our fellow Hoosiers to make their own medical decisions. As I have said publicly multiple times, including in a recent media interview, whether to get a vaccine is between you

and your doctor, not the political bent of elected leaders, the media, or your boss at work. Time and time again, Biden and his leftist government bureaucrats seem more driven by politics than science in their decision-making. As Attorney General, I am involved in multiple lawsuits seeking to defend the liberty of Hoosiers in the face of mandate after mandate from the Biden administration, which seems to be more about ruling over the people than defeating an ongoing pandemic. The Left and state officials across the nation have used the guise of the pandemic — often politicizing data — to further their control and reach into the lives of Americans. Mandates, lockdowns, and school closures have all been justified by politicization of data. Many Americans are fed up with it. Having promised during the 2020 campaign to “shut down the virus,” Biden and the Left across the country have changed the benchmarks for success as they have clearly not shut down COVID-19. As public frustration moves against the top-

down control pushed by the Left, they have changed how they approach COVID data. Most recently, the governor of New York is changing how the state counts COVID hospitalizations to note the difference between those being hospitalized because of COVID and those being hospitalized for other reasons but testing positive for COVID while at the hospital. Los Angeles County hospitals reported “roughly two-thirds of patients” who tested positive at hospitals were admitted for something other than COVID. Even the president’s chief medical adviser, Dr. Anthony Fauci, finally admitted to MSNBC that “if you look at the children that are hospitalized, many of them are hospitalized with COVID, as opposed to because of COVID.” It took them nearly two years too long to admit much of the data didn’t reflect the reality of the pandemic, but the distinctions being made are crucial to how we approach it. My criticism is not limited to the Biden

administration, as Americans still demand answers about the origins of COVID-19 and how the Chinese Communist Party (CCP) unleashed a deadly virus on the globe. Those in Washington have failed to deliver answers, investigate the matter, or hold the CCP accountable. This brings me back to the questions raised about COVID data. No one is above questioning — or answering questions — especially those we have elected to represent us at any level of government. I hold myself to that standard and in doing so meet with Hoosiers daily as I move around the state. I know their concerns firsthand, and I will never hesitate to share them and help solve the underlying issues causing those concerns. A hallmark of a republic is the ability to ask questions and seek answers from our government. Asking questions and raising concerns over -reported COVID-19 “statistics” is not about politics but about transparency. We should celebrate the drive to seek the truth. Todd Rokita is Indiana’s attorney general.

UW-Stevens Point honors for scholastic achievement

The University of Wisconsin-Stevens Point honored more than 2,350 undergraduate students for attaining high grade point averages during the fall semester of the 2021-2022

academic year. Full-time undergraduates who earned grade points of 3.90 to 4.0 (4.0 equals straight A) are given the highest honors designation. High honor citations go

to those with grade point averages from 3.75 to 3.89 and honor recognition is accorded to those with grade point averages from 3.50 to 3.74. Personalized certificates of

scholastic achievement are sent to those who earned highest honors distinction. Students who received honors include: Ryan Wagner, Fishers, IN, Senior, Highest Honors

PUBLIC NOTICES

CITY OF FISHERS, HAMILTON COUNTY, INDIANA
NOTICE OF REQUEST FOR PROPOSALS
 The City of Fishers, Hamilton County, Indiana (“City”), pursuant to Ind. Code § 5-3-1 et. seq., hereby provides NOTICE of the City’s Request for Proposals (“RFP”) from qualified firms to produce the City’s annual Spark Fishers 5K Walk/Run on (i) Wednesday, June 22, 2022, (ii) TBD 2023, and (iii) TBD 2024. Based on the responses to the RFP, the City intends to enter into a professional services agreement with the selected Vendor. The selected Entity shall have an Agreement with the City to design a 5K walk/run course to begin and end along a mutually agreed upon route in the Nickel Plate District. Proposals shall include all labor, equipment, materials, and other miscellaneous items necessary to provide a first-class event for families and participants for a city of approximately 100,000 people. Proposals must also include multiple proposed routes for the 5K Walk/Run. The selected Entity agrees all services to be performed shall follow all local and state laws and regulations, shall provide sufficient personnel at along all parts of the course, and shall obtain all licenses and permits necessary for such an event. All proposals should be delivered to the City of Fishers Parks & Recreation Department at 8100 E 106th St, Suite 150, Fishers, IN 46038 and emailed to sandquists@fishers.in.us. **Proposal must be delivered no later than 11:00AM EST on February 12, 2022.** The city may reject all proposals at its discretion.
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Letters

Letter to the editor: Team Rubicon thanks Hoosiers for support

Dear Hoosiers,

Four months ago, we walked into an empty warehouse in southern Johnson County, Indiana.

Down the road, thousands of Afghans were streaming into Camp Atterbury after a terrifying and traumatic escape from their country. For years, many of them worked alongside the U.S. military and/or government officials, doing what they could to help to stabilize their country.

Now they were in the United States, forced to leave everything behind because they stood by America's side.

As one Team Rubicon volunteer said: "They made a conscious choice to help the American troops for hopes of betterment of their country and their lives, and I think we owe it to them to continue and uphold our end of it."

For Team Rubicon assisting with others on Operation Allies Welcome was a new type of mission.

We're a veteran-led organization built to serve at-risk and vulnerable populations affected by

disasters such as tornadoes, hurricanes, floods and wildfires. Think cutting tornado downed trees, tarping wind damaged roofs, and pushing mud out water-logged homes.

But this mission was different, it was new, and there was no roadmap to refer to. Before it was over Team Rubicon would assist at 10 separate locations across the United States with the ultimate task of conducting donations management support. Working in a warehouse collecting, sorting, and providing donated items to recently displaced individuals all in an effort to help, all amid a pandemic.

We reacted, we went, we did that which was necessary to accomplish the mission thereby providing the generous outpouring of donations from the citizens of Indiana to our nation's newest Guests.

Hoosiers demonstrated their hospitality by quickly providing new, meaningful, items towards this effort. These consistent acts of generosity by each person, organization, or

group brought not only much needed items to our Guests, but also the hope and promise of a much better beginning than their most recent end.

In just a few weeks, our warehouse was bursting with new diapers, toothbrushes, and shampoos, along with an increasing number of socks, shirts and pants. Over 2 million items of donated goods were processed at the warehouse assisting Camp Atterbury. Almost the entirety provided by the people of the state of Indiana. Each item a sacrifice of someone's time and money, given to assist another start a new life.

In addition to the material goods came the new Team Rubicon members, people of Indiana who raised their hand, saying "pick me, I want to help". Close to 250 individual Team Rubicon volunteers assisted over the course of these four months. Many of these individuals were new to Team Rubicon, the majority of them from Indiana, and all of them willing to give of their time,

their ability, and their heart. Each open to sweat in the heat of September and shiver in the cold of December to sort, pack, and process the mountains of donated items provided through the generosity of their friends, neighbors and fellow Hoosiers.

Donations came from every corner of the state. Faith communities, charitable organizations, civic groups, businesses, families, children, veterans and others dropped off items at Indiana armories across the state, our collection site at Johnson County Park or in some other fashion ensuring that the donations made it to our warehouse. Many of you give often, returning time and time again to demonstrate your Hoosier Hospitality.

Our mission, to receive, sort, and prepare for distribution all donated items in support of Operation Allies Welcome, would not have succeeded the way it did without the support of Indiana State Leadership, namely Gov. Eric Holcomb along with the Military Leaders at Camp

Atterbury, National and State Agencies, and other Non-Governmental Organizations. Each knew their role and executed their duties with the intent to serve. It has been amazing to work for and alongside each and every one involved and to witness the care and sensitivity demonstrated to our Guests.

At Team Rubicon, we often say our actions are characterized by the constant pursuit to prevent or alleviate human suffering and restore human dignity – we help people on their worst day.

Hoosiers, you did that! It was YOU who lifted up and gave support to our Afghan guests which was beyond anything we could imagine. But you know this is only the first phase. We trust that you will continue to support our Afghan allies as they settle in your communities and across our country by continuing to demonstrate Hoosier Hospitality.

We share all of this to say Thank You for stepping into the arena with us. For demonstrating

that Hoosier Hospitality is more than a tag line. For meeting and exceeding the need, and for giving hope and showing love to others.

May each recipient never forget your compassionate and generous giving as we will never forget all that you have shown us.

In gratitude,
Russ Hessler, Task Force Leader
Tyler Smith, Liaison
Team Rubicon, Camp Atterbury

Note: Tyler Smith served in the U.S. Army and retired from the 10th Special Forces Group. He was deployed for five years in support of Operation Iraqi Freedom, serving in Iraq and Jordan. Russ Hessler served in the U.S. Marine Corps from 1978 to 1983. Team Rubicon ends its mission at Camp Atterbury on Jan. 7.

Contact information for Tyler Smith is 256-469-1830 and Russ Hessler is 614-578-9365 or tyler.smith@teamrubiconusa.org and russ.hessler@teamrubiconusa.org.



Photo courtesy of Mazda3



Photo courtesy of Nissan



Photo courtesy of Toyota



Photo courtesy of Chevrolet



Photo courtesy of Ford



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Photo courtesy of Hyundai



Photo courtesy of Kia



Photo courtesy of VW



Photo courtesy of Subaru

New car prices average \$45k, choose one of these for under \$25k

Average new car prices topped \$45,000 during 2021, but you can buy one of these excellent models for under \$25,000. See if you prefer a hybrid pickup, sporty crossover, or fast-driving compact.

Ford Maverick

The blockbuster Maverick comes standard as a hybrid, achieves 42-MPG city. Or, go for the 250-horsepower turbo-four. Edgy interiors add standard Apple/Android connectivity and automatic emergency braking. Plug into household bed outlets for tailgating. Choose the base hybrid with steel wheels for ultimate value.

Base price: \$19,995

Honda Civic/Hatch

Compact cars still offer incredible value. Civic goes for tailored new styling as a sedan or hatch. Interiors sport a 9" screen, hidden dash vents, and wireless Apple/Android connections. Auto brake is standard. Throttle a 158-horsepower four-cylinder or 180-horsepower turbo-four with available 6-speed manual. Get 31/40-MPG city/hwy.

Base price: \$21,900

Toyota Corolla Cross

Hard to argue with a tall Corolla sporting a bigger trunk. Upscale styling cocoons plush interiors with wireless phone charging, JBL audio, and Amazon Alexa Connectivity. Auto braking, lane keep assist, and radar cruise enhance safety. The perky 169-horsepower four-cylinder engine delivers and efficient 31/33-MPG city/highway.

Base price: \$22,195

Chevy Trailblazer

It identifies with an angry grille, squinty lamps, and contrasting color roof. Collision warning with auto brake, lane keep assist, and adaptive cruise are available. Apple

CarPlay, Android Auto, wireless charging, and 4G Wi-Fi connect devices. Base models move with a 137-horsepower turbo-three engine that achieves 29/32-MPG city/hwy.

Base price: \$21,600.

Kia Niro

It's hard to argue with compact crossover space and hybrid efficiency. A stylish exterior surrounds a roomy cabin with space for four plus gear. Throttle a 1.6-liter four-cylinder engine and lithium-ion batteries that generate 139-horsepower and 50-MPG. Base models slip beneath our price cap, but spend more for crash avoidance systems.

Base price: \$24,690

Nissan Kicks

A floating roof, bright colors, and V-shaped grille build excitement. Inside, there's a thick D-shaped steering wheel, 60/40-split rear seats, and standard Apple/Android connectivity. Automatic emergency braking and lane departure warning come standard. Go forth with a 122-horsepower four-cylinder engine that delivers 31/36-MPG city/hwy.

Base price: \$19,700

Volkswagen Taos

Don't spend Audi money for an upscale German crossover. VW's compact combines a spacious interior with sleek rugged style and Autobahn performance from its 1.5-liter four-cylinder engine, rated 158-horsepower and 28/36-MPG city/highway. Interiors are lavished with driver-oriented lay-outs via VW's Digital Cockpit and Wi-Fi.

Base price: \$22,995

Subaru Impreza

The only compact with standard all-wheel-drive employs a 152-horsepower four-cylinder engine and 5-speed

manual transmission for 28/36-MPG city/hwy. Autonomous braking and lane keep assist are standard on automatic transmission models. Apple/Android connectivity, simple touchscreen and one-touch windows are part of the deal.

Base price: \$18,795

Hyundai Venue

Urban dimensions contain an upscale and roomy box with Bluetooth, steering wheel controls, and voice recognition infotainment. Standard 15" alloy wheels put the 1.6-liter four-cylinder engine's 121-horsepower to the road. Fuel economy rates 29/33-MPG city/hwy. Get it with forward collision warning and lane keep assist for safety.

Base price: \$18,900

Mazda3 Sedan

Elegant flowing bodywork fronts Alfa-worthy interiors with dash-mounted screen, voice controls, simple climate knobs, and large analog gauges. Enthusiasts enjoy a spirited 2.0-liter four-cylinder delivering 155-horsepower and 28/36-MPG city/highway. Stay safe with radar cruise, forward collision warning, and lane keep assist.

Base price: \$20,800

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CASEY WILLIAMS
Auto Reviews

Indianapolis Ranks #6 on Orkin's Top 50 Bed Bug Cities List

Chicago settled in for the second year in a row as the #1 city on Orkin's 2022 Top 50 Bed Bug Cities List, with Philadelphia and New York moving into the second and third place spots, respectively. These two Northeast cities saw the largest jumps with Philadelphia moving up 12 spots and New York moving up nine spots. As for newcomers to the list, Harrisburg, Pennsylvania, landed at #42 and Lincoln, Nebraska, barely snuck in at #50.

Over the last year, as travel began to resurge in the U.S., restless Americans — and bed bugs — were hitching rides across the country for a getaway. As consumers plan for travel in 2022 amid the evolving pandemic, it's easy to forget that bed bugs are still very much a threat. Taking into consideration the staffing shortages associated with the hospitality industry, it might be the case that bed bug introductions are not being monitored as often as desired, which is why diligent examination is key.

The list is based on treatment data from the metro areas where Orkin performed the most bed bug treatments from December 1, 2020 – November 30, 2021. The ranking in-

cludes both residential and commercial treatments.

1. Chicago
2. Philadelphia (+12)
3. New York (+9)
4. Detroit
5. Baltimore (-3)
6. Indianapolis (+1)
7. Washington, DC (-4)
8. Cleveland, OH (-2)
9. Columbus, OH (-4)
10. Cincinnati (-2)
11. Grand Rapids, MI (-1)
12. Los Angeles (-3)
13. Champaign, IL (+2)
14. Atlanta (-1)
15. Charlotte, N.C. (-4)
16. Dallas-Ft. Worth
17. Denver (+3)
18. St. Louis, MO (+7)
19. San Francisco (+3)
20. Pittsburgh (-1)
21. Greenville, S.C. (+2)
22. Charleston, W.V. (-4)
23. Flint, MI (-2)
24. Raleigh, N.C. (-7)
25. Norfolk, VA (-1)
26. Richmond, VA
27. Omaha (+3)
28. Buffalo, N.Y. (+1)
29. Knoxville (+7)
30. Cedar Rapids, IA (+5)
31. Toledo, OH (-4)
32. Dayton, OH (-4)
33. South Bend, IN (+8)
34. Nashville (-3)
35. Davenport, IA (+3)
36. Ft. Wayne, IN (-3)
37. Youngstown (+3)
38. Milwaukee (-6)
39. Miami (+8)
40. Tampa (-1)
41. Houston (-4)
42. Harrisburg (new to list)
43. Greensboro, N.C. (-9)
44. Seattle

45. Peoria, IL (+4)
46. Orlando (-1)
47. Lexington, KY (-4)
48. Lansing, MI
49. Louisville, KY (-3)
50. Lincoln, NE (new to list)

Typically, bed bugs are 3/16 inch long, red to dark brown in color and are mostly nocturnal insects that come out of hiding to take blood meals from sleeping humans. These pests are hematophagous, which means blood is their only food source. They can travel from place to place with ease, clinging to items such as luggage, purses and other personal belongings.

"Bed bugs are a concern for everyone because they are master hitchhikers, traveling home with people when they likely don't realize it," said Ben Hottel, an Orkin entomologist. "Their nature of hiding in difficult-to-find cracks and crevices can make them hard to control, which is why involving a trained professional at the sight of an introduction is recommended."

Bed bugs are known for rapid population growth. Females can deposit one to five eggs a day and may lay 200 to 500 eggs in their lifetime. They can survive for several months while waiting for their next blood meal, so

they're likely to emerge when a food source, e.g., humans, become available.

"Unfortunately, many hospitality businesses are facing staffing shortages, and while the industry remains committed to cleanliness, now more than ever, travelers should be mindful of bed bug sightings and proactive in inspection efforts," said Hottel.

Here are proactive tips Orkin recommends for homeowners and travelers to prevent bed bugs:

- **At Home:**
 - Inspect your home for signs of bed bugs regularly. Check the places where bed bugs hide during the day, including mattress tags and seams, and behind baseboards, headboards, electrical outlets and picture frames. Inspect when you move in, after a trip, when a service worker visits or after guests stay overnight.
 - Decrease clutter around your home to make it easier to spot bed bugs on your own or during professional inspections.
 - Examine all secondhand furniture before bringing it inside your home.
- **During travel, remember the acronym S.L.E.E.P. to inspect for bed bugs:**
 - **S**urvey the hotel room for signs of an infestation.

Be on the lookout for tiny, ink-colored stains on mattress seams, in soft furniture and behind headboards.

• **Lift and look in bed bug hiding spots:** the mattress, box spring and other furniture, as well as behind baseboards, pictures and even torn wallpaper.

• **Elevate luggage away from the bed and wall.** The safest places are in the bathroom or on counters.

• **Examine your luggage carefully while repacking and once you return home from a trip.** Always store luggage away from the bed.

• **Place all dryer-safe clothing from your luggage in the dryer for at least 15 minutes at the highest setting after you return home.**

With well over a century of knowledge and experience with bed bugs and state-of-the-art tools and products, Orkin is well-equipped to assess your bed bug problem, offer trainings for short-staffed hospitality teams and mount a strategic response to rid your home of the pest and provide maximum protection.

For more information about bed bug prevention and bed bug control, visit Orkin.com. You can also find additional detection

tips in Orkin's video on "How to Check for Bed Bugs in Hotel Rooms."

About Orkin, LLC Founded in 1901, Atlanta-based Orkin is an industry leader in essential pest control services and protection against termite damage, rodents and insects. The company is committed to excellent service and operates more than 400 locations with more than 8,000 employees. Through Orkin's Points of Service process – Investigate, Protect, Fortify, Keep Watch, Report and Follow Up – Orkin provides customized services to approximately 1.7 million homeowners and businesses in the United States and has nearly 100 international locations in more than 65 countries. Orkin is committed to studying pest biology and applying scientifically proven methods. The company collaborates with the Centers for Disease Control and Prevention (CDC) and eight major universities to conduct research and help educate consumers and businesses on pest-related health threats. Learn more about Orkin at Orkin.com.

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MARLOWE *From Page A1*

welds them into animal shapes.

I have no such talent. My profession does not lend itself well to reruns.

This awareness comes as the result of being out to a brewpub with friends. I don't really fit well in the brewpub scene, so after a short while, I was ready to head home. I didn't have a good excuse for leaving, so I told my friends that I had to finish

my column.

"I'll bet you can't write a column on recycling," one of them mocked.

I thought about how tempting that sounded. When I get stuck for an idea, simply recycle some prose from the past, and just call it good.

However, writing isn't like other professions. Writing is supposed to be new and fresh. Even if when writing about some-

thing old and hackneyed, readers are always looking for a fresh approach.

It's not that writers don't create our own scraps. We do. There's nearly always something that goes unused. Maybe it didn't quite make the point we wanted. Maybe the story was too long, or maybe our editor suggested we cut it. Maybe it was only funny to us.

It's gotta go!

Here's a good nugget from a story I wrote on fear:

"You're not afraid of the dark. You're afraid of what's in it."

Now, I like that. However, it really was straying off target a bit, and I finally cut it. Here's another one from the column I wrote on finding a peacock sleeping on my car at Thanksgiving:

"One of us, [the peacock] or I, probably could benefit from a trip to the psychiatrist. My friend Dick had a bipolar cockateel once, and he got a lot out of going. The cockateel, that is. Not Dick."

It's true. Dick did have a bipolar cockateel, named Max. He broke out of his cage while Dick was on vacation once, and did \$7,500 worth of damage to his apartment. I wanted to get Max's story out

there in the interest of avian mental health, but it had to wait for another time.

I guess I'm trying to make two old points. One, I support recycling. Sometimes one man's junk truly is another man's treasure; Two, never wager against me in a bar bet.

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

FISHERS *From Page A1*

the correct appointment date. For the fastest and best service, FHD encourages individuals to visit at your scheduled time. Please have identification and QR code ready when you enter the garage.

The Fishers Health Department vaccination site remains open for appointments and walk-ins for people 5 and older. Boosters are available for people 12+ and are high-

ly encouraged to protect yourself from the current high rates of spread of COVID-19. Any Hoosier can make an appointment at www.fishers.in.us/ vaccine or visit the site at 12520 E. 116th Street, Fishers.

About Fishers Health Department

Created in April 2020, the Fishers Health Department exists to bring a high level of health

and safety services to the residents of Fishers. The FHD serves its residents through COVID-19 Pandemic support, vital records, immunizations, environmental management, food safety and permitting, vector control, well and septic services, communicable disease management, and educational support. For more information, visit fishers.in.us/healthdept.

PRIMARY *From Page A1*


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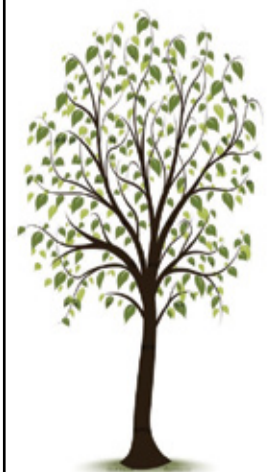
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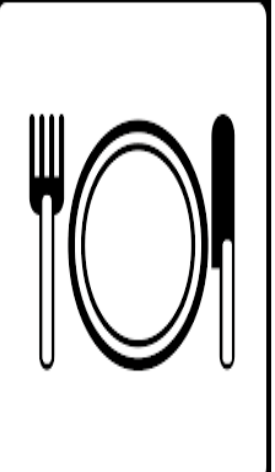

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TUESDAY

In The Kitchen

Tuesday, Jan. 11, 2022

A7

Warm Up Winter with Comforting Classics

FAMILY FEATURES

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

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

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

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

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

Baked Tomato Goat Cheese Dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

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

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

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

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

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

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

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



Baked Tomato Goat Cheese Dip



Polenta Bites

Polenta Bites

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

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

In saucepan over medium heat, warm sauce.

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



Snowman Pizza Bombs

Snowman Pizza Bombs

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

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

Preheat oven to 400 F.

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

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

In small bowl, mix melted butter, garlic powder and Italian seasoning; brush generously over dough balls.

Bake 15-20 minutes until golden brown.

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

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

TUESDAY

Health and WELLNESS

Tuesday, Jan. 11, 2021

A8

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.

Lung Association urges Indianapolis to step up for National Take the Stairs Day

Wednesday, January 12 is National Take the Stairs Day, and the American Lung Association in Indiana is challenging residents to adopt healthy habits in the new year by taking the stairs, and then support lung health by registering for the Indianapolis Fight For Air Climb, locally presented by Anthem.

National Take the Stairs Day is observed annually on the second Wednesday of January to give Ameri-

cans an opportunity to leave the elevator behind and burn calories and improve their overall health. The holiday kicks off the Lung Association's efforts to support its Fight For Air Climb, a yearly event held in over 40 cities nationwide to raise funds to help eliminate lung diseases, including COVID-19, asthma and lung cancer.

"The COVID-19 pandemic is shining an even brighter light on the

importance of lung health," said Tanya Husain, executive director of the Lung Association. "National Take the Stairs Day is a great way to improve your own lung health, and then the community's health by supporting the Indianapolis Climb."

Climbers will be able to take over 2,400 steps in a new challenging option at the historic Lucas Oil Stadium on Saturday, February 12. The Lung Association

is also offering a "Climb Your Way" option for those who can't attend the event.

For more information about the Indianapolis Climb, and to register, visit FightForAirClimb.org/Indianapolis.

Participants' safety is always the Lung Association's number one priority so the organization is continually monitoring local COVID-19 conditions that might affect the event.

Please check the Climb website for the most up-to-date information.

About the American Lung Association

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to

champion clean air for all; to improve the quality of life for those with lung disease and their families; and to create a tobacco-free future. For more information about the American Lung Association, a holder of the coveted 4-star rating from Charity Navigator and a Gold-Level GuideStar Member, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: Lung.org.

Menopause affects your skin, too. Here's how to fight back against it

(StatePoint) By 2025, there will be over 1 billion women experiencing menopause in the world, which will be 12% of the entire world population. Most women hit menopause by their 50s. However, changes in the body start to appear earlier than you might think, often many years before a woman officially hits menopause. This time in a woman's life can bring bothersome and debilitating symptoms which can significantly affect a woman's health and daily routines.

Women may notice physical changes in their skin as one of the first symptoms as they age. "When you're young, your body produces an abundance of collagen, the main skin-supporting protein that keeps your face supple and hydrated," said nationally renowned natural health physician and author, Dr. Fred Pescatore. "Studies show that women lose about 30% of their skin's collagen during the first five years of menopause due to hormonal shifts."

With collagen loss, skin becomes thinner and prone to wrinkles. It also loses the ability to protect itself, maintain hydration, and produce strong collagen the way it once could. Many women see these changes reflected in increased bags under the eyes, sagging neck skin, and increased hyperpigmentation in the face and hands.

There are several ways

for women to minimize and manage skin health concerns that appear during this period.

Minimize Sun Exposure

Try to avoid direct sun exposure. Some women experience increased hyperpigmentation on their face and hands, often referred to as dark spots, leading up to and during menopause. This is caused by a combination of hormonal changes and sun exposure. "You can help minimize your skin's exposure to the sun by wearing SPF, hats and gloves when outdoors," said Dr. Pescatore.

Take Shorter Showers

Keep showers short and not too hot. "Spending too much time in water, especially hot water, strips natural oils from your skin, leaving it dry," said Dr. Pescatore. In the time leading up to and during menopause, your skin is at increased risk for dryness, so try to take short, lukewarm showers to keep skin optimally hydrated.

Add a Proven Supplement

Look for ingredients that can stimulate collagen production and help improve the health of your skin from inside and out. Numerous clinical studies have shown that daily supplementation with the super-antioxidant Pycnogenol (Pic-noj-en-all) French maritime pine bark extract can help minimize various skin concerns middle-aged women experience.

Pycnogenol binds with

existing skin proteins, collagen and elastin, stimulates the genesis of new collagen and hyaluronic acid, and protects skin from various harmful enzymes, helping to rebuild elasticity for a smooth, younger look. Additionally, Pycnogenol has been shown to reduce hyperpigmentation for a more even complexion. A recent study, published in 2021, found that those who supplemented with 100mg of Pycnogenol for 12 weeks during dry winter months experienced a 13% improvement in both skin elasticity and skin firmness.

"Pycnogenol is one of the most studied ingredients on the market, with decades of research showing the benefits of this natural extract for a variety of health applications," said Dr. Pescatore. "In fact, the extract has specifically been studied on menopausal women, so the skin benefits complement its additional women's health benefits nicely."

Available in more than 1,000 dietary supplements, topical creams, and health products worldwide, more information about Pycnogenol can be found by visiting pycnogenol.com.

As women enter the middle phase of life, a host of new skin concerns can appear. Evolving one's skin care routine and making natural lifestyle changes can help women meet the challenges of menopause.

How to control asthma at your home, work, school and in your community

(StatePoint) Asthma is a lung disease that makes breathing difficult for over 24 million Americans. While there's no cure, there are steps you can take to help control it so you can lead a normal, healthy life. The Centers for Disease Control and Prevention's (CDC) National Asthma Control Program developed the "six EXHALE strategies" that help contribute to better asthma control.

By putting all six activities into place, you and your loved ones can feel better, avoid the hospital or emergency department, and avoid missing school or work. According to the American Lung Association, here's everything you need to know about the six EXHALE strategies:

1. What are the EXHALE strategies? The EXHALE strategies are for both children and adults and can be used one at a time or in combination with one another to help you gain better control of asthma. They are:

Education on asthma self-management

X-tinguishing smoking and secondhand smoke

Home visits by asthma experts who can teach you asthma control skills as well as help you eliminate asthma triggers in your house

Achievement of guidelines-based medical management. This means following your doctor's advice!

Linkages and coordination of care across settings. Be sure all your healthcare

providers are on the same page regarding your care.

Environmental policies or best practices to reduce asthma triggers from indoor, outdoor and occupational sources. Is your home and workplace free of asthma triggers like smoke and pollutants?

2. How can I use the EXHALE strategies on a daily basis? Check out the CDC's guide for people living with asthma on how to use the EXHALE strategies at www.cdc.gov:

- Keep your asthma under control by learning the seven asthma self-management skills. Work with your healthcare provider to develop and maintain an asthma action plan that will remind you what to do when asthma symptoms get worse and how to properly use your medicine.

- Tobacco smoke can trigger asthma symptoms for many. Limit your exposure to secondhand smoke and support smoke-free policies in your community that help people quit smoking.

- Work with a nurse or community health worker to help reduce or remove triggers in your home.

- Take your asthma medicines exactly as prescribed and check with your healthcare provider to make sure you're using the inhaler(s) correctly.

- Involve all of your healthcare providers in your asthma care or your child's care so everyone is on the same page. Bring a copy of your or your child's asthma action plan

to each doctor. Also, make sure other caregivers, your child's school or your workplace has a copy too, so they can help in an emergency.

- Make a few home updates to reduce asthma triggers. Remove mold and pests, make your home and vehicles smoke-free and talk with leaders in your community about putting policies in place that help people living with asthma.

3. How can the Lung Association help me? The American Lung Association is implementing the EXHALE strategies in its Promoting Asthma Friendly Environments through Partnerships and Collaborations project. You can learn more about their work and programs by visiting www.lung.org/AFE.

Children and adults living with asthma can also participate in one of the Lung Association's asthma self-management programs, such as Open Airways for Schools, Kickin' Asthma or Breathe Well, Live Well.

Additionally, the Lung Association has many programs and initiatives to help people follow the above tips.

Finally, you can get help quitting smoking or helping someone quit using Lung Association resources, such as Freedom From Smoking, Not on Tobacco (N-O-T) and the Lung HelpLine. Learn more about creating an asthma-friendly home by visiting, lung.org.