

TODAY'S VERSE

Proverbs 3: 5-6 Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.



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

What makes Sara Ballew smile? "My kids, my family, my dogs, customers," said the 42-year-old Noblesville resident. The 1997 Hamilton Heights graduate and former Cicero resident has been working at Discount Copies, her family's business, since 1998, two years after the copy business opened. "Mom and I have worked together since I was 14. We work together pretty well." She likes working with all of the customers. "I kind of feel like we're the 'Cheers' of copy shops." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Sara likes working with her whole family; even her kids work there. The shop is open for contactless curbside service with a service window with a Ring doorbell. She is married to Christopher Ballew and has three sons, Justin, Kyle and Nick; and three stepchildren, Natalie, Raygan, and Cooper. Best thing she's done in her life? "Being a mom. That was what I wanted to do since I could remember. I always wanted kids. It's been great that they get to come to work with me." She and her mom, Teresa Peil, who are both Tri Kappa sorority members, live across the street from each other in Old Town Noblesville. When Sara's not at work? "I like to watch movies, play games, do puzzles and read." Noblesville artist Lesley Haflich in 2018 painted Sara and her mom together in one portrait as part of the "30 Women of Noblesville" portrait painting exhibit at Nickel Plate Arts Campus in Noblesville. "It was a privilege. I really liked that," she said of the painting that's on display when customers walk in the front door of Discount Copies. "It made me feel special."

And Another Thing...

FOR ARCADIA - Please be advised, E. 266th Street between Mt. Pleasant Road and Startman Road will be under daytime road closures while tree clearing work is completed for an upcoming bridge rehabilitation project. Clearing will begin Monday, February 28, 2022 from 9am to 3pm and will continue daily, concluding at the end of Friday, March 4, 2022.
FOR SHERIDAN - Please be advised, W. 281st Street between Ditch Road and Lamong Road will be under daytime road closures at the bridge while geotechnical work is completed for an upcoming bridge replacement project, which is currently in design phase. Work will begin Monday, March 7, 2022 from 8am to 6pm and will continue daily, concluding at the end of Friday, March 11, 2022.

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Photo courtesy of Noblesville Schools

Noblesville Schools is seeking a replacement for retiring Superintendent Beth Niedermeyer, pictured talking with a student, and the members of our community are invited to complete a survey to offer feedback of what they want in a new superintendent.

What Do You Want in a New Superintendent?

Community Invited to Give Feedback on Search for New Leader



BETSY REASON
The Times Editor

Just before winter break, Noblesville Schools Superintendent Beth Niedermeyer announced that she would retire at the end of this school year.

She has been superintendent of the district for eight years, since 2014.

I admit that she has been one of the most accessible and engaging superintendents, always visible, always interested in students' achievements and welfare, and open to conversations with the community.

But I'm sure being a superintendent is much more difficult -- with difficult conversations -- today than when she earned her doctorate degree in Educational Leadership nearly 20 years ago

from Purdue University.

Most recently, the school district posted a survey on its website and sent out the survey to school parents. The Board of Trustees of Noblesville Schools and a university search team consisting of educational leadership professors are seeking public input on the qualities and attributes the community is looking for in the next superintendent.

I encourage school parents and our local taxpayers to complete the survey, which is open until March 8.

It's a very brief survey, three multiple-choice questions with

➔ See BETSY Page A6

Hodgkin Lymphoma Under That False Flag



JOHN R. ROBERTS, M.D.
Hamilton Health

described it in 1832.

Hodgkin's is a potentially curable malignant lymphoma that carries a much better prognosis than non-Hodgkin lymphomas. It is a very specific type of lymphoma, defined by its microscopic appearance and by specific proteins that are found in the cell membranes of the tumor cells.

We expect about 8,500 new cases of Non-Hodgkin lymphomas to be diagnosed this year. The death rate from this cancer is declining due to improved treatment. The disease has what is called a bimodal age distribution, with occurrences between the ages of 15 and 34 and another in those over age 55. Most patients, if not cured, usually die from HD much later in life. Hodgkin's is more com-



JOHN O. MARLOWE
The Good Sport

With tens of thousands of soldiers poised to cross over the border into a fledgling independent nation -- a nation

only a few years pulled from beneath the thumb of an imperial superpower -- the world anxiously awaited the outcome of military conflict that ultimately will change borders, and skew the balance of global power.

The ensuing war will pit a

➔ See MARLOWE Page A6

INSIDE TODAY

- Service Directory.....A3
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OBITUARIES

Emmett Leon Owens, Jr.
Doris L. Rogers
Lorraine Rossi
Michael Wayne Elroy Pryor

HONEST HOOSIER

Welcome to March. I don't care if the first day of spring isn't until the 20th, this is the start of it for me!



TODAY'S HEALTH TIP

Breast cancer is not the number one killer of women - heart disease is.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



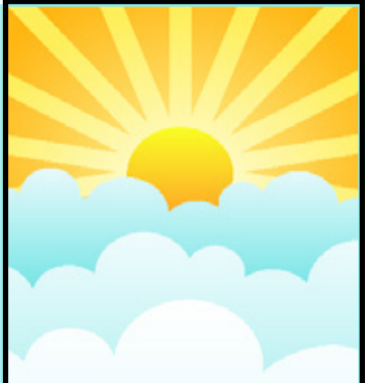
TODAY'S QUOTE

"I have learned over the years that when one's mind is made up, this diminishes fear."
- Rosa Parks

TODAY'S JOKE

In honor of St. Paddy, we'll share some jokes for a bit that'll have you Dublin over with laughter! Why should you never borrow money from a leprechaun? They're always a little bit short.

The Daily Almanac



Sunrise/Sunset
RISE: 7:17 a.m.
SET: 6:35 p.m.



High/Low Temperatures
High: 62 °F
Low: 35 °F



- Wacky Holiday Today**
- Mardi Gras
 - National Peanut Butter Lover's Day
 - Share A Smile Day



- What Happened On This Day**
- 1998 Titanic becomes the first film to gross \$1 billion
 - 1995 Internet giant Yahoo! is incorporated



- Births On This Day**
- 1994 Justin Bieber Canadian singer-songwriter, dancer
 - 1944 Roger Daltrey English singer-songwriter, producer, actor

- Deaths On This Day**
- 1980 Dixie Dean English footballer
 - 1912 George Grossmith English actor, singer



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



WTHR 13 7 DAY FORECAST

25/53 MOISTLY SUNNY	35/60 WARMER	35/63 SUNNY, MILD	36/46 MIX POSSIBLE NORTH	28/50 PARTLY CLOUDY	42/65 BREEZY, MILD	50/60 BREEZY
MON	TUE	WED	THU	FRI	SAT	SUN



Photos courtesy of BMW



Photos courtesy of BMW

2022 BMW X3 M Competes For Your Crossover Attention

It's a conundrum. Do you buy the fast obnoxious sport coupe or a proper luxury crossover for your family? On one side of the driveway, you want a car that can provide weekend thrills and elevate your standing in the corporate carpark. On alternate concrete, though, you really need space and comfort when taking little Cooper and Aurora to piano lessons or for a week away to Grandma's. Freeing space in your garage will be easy since the 2022 BMW X3 M Competition can do all of this – and do so with style that demands attention. It gets it too, even when sitting still. This starts with the matte Frozen Marina Bay Blue Metallic paint that should be hand-washed, but draws eyes towards its larger grille, thinner LED headlamps, and aero-tuned air breathers on the front fenders. Black accents and 21" competition wheels give

it a more sinister look while quad exhausts poking through the rear bumper wave good-bye. Interiors are more welcoming, but clearly crafted for spirited travel. Sueded contrasting color M Sport seats are unique to the Competition Package and look like they'll grip you, your mother, and all of your offspring on curvy roads while keeping them comfortable with heated cushions front and rear. A thick heated steering wheel M stitching, lustrous carbon fiber trim, and tri-zone automatic climate control add panache. Check the red, white, and blue M stripes on the seatbelts too. A full technology suite keeps everybody entertained and safe. Apple CarPlay and Android Auto ease device connections to the standard Harman Kardon audio system. BMW still employs its console joywheel-based iDrive

infotainment system and all of its deep menus, but it's easier to navigate with a dash touchscreen. Gesture with your finger in the air to change volume or tracks and configure the flatscreen instrument display to your choosing. Safety was clearly a priority given automatic emergency braking, lane keep assist, blind spot warning, and rear cross path detection systems. Adaptive cruise, rain-sensing wipers, and a head-up display lighten the driving load across all conditions. I think you'll find substantially more than adequate performance whether cruising effortlessly on the Interstate or making haste on twisty two-lanes for some weekend stress relief. Beneath the hood is a 3.0-liter turbocharged inline-six engine producing 503 horsepower and 479 lb.-ft. of torque – all delivered to the all-

2022 BMW X3 M Competition

5 passengers, AWD Crossover
 Powertrain: 3.0-L I6, 8-spd
 Output: 503 hp/479 lb.-ft.
 Suspension f/r: Elect Ind/Ind
 Wheels f/r: 21"/21" alloy
 Brakes f/r: disc/disc
 Must-have features: Style, Performance
 0-60 mph: 3.7s
 Fuel economy: 15/20-MPG city/hwy
 Assembly: Spartanburg, SC
 Base/as-tested price: \$43,700/\$87,345

wheel-drive system through an eight-speed automatic transmission. Acceleration rivals supercars, running 0-60 mph in 3.7 seconds. But, you don't really need that to get your offspring to band class. Fuel economy, however, is a hideous 15/20-MPG city/highway. Driving the M3 Competition goes far beyond the rocketry. By adjusting drive modes in the console, the steering weight, transmission shift points, throttle sensitivity, suspension firmness, and exhaust

tone can be configured from Comfort (soft/quiet) to Sport + (stiff/obnoxious). You can even turn the exhaust rumble down when exiting your subdivision in early morning. In no mode is it a 7-Series sedan, but the X3 M can be coerced into family-friendly pleasantness for long trips while retaining the ability to amp it up for a little fun. There's never perfection when one starts making compromises, but BMW did admirable work in creating a comfortable



CASEY WILLIAMS
Auto Reviews

daily family car that can do double-duty as a weekend track toy with minor compromises in either mission. But, the capability to transform from one to the other does not come cheap. While a base X3 starts at \$43,700, this one came to \$87,345. Competitors include the Mercedes-AMG GLC, Audi SQ5, Genesis GV70, and Tesla Model Y.

Storm Forward!

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

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— photography —

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Fishers Disability Awareness Month Kickoff Event On 3/1

The annual celebration of Fishers March Disability Awareness Month begins Tuesday, March 1 with a Kickoff Event and the 2022 Accessibility and Inclusion Awards Presentation at 8:30 a.m. inside Fishers City Hall (1 Municipal Drive, Fishers). Join Mayor Scott Fadness and the Fishers Advisory Committee on Disability for this special event, including a keynote from Fishers resident and traumatic brain injury survivor, Darcy Keith. The month-long

celebration, hosted by the Fishers Advisory Committee on Disability and presented by Old National Bank, features a series of special events and initiatives throughout the city. This year's theme, Achieving More Together, will include partners from around Hamilton County to champion disability inclusion in Fishers and beyond.

The celebration also includes the return of the Ally campaign, which invites residents to become advocates for disability inclusion. Free virtual toolkits,

Want TO GO?

WHEN: Tuesday, March 1 / 8:30 - 10 a.m.
WHERE: Fishers City Hall / 1 Municipal Drive, Fishers

available at fishers.in.us/DisabilityAwareness, include information on how to be an Ally; a language guide and FAQ; social media graphics; Zoom backgrounds; and an Ally pledge.

Learn more at fishers.in.us/DisabilityAwareness and follow along on social media at #FishersDisabilityAwareness.

Community First Bank Named as a 2022 "Best Place to Work in Indiana"



Community First Bank of Indiana was recently named one of the Best Places to Work in Indiana for the 8th year in a row. This 17th annual program was created by the Indiana Chamber of Commerce.

The statewide survey and awards program is designed to evaluate participating organizations and honor those with the highest levels of employee satisfaction and engagement in the workplace. "These companies consistently demonstrate to their employees how much they value their contributions,"

said Indiana Chamber President Kevin Brinegar. Carlonda Davis,

Community First Bank's Human Resources Director said, "We are honored to be named as one of the Best Places to Work in Indiana once again! Through change and growth, our leadership team continues to recognize and value the hard work and level of commitment that our staff brings to the table each and every day. This award is a reflection of our values and one of our top priorities - training and retaining superior personnel to serve our communities."

To be considered for participation, companies had to fulfill the following eligibility requirements:

- Be a for-profit, not-for-profit business or government organization;
- Be a publicly or privately held organization;
- Have a physical operation in Indiana;
- Have at least 15 full- or part-time permanent employees working in Indiana;

• Have been in business for at least one year, at the program registration deadline.

Companies from across the state entered the two-part survey process to determine the Best Places to Work in Indiana. The first part consisted of evaluating each nominated company's workplace policies, practices, philosophy, systems and demographics. The second part consisted of an employee survey to measure the employee experience. Workforce Research Group managed the overall registration and survey process in Indiana, analyzed the data, and determined the final rankings. The final rankings will be announced at an awards ceremony on Thursday, May 12, 2022.

For more information about Community First Bank, visit www.CF-BIndiana.com. For more information on the Best Places to Work in Indiana program, visit www.BestPlacestoWorkIndiana.com.

Hamilton County Sheriff Still Taking Spring Citizens Academy Applications

The Hamilton County Sheriff's Office is accepting applications for the Spring Citizen's Academy. Space is still available, but please follow the link at the end of the article to register as soon as possible.

The Citizen's Academy is designed to promote positive community relations and to provide communications between citizens and law enforcement officials. This unique hands-on learning experience will provide exciting information about HCSO's high training standards, equipment, K-9s, law, firearms, emergency vehicle operations and much more! The class begins on March 24, 2022 and will last for 12 weeks on Thursday nights from 6:30 p.m. to 9:30 p.m.

The Citizen's Academy will be enlightening, educational, and interesting, but you don't have to take our word for it. Read some of the past Citizens Academy Alumni testimonials:

Debbie H. said, "I thoroughly loved attending the HCSO Citizen's Academy. The men and women of the department were amazing and gave us a great "behind the scenes" look at the operation of the HCSO & Corrections facility. I looked forward to the amazing topics and hands on experiences each week. They made us feel like we were part of the team. It reinforced how fortunate we are to live in Hamilton County with the HCSO protecting us."

From Eric. T, "I was very impressed with the openness of all the deputies and staff with the Hamilton County Sheriff's Office. The "curtain" was pulled back and all questions were answered, and the daily operations explained. The Sheriff's Office truly is a family and as an alumni, I do feel like a part of that family. I encourage everyone to attend and get the real picture of how and why things happen like they do. The classes are informative, interactive and have a personal touch. Please join the class and see for yourself instead of what is on the news and social media."

To seek additional information, please contact Public Information Officer Bryan Melton at 317-776-4101 or sign up today by clicking the link below:

<https://www.hamiltoncounty.in.gov/1257/Citizens-Academy-Online-Application>

DePauw and Former Carmel Student-Athlete Awarded \$10,000 NCAA Post-Grad Scholarship

Zachary Bowman (Carmel, IN), a DePauw University senior and student-athlete has won a \$10,000 NCAA Postgraduate Scholarship.

The NCAA Postgraduate Scholarship was created in 1964 to promote and encourage graduate education by rewarding the Association's most accomplished student-athletes through their participation in NCAA championship and/or emerging sports. Athletics and academic achievements, campus involvement, community service, volunteer activities and demonstrated leadership are evaluated. An equitable approach is employed in reviewing an applicant's nomination form to provide all student-athlete nominees an opportunity to receive the graduate award, regardless of sport, division, gender

or race. In maintaining the highest broad-based standards in the selection process, the program aims to reward those individuals whose dedication and effort are reflective of those characteristics necessary to succeed and thrive through graduate study.

The NCAA awards up to 126 postgraduate scholarships annually. The scholarships are awarded to student-athletes who excel academically and athletically and who are at least in their final year of intercollegiate athletics competition.

The one-time non-renewable scholarships of \$10,000 are awarded three times a year corresponding to each sport season (fall, winter and spring). Each sports season there are 21 scholarships available for men and 21 scholarships available for women for

use in an accredited graduate program.

All former student-athletes who earned an undergraduate degree from an NCAA member school are eligible to be nominated by that school for an NCAA graduate degree scholarship, regardless of when they received their undergraduate degree. Founded in 1837, DePauw University is a top-ranked, 100% residential, private liberal arts university in Greencastle, Ind. DePauw provides highly personalized education in small classes, with 95% of its graduates employed or in graduate school within six months of graduation. DePauw is ranked 5th for study abroad, and 80% of students receive academic credit for off-campus study, including internships, independent projects and service work.

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BETSY

From Page A1



Superintendent Beth Neidermeyer

space to write feedback. Question No. 1 asks what should be the top three priorities for the school district.

Responses include these choices: improving student achievement, increasing school funding, improving the effectiveness of teaching, increasing student enrollment, attracting high quality teachers, improving high quality administrators, improving graduation rates, developing a strategic plan, improving school facilities, improving the district's technology, improving school community relations, improving school safety, improving the teacher evaluation plan. Survey users can also click on "other" and write in a response.

My choice of responses would be focused on teaching, improving the effectiveness of teaching, improving the teacher evaluation plan and

attracting high quality teachers.

Question No. 2 asks what are the two most important personal characteristics the next superintendent should have?

Responses include these choices: approachable, calm, credible, flexible, friendly, good communicator, intelligent, personable, problem solver, sense of humor, trustworthy, values community culture, visible and "other" with a write-in response invited.

While Dr. Neidermeyer seemed to possess all of these attributes, my choice of responses would be that the new superintendent would be approachable from the community and a problem solver and would continue to strive to find root causes behind student failure and low motivation.

Question No. 3 asks what are the two most important professional skills

the next superintendent would have?

Responses include these choices (pick two): Ability to lead district in strategic planning, ability to motivate others, budgetary skills and knowledge, facility skills, grant-writing skills, human relations skills, instructional leadership (curriculum, instruction and assessment), legal knowledge, marketing skills, political savvy, public relations skills, referendum skills, technology skills and "other" with a write-in response invited.

My choice of responses would be the ability to lead the district in strategic planning and the ability to motivate others. I would like the new superintendent to have a strategic vision to identify community goals and help teachers meet performance goals while requiring teachers to ensure that students succeed.

Plus there is space for comments of 300 words or less to write more about what attributes you would like to see in a new superintendent. I encourage the community to be candid with the school district in this writing space.

While the district is seeking the perfect candidate to fill the shoes of our current Superintendent Neidermeyer, my hope is that the school board is transparent, communicates well with the community and doesn't just "check the boxes."

To complete the survey before March 8, visit <https://www.noblesvilleschools.org/>, then scroll down the home page to the "Superintendent Search," then click on the link under "Community Survey."

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

ROBERTS

From Page A1

mon in Caucasians and slightly more common in men, except in childhood where 85 percent of the cases are found in boys.

The cause of HD is unknown. It's hypothesized that a viral infection, perhaps Epstein-Barr virus (EBV) may cause HD. Epstein-Barr virus causes mononucleosis (mono). EBV is found in half of HD tumors in people with normal immune systems and all of the tumors in people infected with HIV. One percent of people with HD have a family history of the disease. Siblings of a person with HD are about three to seven times more likely to develop HD themselves.

Symptoms of HD are very similar to those of non-Hodgkin lymphomas. About 40 percent of patients develop B Symptoms (weight loss, fever and drenching night sweats). Hodgkin tumors are frequently found in the chest. Patients may therefore present with chest pain, cough and shortness of breath. Most patients present with enlarged lymph nodes in the neck (60-80%), armpits (6-20%) and less commonly, the groin. Patients may also present with an enlarged liver or spleen.

The diagnosis of HD is made by doing blood work and radiologic studies. A definitive

diagnosis of HD can only be made by removing involved lymph nodes for microscopic examination. A simple chest X-ray may show a tumor. If the diagnosis is suspected, a CT scan of the chest, abdomen and pelvis are usually ordered to look at the internal lymph nodes.

More recently, the standard test for the diagnosis and staging of HD is the PET/CT scan. PET stands for positron emission tomography. These scans are performed by tagging sugar molecules with a radioactive tracer. Since cancer cells require a lot of energy, they take up a larger proportion of the tagged sugar molecules. This results in increased radioactivity in the tumor that is detected using a special camera. This information, combined with standard X-rays from the CT scan, is very specific for determining how extensive the HD is.

I mentioned staging. This is something that is done in cancers to describe how extensive the disease is. This is very important for determining treatment and prognosis. The staging of HD can vary from stage I (found in one lymph node area) to stage IV (found in many areas or involving other organs or the bone marrow). The presence or absence of B symptoms is also part of

the staging of HD.

The five-year survival rate with stage I and II disease is about 90percent, while stage III carries an 84percent survival and stage IV roughly 65percent. Patients who have very large "bulky" disease, greater than three sites of involvement, B symptoms, or disease outside the lymph nodes have a worse prognosis.

Hodgkin lymphoma is considered curable. The goal of treatment is to induce a complete remission where there is no evidence of disease as evidenced by PET/CT, physical exam and lab studies. Treatment usually involves a combination of chemotherapy and radiation. These treatments can potentially cause long-term toxic effects. Newer combinations of chemotherapy are much less toxic than those used just a few years ago. Still, patients can develop heart disease, lung disease, thyroid problems, and other cancers (lung, breast & leukemias) as a result of treatment. The treatments can also reduce fertility.

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

politically divided and militarily disorganized nation against an expansionist-minded administration, headed by a megalomaniacal president, who believes his nation has a right -- a "manifest destiny," if you will -- to spread it's borders across the continent.

In a distant capitol, the hawkish executive repeatedly squashes political enmity to what many of his critics are calling an "unjust war". He does so successfully, because the opposition party is weak, and his sycophants have custody of policy-making power and the public message.

He rejects responsibility for the anticipated incursion. Troops will roll through the countryside under a "false flag" of peace-keeping. The leader asserts legitimacy for his invasion by blaming others, claiming that settlers from his homeland, who colonized the disputed lands, are now being persecuted and threatened with physical harm from the host government.

The false flag is that of restoring order, while his opponents believe the real aim is annexation.

The fledgling defender is no match for the military and technological superiority of its northern neighbor, itself a relatively new republic. The giant superpower overwhelms its former vassal in a

matter of months, after thousands of incursion forces crossed into the disputed territories known as ... Texas.

That's right. The scenario we see playing out in the world, today, is replicate of the Texas Revolution of 1835.

Colonists from the United States, many of them slave owners, settled into the Texas Territory in the early 1800's, and quickly became resistant to the centralist government of Mexico, who had declared Mexico slave-free in 1830.

An armed uprising opposing the regime of President Antonio López de Santa Anna (Remember the Alamo?), resulted in the formation of the independent Republic of Texas. That rebellion led directly to a wider conflict -- The Mexican-American War -- a decade later.

In 1835, the United States was the bully. President James K. Polk trusted in Manifest Destiny. He believed his nation had the heaven-sent right to expand to the Pacific Ocean. In 1845 the U.S. annexed the Republic of Texas, and war ensued.

When the dust settled, Mexico had lost about one-third of its territory, including nearly all of pre-sent-day California, Utah, Nevada, Arizona, and New Mexico.

I'm not going as far to say that today's Rus-

sia-Ukraine War is some benign conflict on the world history timeline. Anytime a broad conflict with nuclear weapons is threatened, we must give it our utmost consternation.

I think I'm sharing this, because I want to help us all understand that history repeats itself, and that deciding who the righteous are may solely depend on which side of the border you live on.

That the Hollywood version of right and wrong is not as simple as seeing who is wearing the white hats. That outcomes we celebrate today do not nullify the undesirable acts of persecution of yesterday.

Understanding that roles now occupied by Vladimir Putin, Volodymyr Zelenskyy, Valery Gerasi-mov, and Valerii Zaluzhnyi, are recurring roles, once played by the likes of Polk, Santa Anna, Zachary Taylor, Steven F. Austin, Ulysses S. Grant, Winfield Scott, and Robert E. Lee.

And that, when we scratch our heads wondering what the Sam Houston is wrong with the world, we find the willingness to recognize that seeking dominion over another is more innate in our human existence than we all wish to admit.

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

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TUESDAY

In The Kitchen

DAY

Tuesday, March 1, 2022

A7

Deliciously Healthy Dishes from Sweet to Savory

FAMILY FEATURES

Supplementing meals and snacks with powerful, versatile ingredients can take healthy eating from bland and boring to delicious and adventurous.

Take your breakfasts, appetizers, dinners and desserts to new heights while maintaining nutrition goals with naturally nutritious and surprisingly versatile California Prunes. Rich and smooth with an ability to enhance both sweet and savory flavors, they can expand your menu with nearly endless powerful pairing options.

One serving of 4-5 prunes packs a powerful punch of vitamins, minerals, antioxidants and fiber. Together, these nutrients form a web of vital functions that support overall health.

Whole, diced or pureed, the versatility of prunes allows you to enhance the flavor of recipes from morning to night in dishes like Citrus Breakfast Toast, which brings together vitamin B6 and copper from prunes and vitamin C from citrus to support a healthy immune system.

Try Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads for a tasty family meal, and while you wait for dinner to cook, you can serve up Prune, Mozzarella and Basil Skewers. These easy appetizers provide several key nutrients. Mozzarella is a good source of calcium and prunes provide vitamin K and copper, all of which support overall bone health.

Make dessert a bit better for you but equally delectable with a vegan option like gluten-free, plant-based Prune and Almond Truffles. The soluble fiber in prunes helps lower serum cholesterol and blunt the effects of excessive sodium in the diet. Nuts like almonds provide good fats that help lower the risk for heart disease.

Find more recipe ideas at CaliforniaPrunes.org.



Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads

Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads

Prep time: 15 minutes
Cook time: 1 hour, 30 minutes
Yield: 4 flatbreads

Caramelized Onions:

- 2 tablespoons olive oil
- 1/2 cup butter
- 6 large yellow sweet onions, sliced into thin half circles
- 3 sprigs fresh thyme
- coarse kosher salt, to taste

Flatbreads:

- 4 personal flatbreads
- 1 cup caramelized onions
- 4 ounces fresh mozzarella
- 10 California Prunes, diced small
- 1 tablespoon fresh thyme leaves
- sea salt, to taste
- coarsely ground black pepper, to taste

To make caramelized onions: Preheat oven to 400 F. In large stockpot over medium-low heat, warm oil and melt butter. Add onions and cover; cook 20-25 minutes, stirring occasionally. Add

thyme sprigs and season with salt, to taste; turn pan lid slightly ajar. Place pot in oven 1 hour, stirring occasionally.

To make flatbreads: Preheat oven to broil. On sheet pan, toast flatbreads under broiler 4 minutes, or until toasted, flipping halfway through.

Spread 1/4 cup of caramelized onions over each toasted flatbread. Refrigerate leftover onions.

Tear mozzarella and place over onions. Divide prunes among flatbreads and place flatbreads under broiler 4-6 minutes until cheese has melted and is beginning to brown.

Sprinkle flatbreads with fresh thyme and season with salt and pepper, to taste.



Citrus Breakfast Toast

Citrus Breakfast Toast

Prep time: 13 minutes
Cook time: 2 minutes
Servings: 2

Prune Puree:

- 16 ounces pitted California Prunes
- 1/2 cup hot water

- 1 large citrus fruit, peels and piths removed with knife, sliced into rounds
- 1 1/2 tablespoons raw sugar
- 4 tablespoons sunflower butter
- 2 slices whole-grain sourdough bread, toasted to desired darkness
- 2 tablespoons prune puree
- 1 tablespoon sunflower seeds
- 2 California Prunes, finely diced

To make prune puree: In blender, pulse prunes and water to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store in airtight container up to 4 weeks.

To make bruleed citrus wheels: Place citrus wheels on baking sheet and divide sugar evenly among each piece. Using circular motion, pass flame of culinary torch repeatedly over sugar until it boils and turns lightly charred and amber.

To build toast: Spread 2 tablespoons sunflower butter on each piece of toast. Top each with 1 tablespoon prune puree spread evenly across sunflower butter. Sprinkle each evenly with sunflower seeds and diced prunes. Top each with half bruleed citrus and serve.

Alteration: Use broiler set on high instead of culinary torch to caramelize sugar.

Prune and Almond Truffles

Recipe courtesy of Meg of "This Mess is Ours"
Prep time: 45 minutes
Servings: 24

Water

- 1 cup California Prunes
- 1 1/2 cups toasted slivered almonds, divided
- 1/4 teaspoon coarse kosher salt, plus additional, to taste, divided
- 1 tablespoon cocoa powder
- 1 1/2 tablespoons vanilla paste or extract
- 1/4 teaspoon almond extract

Boil water and pour over prunes. Soak 30 minutes; drain.

In food processor fitted with "S" blade, pulse 1/2 cup toasted almonds with salt, to taste, until fine crumbs form. Transfer to shallow bowl and set aside.

Add remaining almonds to food processor with 1/4 teaspoon salt and cocoa powder. Pulse 30 seconds to combine. Add prunes, vanilla paste and almond extract; process until combined. Mixture should be creamy with slight texture from almond crumbs. Transfer prune mixture to bowl and refrigerate 1 hour.

Once chilled, use small cookie scoop to portion out individual truffles on parchment-lined baking sheet. Gently roll each truffle in reserved toasted almond crumbs. Store on parchment-lined plate in refrigerator up to 2 weeks. Serve chilled.



Prune and Almond Truffles



Prune, Mozzarella and Basil Skewers

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.

Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.

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TUESDAY

Health and WELLNESS

Tuesday, March 1, 2022

A8

Non-Hodgkin Lymphoma And What You Need To Know

One of my patients asked me recently what lymphoma is. My knowledge of the subject was a bit dusty before I started researching this column. Medical knowledge of non-Hodgkin lymphoma has rapidly evolved over the last decade or so. It is a very interesting disease and a type of cancer that is illustrative of where cancer treatment in general is heading in the years to come.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

“Lymphoma” is a broad term used to describe a large number of “lymphoid neoplasms.” A neoplasm is an abnormal growth of cells that can be benign (not usually dangerous to one’s health) or malignant (cancerous). Lymphoid neoplasms are composed of cells found in the lymph system. This system is responsible for filtering tissue fluid and killing foreign substances in our bodies, particularly infectious agents.

The lymph system contains two types of spe-

cialized cells that can kill or remove these foreign agents, either directly (T cells), or indirectly (B cells). B cells produce antibodies that bind to the foreign substances to assist in their removal from the body. When B and T cells multiply out of control, it results in different types of lymphomas.

The various types of lymphomas are named using a complex classification system based on cell morphology (what they look like) and lineage

(their genetic makeup). Lymphomas are broadly classified into Hodgkin and non-Hodgkin lymphomas (NHL). Non-Hodgkin lymphoma is further divided into B-cell and T-cell types. B-cell lymphomas account for about 80% of NHL.

Medical oncology used to make a clear distinction between solid tumors (lymphomas) and tumors comprised of cells circulating in the blood stream (lymphoid leukemias). Now that we have more sophisticated testing methods, particularly genetic testing, it’s becoming more clear that these neoplasms can have both solid and circulating components. This makes it even more confusing to describe the multitude of lymphoma types.

Non-Hodgkin lymphomas account for about 4% of all cancers and we expect to see about 80,500 cases in 2022. These lymphomas are about one and a half times

more likely in men than women. NHL caused about 20,000 deaths last year. It is more common in Caucasians, and is usually diagnosed after age 50. The five-year survival of patients with NHL is about 73%.

Interestingly, specific types of NHL are more common in certain geographic areas around the world. A person’s lifetime risk of developing NHL currently is a little over 2%. However, the risk has been increasing about 3% a year over the last 40 years. This rise is likely due to improvements in diagnostic testing and new classification systems that include people who were previously felt to have benign disease. Our aging population, use of immunosuppressive drugs, transplant medicine and HIV infections have also been implicated in the increasing number of cases.

Most NHL is caused by the physical rearrange-

ment of various parts of our chromosomes that contain our DNA. Certain occupations carry an increased risk of developing NHL. These include farming, pesticide application, flour milling, meat processing, painting, and those who work with rubber, plastics and other synthetics. Exposure to herbicides, solvents, petroleum products and organic chemicals like benzene & carbon tetrachloride (dry cleaning fluid) also increase one’s risk.

Symptoms of NHL can be highly variable. The most concerning, and those that often carry a poorer prognosis, include fevers, drenching night sweats, and weight loss. These are all termed “B symptoms.” Swollen lymph nodes (including the liver and spleen) are another ominous sign. Some people present with shortness of breath, chest pain, cough, and abdominal or bone pain.

The diagnosis of NHL usually involves blood tests, various radiologic imaging procedures (X-rays, CT scans, MRI, PET scans) and biopsies of suspicious lesions. It may also include examination of the bone marrow. Diagnosis and classification involves a lot of testing to identify the genetic signature to nail down the specific type of NHL. This makes NHL one of the leading examples of how genetic testing is being used in modern day cancer treatment. This is the future of medicine – determining the genetic makeup of cancer cells to try and determine what chemotherapy or biologic treatments will offer the best chance at remission or cure.

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.

‘Heart’ Your Heart This February During American Heart Month

While February is a month to celebrate love, it is also a time to bring awareness to the heart in your body. This month marks American Heart Month, a time when all people can focus on cardiovascular health. With the ongoing pandemic and continuing effects of COVID-19, it is even more important now to be proactive with your heart health and to show your heart some love.

How Do I Know If My Heart is Healthy?

The first step is an annual physical exam. Even if you do not suspect there is an issue, these exams use screenings and lab tests to ensure your heart is healthy. The exams help gauge your heart-health numbers, such as blood sugar and cholesterol levels, and serve as important preventive measures. If you are experiencing symptoms such as shortness of breath, chest pain, arm pain or a sud-

den change in your ability to exercise, you should schedule an appointment with your provider.

It is also important to evaluate the factors that drive heart disease. Glucose, total cholesterol, triglycerides, body mass index (BMI) and weight are important factors that should be tracked on a regular basis. Finally, it’s important to examine your family history. There are several hereditary conditions such as diabetes, high cholesterol and high blood pressure that can increase your risk for heart disease. Utilizing resources like the American Heart Association can help you determine your heart-health numbers and find out if you’re at greater risk for heart disease.

What Can I Do to Improve My Heart Health?

There are several preventative measures for keeping your heart healthy. Following a healthy diet – such as

avoiding foods with high saturated fat, large amounts of sodium or high amounts of sugar – can help maintain a healthy heart. It is also important to avoid a sedentary lifestyle and incorporate activity on a daily basis. Even if you can get a little exercise each day, such as a walk outside or an at-home workout, it will help keep your heart in shape. Finally, I recommend avoiding smoking, and if you are an active smoker, consider quitting. According to the Centers for Disease Control and Prevention (CDC), smoking is a major cause of cardiovascular disease (CVD) and causes one of every four CVD deaths. If you are looking to quit smoking, the Indiana Tobacco Quitline is a great resource to learn about the importance of quitting and to discover helpful tips in starting the quitting process.

How Do Heart Disease Symptoms Vary Between Men and Women?

Many people wonder whether your gender affects your chances of heart disease. While both men and women can experience chest pain, the degree of the pain and the likelihood of other symptoms may vary. Women may experience symptoms that are more subtle or not chest-related, such as jaw pain and indigestion, and should pay particular attention to any unusual symptoms and get them checked out.

In addition, we also know that people of color are at a greater risk for heart disease. According to the U.S Department of Health and Human Services Office of Minority Health, in 2018, African Americans were 30% percent more likely to die from heart disease than non-Hispanic whites. Your health care provid-

er is the best resource to discuss your unique health picture and make recommendations.

How Are Heart Health and COVID-19 Related?

The pandemic has undoubtedly increased our focus on our overall health and well-being. With the increase of people working from home and living a more sedentary lifestyle, people are less likely to go to the gym and maintain a robust exercise routine. Additionally, mental health can play a large role in your physical health. A report from the CDC shows that mental health is associated with risk factors for heart disease even before the diagnosis of a mental health disorder. It is especially important to focus on fostering positive mental health during the continued era of COVID-19, and if you do have comorbidities such as diabetes, lung

disease or heart disease, you are at a higher risk for COVID-19 infections and are more likely to be hospitalized.

How Can CareSource Help?

CareSource is passionate about helping our community and connecting them with specialists. Our care managers are eager to help coordinate care by providing annual exams, screening labs, electrocardiogram (EKG) or stress tests, and even connecting patients with nutritionists. CareSource also has a disease management program where we provide literature to educate and empower patients dealing with heart disease. Additionally, CareSource has a robust tobacco cessation program for patients to receive counseling and cessation products. To explore your options and start prioritizing your heart health, visit www.caresource.com.

Mental Healthcare And You – How To Find The Right Fit

(StatePoint) Searching for a mental health provider? You likely have questions.

Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone knows the difference

between the various mental health professionals – psychiatrists, psychologists, counselors, mental health coaches and others.

“Many people are ready to get depression, anxiety and stress under control by working with a mental health professional, but get bogged down

right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That’s something we want to change,” says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help you in your search, MDLIVE is answering some frequently asked questions:

When is it time to see a therapist? Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it’s definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping

and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals that could indicate it’s time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently “zoning out.” She also notes that life events such as decoupling, job loss or the loss of a loved one can often trigger the need for professional mental health support.

What’s the difference between therapists and psychiatrists? Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with

emotional or behavioral health concerns through talk therapy.

What should one look for in a provider? Mental healthcare is highly personal and it’s essential that your provider is someone you can open up to, make progress with and not feel judged by.

A good place to start is by working with a provider who has experience treating patients like you.

Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking questions like, “What can I do to help my treatment?” and “How can we work together to achieve my goals?”

Does insurance cover

therapy? In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or through the plan’s call center.

Alternatively, you may wish to seek counseling through an Employee Assistance Program (EAP). EAP counselors can help with a variety of mental health concerns, however, members are typically restricted to a set number of sessions. If you’re suffering from a recurring mental health issue, check what options are available through your health plan.

Can therapists be seen remotely? Virtual care, an increasingly popular option, can provide pri-

vatave, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE’s platform makes it easy to search for a provider that meets your needs and to schedule an appointment with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com.

Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.