

TODAY'S VERSE

Psalm 37:5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.



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

What makes Maddie Butler smile? "My support system, my family and all of my friends," said the senior at Fishers High School, where she was one of about 20 in the international baccalaureate diploma program. She was the winner of the 2019 Good Citizen of the Year Award of the Daughters of the American Revolution, Horseshoe Prairie Chapter. She was found accepting her award during the 2019 DAR Awards Tea at the First United Methodist Church of Noblesville. Today's feature is a look back at one of *The Times*' previous Faces of Hamilton County. In college, she plans to study International Studies and French and Arabic, and wants to go into immigration law and diplomacy. She is the daughter of Chris and Tracy Butler, who both work for nonprofits, and she has a younger brother, Jack. "Service is a big value in our family," said Maddie, who in fifth grade began volunteering for School on Wheels, tutoring students of IPS Schools. She was president of FHS's speech and debate team and was one of 12 students to represent the United States on Team USA Debate, a national debate team that travels the nation and world and competes in debates. After visiting Nepal in South Asia, she returned home to organize her first Coffee for the Kiddos fundraiser for the Shree Saraswati School there. What else? "I love art. I love painting. I love to connect with my family and friends." This year's Horseshoe Prairie Chapter DAR Good Citizen of the Year awards tea is April 24 in Noblesville.

And Another Thing...

Don't miss Noblesville High School's spring play A Night of One Acts. Get your tickets now for shows on March 10, 11, 12 at this link: <https://tinyurl.com/233jweba>

The TIMES

Hamilton County's Only Daily Newspaper

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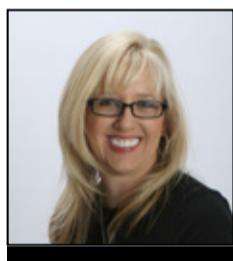
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The Times photo by Betsy Reason

Noblesville High School Key Club members – Josie Flinchum (from left), Kayla Ragland, Abigail Nickloy, Ashley Nickloy, Nadia Perez and Megan Neinerding – volunteer during the final shift at the annual Noblesville Kiwanis Sunrisers pancake and sausage breakfast at the Boys & Girls Club of Noblesville, celebrating the winter youth basketball program.

High School Branch of Kiwanis, NHS Key Club is Always Volunteering, Doing Good in Community



BETSY REASON
The Times Editor

I'm always impressed every time I see the Noblesville High School Key Club out volunteering for a cause.

I most recently caught up with the club members, who were serving pancakes and sausage at the annual Noblesville Kiwanis Sunrisers breakfast at the Boys & Girls Club of Noblesville,

celebrating the winter youth basketball program.

Key Club continues to be one of the largest clubs at NHS with 125 current members and two faculty sponsors.

"We are a student-run club, with a leadership team of 16 students," said Megan Obremski, NHS Biology teacher and a Key Club sponsor. "We focus on making our school and community better by volunteering our time in many different ways."

How many hours a year do members volunteer? "Our members strive to volunteer at least 50 hours a year, but some

volunteer over a hundred hours every year," Obremski said.

"While serving our school and community, our members make and grow friendships and enjoy helping others and giving back. At the end of the year, we have a celebration ceremony to come together and appreciate all we have done."

There is a reason that we usually see the Key Club volunteering with a local Kiwanis Club. The Key Club is an international service organization and is the high school branch of Kiwanis.

➔ See BETSY Page A6

Forgey Announces School Board Reelection Bid

Dr. Joe Forgey, President of the Noblesville Schools Board of Trustees, announced today that he will seek reelection in the upcoming school board race. A longtime Noblesville pediatric dentist, Forgey was elected to the board in 2018 and his current term is set to expire at the end of this year.

"As a proud grandpa of 13, with six of my grandchildren in Noblesville Schools, I have a personal and vested interest in the high quality of our schools," shared Forgey. "Noblesville Schools is a role model district and as board president I'm proud to support the outstanding service our teachers, staff and leaders provide every day to over 10,000 students in our community."

"I'm running for reelection because I'm committed to continuing this excellence," added Forgey. "I want to ensure we best prepare Noblesville students for the future, maintain our high property values, attract new business growth, and spend our public tax dollars wisely. The schools are the heart of our

community and their strength directly relates to the strength of Noblesville overall."

Under Forgey's leadership Noblesville Schools has seen multiple state and national recognitions for outstanding academic achievements, including being named in the top 1% nationally for STEM, National Advanced Placement (AP) honors, and being designated a national Best Community for Music Education. Noblesville Schools graduates are also among the highest scholarship and advanced college credit earners in the state, with Noblesville recognized as a state and national leader in workforce development and college readiness.

Other accomplishments Forgey has overseen during his term include:

- The implementation of over 50 school safety enhancements, including the addition of full-time school resource officers in all schools.
- Strong fiscal management,

➔ See FORGEY Page A6

The Museum Of Natural Laziness



JOHN O. MARLOWE
The Good Sport

Here's one for you. How do they tackle Spring Cleaning in a museum?

I heard most of you answer, "very carefully". Nice.

Indeed, that's true if we are searching for applause at the improv club. However, this is a serious question that I ask myself every year, when I start my own Spring Cleaning.

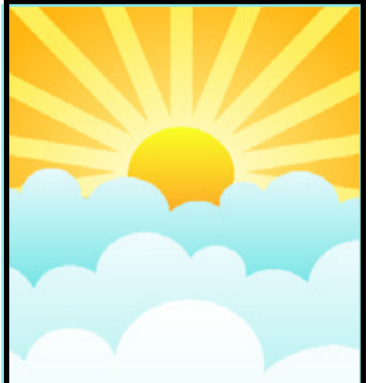
In a museum, it's their job to save stuff. They store and exhibit artifacts that have cultural, historic, scientific, or artistic significance. I save stuff, too, but somehow the meaning is lost on guests who try to hang their coats up when they visit.

There's no question that I need the space. But how do I decide what goes?

The fact that an item no longer works isn't a criterion. I've got a 20-gauge shotgun

➔ See MAARLOWE Page A6

The Daily Almanac



Sunrise/Sunset
RISE: 7:06 a.m.
SET: 6:43 p.m.



High/Low Temperatures
High: 45 °F
Low: 28 °F



Wacky Holiday Today

- International Women's Day
- National Proofreading Day



What Happened On This Day

- 1817 The New York Stock Exchange is founded
- 1971 In the Fight of the Century, Joe Frazier triumphs over Muhammad Ali
- 1979 The compact disc is presented to the public



Births On This Day

- 1841 Oliver Wendell Holmes, Jr. American jurist
- 1952 George Allen American politician, 67th Governor of Virginia

Deaths On This Day

- 1930 William Howard Taft 27th President of the United States
- 1999 Joe DiMaggio American baseball player

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OBITUARIES

Jill Glenn
Dorothy Mae Neiman
Wretha Eileen Reveal
Virgil G. Smith
Theodore L. Wire
Rebecca Irene Womack

HONEST HOOSIER

I listened with great interest as President Biden and other White House officials recently urged Americans to get out of Ukraine. After they left U.S. citizens stranded in Afghanistan, I'm betting everyone was listening.



TODAY'S HEALTH TIP

Keep snack foods out of reach when you're stressed or anticipate stress.

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

"Anyone with gumption and a sharp mind will take the measure of two things: what's said and what's done."
- Seamus Heaney

TODAY'S JOKE

In honor of St. Paddy, we'll share some jokes for a bit that'll have you Dublin over with laughter! What do ghosts drink on St. Paddy's Day? Boo's!



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



WTHR 13 7 DAY FORECAST

MON 45/45 FALLING TEMPS HEAVY RAIN	TUE 28/45 PARTLY CLOUDY	WED 32/51 PARTLY CLOUDY	THU 31/54 MOSTLY SUNNY	FRI 46/46 FALLING TEMPS FALLING CHANCE	SAT 19/29 GOLDEN	SUN 17/44 COLD START SUNNY
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OBITUARIES

Jill Glenn

Nov. 14, 1980 - Feb. 28, 2022

Jill Glenn, 41, of Noblesville, passed away on Mon., Feb. 28, 2022 at Clark Memorial Hospital in Jeffersonville.

She was born on Nov. 14, 1980 in Indianapolis. Ms. Glenn worked as a hair stylist for several years. She was a very caring person who loved people and loved life! She was a member of East 91st Street Christian Church. She loved her family and enjoyed spending time with them.

Survivors include her father, David A. Deane; mother, Pam (Eikenberry) Deane; brother, Eric Freeland; niece, Chloe Caroline Freeland; and nephew, Dean Freeland.

Private family services will be held. Memorial contributions may be made to Landmark Recovery, 13594 N Meridian St, Carmel, Ind., 46032. Condolences can be made online at www.randallroberts.com.

Dorothy Mae Neiman

May 16, 1928 - March 4, 2022

Dorothy Mae Neiman, 93, of Westfield, passed away March 4, 2022.

She was born May 16, 1928 in Yale, Oklahoma, daughter of Homer L and Justine Dylight (Alberson) Godby.

Mrs. Neiman was a 1947 Graduate of Zionsville High School and attended Beauty School in Rochester, NY where she received her cosmetology license. She worked at Blocks downtown Indianapolis, and Sue's Beauty Shop, Garden Village and Camella's Beauty shop in Westfield. She loved being a beautician and worked in this field until her retirement.

In 1948, Mrs. Neiman moved with her family to Westfield, Ind., where she met her love, Ben Neiman. They married in July 1950 and were devoted to each other and their two children.

Mrs. Neiman enjoyed entertaining friends and family playing a variety of games, especially Euchre and Bridge. She was often called "Miss Euchre" at Sanders Glen. She loved spending time with her family, especially her 2 great-grandchildren.

Survivors include her daughter, Teresa Myers; granddaughter, Tina (Ryan) Griffith; great-grandchildren Ben Griffith and Avery Griffith; brothers Paul (Barbara) Godby, Jim (Ann) Godby and Dwight (Nancy) Godby; sister-in-law, Ghislaine Godby; along with several nieces and nephews.

In addition to her parents, she was preceded in death by her beloved husband, Ben Neiman; son, William Neiman; and brother, Homer L. Godby Jr.

Visitation is scheduled to be held Wed., May 9, 2022, from 11 a.m. till 12 p.m. in Bussell Family Funerals, 1621 E. Greyhound Pass. A Private Funeral Service will follow.

Burial will take place at Summit Lawn Cemetery, Westfield.

Arrangements have been entrusted to Bussell Family Funerals.

Wretha Eileen Reveal

Sep. 11, 1945 - March 4, 2022

Wretha Eileen Reveal, 76, of Noblesville, passed away on Fri., March 4, 2022 at Riverview Health in Noblesville.

She was born on Sep. 11, 1945 to Don and Angeline (McBane) Huffman in Elwood, Indiana.

Mrs. Reveal graduated from Jackson Central High School and Ball State University. She was a music teacher for Tipton Schools from 1967-1980, and for Noblesville High School from 1981-2005. She was a member of the National Education Association and the Indiana State Teachers Association.

Survivors include her mother, Angeline Pryor; husband, Jeff Reveal; daughter, Cresta (Chris) Clawson; grandson, Caden Clawson; and her brother, Jeff (Kathy) Huffman.

She was preceded in death by her father, Don Huffman.

Visitation is scheduled to be from 11 a.m. to 1 p.m., with services scheduled for 1 p.m., on Tue., March 8, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Pastor Patrick Propst will officiate. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Courtney Cox Cole Infusion Center at Riverview Health, 395 Westfield Road, Noblesville, Ind., 46060.

Condolences can be made online at www.randallroberts.com.

Virgil G. Smith

March 4, 2022

Virgil G. Smith, 80, of Anderson, Indiana, left this earth on March 4, 2022, after suffering multiple injuries from an automobile accident close to his home. Our hearts and our souls are heavy with his absence.

He was born to Arthur and Anna Mae Smith. Mr. Smith was one of twelve siblings that included: Arthur Jr., Robert, Paul, Geneva Lamprey, Jeannette Moss, Richard, Leo, Leon, Marvin, and Herbert.

Mr. Smith worked in corrosive proof construction traveling all over the United States for Ceilcote / Master Builders for over twenty years with his extended but close family members from the Bair and Metzger families.

His heart was big and full. He was known for his generosity and kindness. He would help anyone in need. He was always outgoing and had a smile on his face that would light up a room.

Survivors include his loving and devoted wife of nine years, Susan Smith, two children, Anne (Brian) Reed and Norma "Lori" (Michael) Smith; Susan's daughters, Kim (Jeff) Stigall and Alisha (Jeff) Simer; grandchildren Kendra, Kayla, Avery, Alexis, Connor and Adele Reed, Michael Jr. and Nathan Smith, Kevin and Larry Brumback Jr., Daniel Riley and Angela Dowden.

He was preceded in death by his loving and devoted wife of 44 years, Margaret H. Smith, the mother of his children: Virgil Jr., Jack, Cynthia, and Larry Brumback; and a grandson, Michael.

A funeral service is scheduled to be held at 1 p.m. on Thu., March 10, 2022, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Ind., 46051, with The Rev. Gary Klinger officiating. Burial will take place at Anderson Memorial Park Cemetery.

Visitation is scheduled to be from 11 a.m. - 1 p.m. on Thu., March 10 at the funeral home.

Online condolences may be shared at www.hersbergerbozell.com.

Theodore L. Wire

Nov. 19, 1939 - March 5, 2022

The earthly man, Theodore L. Wire, 82, of Anderson, passed away on March 5, 2022.

He was born on Nov. 19, 1939, in Noblesville, Ind., to Moses and Blanche Wire.

Mr. Wire graduated from Noblesville High School in 1959, where he played on their 1957 undefeated football team and was referred to as a "Stick of Dynamite". He also served his country in the United States Army.

He worked for Delco-Remy Division of General Motors and retired after 25 years of service. He was a member of UAW 662.

Mr. Smith was a lover of all of God's creatures, especially his cats.

Survivors include his loving children, JoAnna (Randy) Spence, Lea (Rich) Welbaum and Ted Adam Wire; grandchildren Janet (Chris) Carl, Justen (Destini) Mullins, Stephen (Travis) Carl, Jarren Mullins, Mike A. (Erika) Witmer, Luke (Kacie) Witmer, Jada Mullins, Nichole Thompson, Jackson Mullins, Kelsey Thompson and Amy Witmer; five great-grandchildren; sisters Jewell Eason and Linda Tucker; twin brother, Tom L. (Sandy) Wire, and brother, Mike (Cindy) Wire; and a host of nieces, nephews and cousins.

He was preceded in death by his parents; brothers, Ben, David and Darrell; sisters, Evelyn, Edith, Bonnie and Jackie; and several in-laws.

Visitation is scheduled to be held Thu., March 10, 2022, from 12:30 p.m. - 2:30 p.m. at Loose Funeral Homes & Crematory, 200 West 53rd St. Anderson, Ind.

Services are scheduled to follow visitation at 2:30 p.m. at the funeral home.

Memorial contributions may be made to the family through the funeral home.

Online condolences can be made at www.loosecare.com.



Rebecca Irene Womack

May 18, 1951 - March 5, 2022

Rebecca Irene Womack, 70, of Noblesville, passed away on Sat., March 5, 2022 at Riverview Health in Noblesville.

She was born on May 18, 1951 to Raymond and Myrtle (Keithley) Spall in Indianapolis.

Mrs. Womack was the world's best mother & grandmother. She was an avid reader and enjoyed ancestry. She loved the outdoors, springtime, going for Sunday drives, and facetimeing with her grandchildren and great-grandchildren.

Survivors include her children Charles Lucas, William (Pamela) Dean Cook Jr., Curtis Lucas, Raymond Lucas, Jaime (Josh) Sanders and Christina (Thomas) Gourdon; sister, Kathy Hall; 13 grandchildren; and 4 great-grandchildren.

In addition to her parents, she was preceded in death by her brothers Raymond Spall, James Spall and John Spall; and her husband, Lorenz Womack.

No services are scheduled at this time. Becky's family has entrusted Randall & Roberts Funeral Home with her care.

Condolences can be made online at www.randallroberts.com.



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Time For Butter



CARRIE CLASSON
The Postscript

feels as if time is speeding up.

My days blend into one another and, before I know it, it is afternoon and I am taking my daily walk through the streets of this Mexican city, seeing something that surprises me—every single afternoon—saying hello to several dozen friendly strangers and greeting their dogs. The weather has been cool. I note the butcher's very fat pug is wearing a jacket. The jacket is a little tight, and the pug looks embarrassed.

"What a nice jacket!" I say to the butcher in Spanish, and the butcher laughs. The pug wags its tiny tail but doesn't look too sure. And another day passes.

It is a cliché, but it is still true that time is the only thing we cannot buy. It is our most limited commodity and our most precious resource. I guess that's why it shocks me how much of it I allow to slip away without notice.

But when I think back on a year ago today, time did slow down for a while. Peter and I stayed at home and the only people we saw were Peter's sister, Lori, and her husband. Every week, Peter cooked and I read and time seemed to slow to a stop.

There was no pressure to do more—there was nothing more we could do. And so, we talked until Lori was tired and, a few days later, we did it again. Lori died later in the year.

Now time has resumed its normal pace, and it's good to be traveling and seeing friends and family again. But sometimes it feels as if I've forgotten something important about the time that just passed. Sometimes it seems to me that there was a lesson in that time that I could use now, as my calendar fills.

Because the time that just passed was not like the time that came before or the time after. For a while, time took time off. For a while, I had time for butter.

Till next time,
Carrie

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

My great-uncle John never buttered his bread. "I don't have time for butter!" he insisted. I never knew how much time butter took, but apparently it was more than Uncle John could spare.

Time passes so often without notice. A day seems to pass in the time it takes to butter a piece of bread. Last night, my husband, Peter, said that we met seven years ago. "Eight years," I corrected him.

We will celebrate our seventh wedding anniversary next month and, while the romance was quick, we had known one another for a year. We married on the one-year anniversary of the day we met.

"That's right," Peter said. "Time passes too quickly!"

He is always saying that. He also says that, while he doesn't know how much time we'll have together, he knows it will not be enough. (Peter is a romantic. There's no denying it.)

We are traveling in Mexico now. My temporary desk is set up against a window. I can see the progress being made on the house next door, which is acquiring a new story. I can see the spires of the churches in the distance. I can hear the traffic of cars going by, which seems unnaturally loud as they travel over cobblestones, and the sounds of the roosters and the dogs who always seem to have something urgent to report.

We are traveling again and making plans. I have actual activities written in an actual calendar. Things are slowly returning to normal and, of course, that's a good thing. But it

"SLOWING DOWN THE SPEED OF LIFE"

TENTH STREET

— photography —

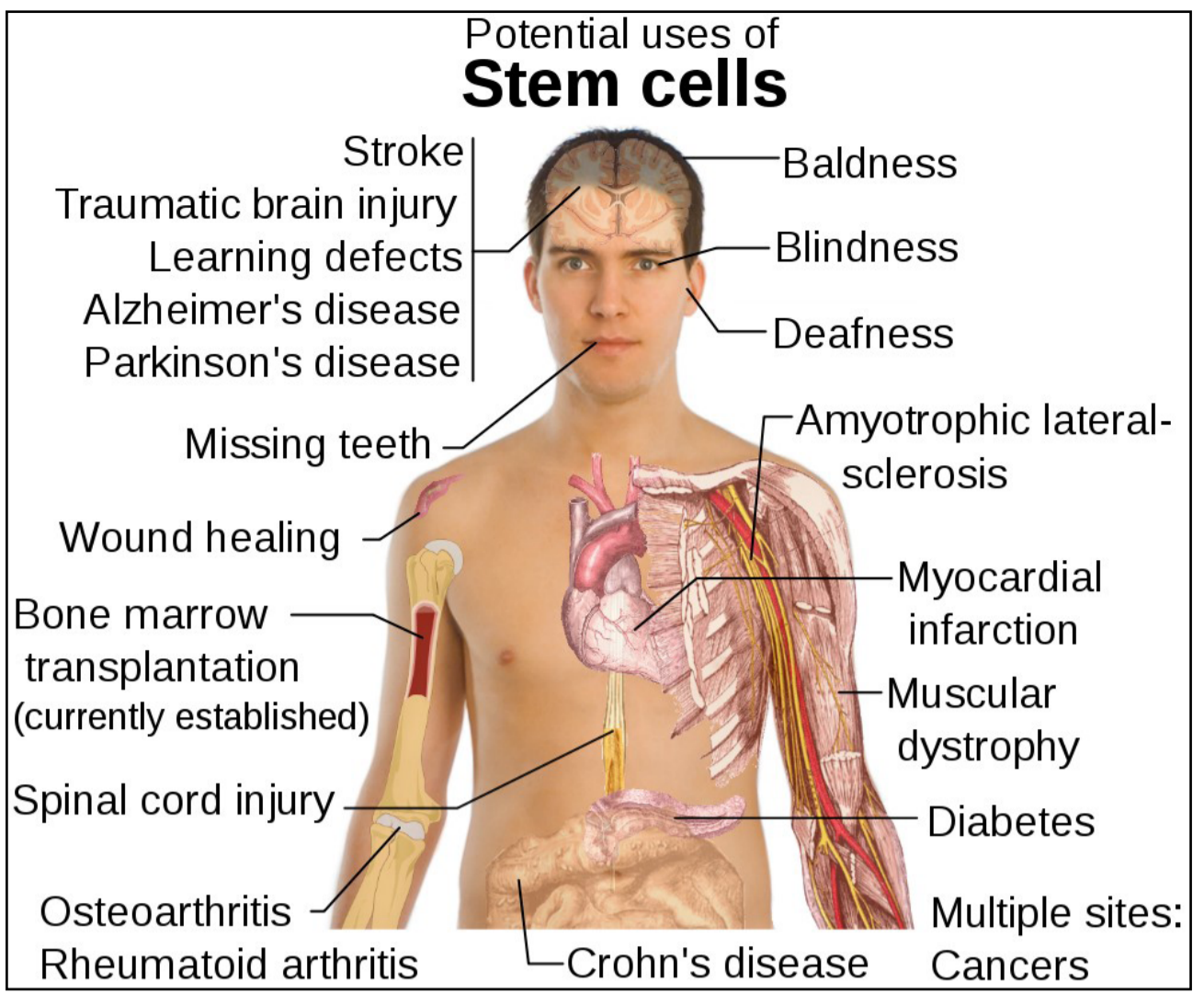


Photo courtesy of Dr. John Roberts

A diagram of the various body systems that have shown potential benefit from stem-cell based treatments. Note that bone-marrow transplants are the only currently established treatment using stem cells.

Stem Cells



JOHN R. ROBERTS, M.D.
Hamilton Health

I've been seeing a lot of news lately about stem cell treatments. This week I want to focus what they are, where they come from, how they might be used to treat disease and finally, the social and ethical challenges surrounding their use.

Stem cells are cells that have the potential to change into other more specialized cells in the body through a process known as differentiation. By definition, stem cells have to exhibit two properties: (1) they must be able to divide multiple times and remain unchanged and (2) they have to have "potency," the ability to differentiate into other cell types.

Stem cells have a hierarchy of potency that is important in determining what they are capable of doing. Totipotent cells sit at the top of the pyramid and have the capacity to differentiate into any of our 220 cell types.

Pluripotent cells can differentiate into nearly all cells, and multipotent cells can become only cells of a closely related family of cells. There are additional levels of potency that produce even fewer cell types.

There are two types of stem cells in humans – embryonic and adult. Embryonic stem cells are derived from embryos that are 4-5 days old. Embryos at this stage contain about 50 to 150 cells, some of which are pluripotent and can propagate indefinitely.

Adult stem cells are found in most tissues in the body and are multipotent. They are generally able to produce all of the cell types of the organ where they reside. They can also be found in umbilical cord blood. These cells exist to replace and repair tissues. It is also hypothesized that they may bear some responsibility for development of some cancers.

Stem cells are removed from either embryos or tissues of the body and then grown in the lab in tissue culture. This is a very tricky business, as stem cells naturally want to differentiate into other cells. The stem cells need to be kept in a very specific biochemical soup to prevent them from differentiating. One of the most challenging facets of stem cell research is discovering the complex

biochemical signaling that controls stem cell differentiation.

The excitement surrounding the use of stem cells arises from the potential they have to replace damaged or genetically defective cells and tissues in the body. Most readers are familiar with bone marrow transplantation. Currently, this is the only medically approved treatment using adult stem cells.

There are no currently approved embryonic stem cell treatments. However, the first human study using embryonic stem cells was started a few years ago. It involved placing stem cells around damaged nerves in patients with spinal cord injuries.

There are a number of potential challenges in using embryonic stem cells. One is discovering how to program the stem cells to differentiate into the desired cell type. Stem cells can differentiate into masses of different cell types and tissues if allowed to grow on their own. If a patient receives stem cells from another person, there is also the risk of rejection by the recipient's immune system.

Finally, embryonic stem cell research presents social and ethical challenges in regard to obtaining stem cells from human embryos. Until recently, removing the

stem cells had resulted in destruction of the entire embryo. A technique was developed in 2006 that allows the embryo to survive following removal of stem cells.

Recent research has developed a methodology to produce pluripotent stem cells from fully differentiated cells. These reverse-engineered stem cells are called induced pluripotent stem cells. Scientists have taken skin cells and added various proteins to alter DNA expression to cause the skin cells to revert to stem cells. This discovery is very exciting and has the potential to obviate the need to use embryonic stem cells.

You may run across medical clinics that claim to offer stem cell therapies. Since using stem cells for treatment of diseases is in its infancy and there is no good evidence they are to the point they are safe and effective, it is a very questionable practice. The FDA is really cracking down on stem cell clinics. Consumer Reports had an excellent review in January 2018 that you can read at goo.gl/vfZfvv.

- 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.

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Photos courtesy of Cadillac

2022 Cadillac XT6 Platinum Marinates In Luxury

There's no question the Cadillac Escalade is an incredible SUV, able to move passengers and all their stuff in three rows of splendor. But, most luxury buyers don't need a full-size truck capable of pulling a 30-foot RV or coastal yacht. For them, the 2022 Cadillac XT6 Platinum might be a better choice that still lets them marinate in luxury.

Front styling echoes the Escalade's with large chrome-kissed grille, squinty horizontal LED headlamps, and thin vertical driving lights. The side profile is edgy and sleek, but the average person would confuse it with a Volvo XC90. Nobody will confuse the rear vertical tailfins for anything but a Cadillac. Put it all over 20" alloys, paint it Rosewood Metallic and it puts its best fashion forward.

Layers of luxury envelop the XT6's spacious cabin. It's awash in soft semi-aniline leather, sueded headliner, leather-wrapped dash/doors, and French-stitched horn pad. It's pretty posh, especially with heated/ventilated front seats, heated outboard rear seats, and a heated steering wheel too. There are also tri-zone automatic climate control, panoramic sunroof, and Bose Performance Series 14-speaker audio system to saturate passengers. Power folding third-row seats, power steering column, and touchless power rear hatch add conveniences – as does 4G Wi-Fi, Apple CarPlay, Android Auto, and wireless device charging.

Beyond style, there's one area Cadillac should be compared favorably to Volvo: Safety. For drivers, it starts with a color

head-up display, adaptive cruise, and rearview camera mirror. There's also crash mitigation autonomous braking, rear cross traffic alert with pedestrian detection, lane keep assist, and blind spot warning. The safety alert seat vibrates in the direction of danger to warn drivers while an interior motion sensor notifies parents of kids left in the rear. Adaptive cruise keeps a safe distance on the highway.

The XT6's base turbo-four is wholly inadequate, so thankfully our fully primed diva runs with the optional 3.6-liter V6 that delivers 310 horsepower and 271 lb.-ft. of torque routed to the all-wheel-drive system through a 9-speed automatic transmission. That's barely enough power to move a large three-row crossover with

luxury badge smacked on the grille, running 0-60 mph in 6.9 seconds, but fuel economy of 18/25-MPG city/highway is more pleasing. Twin turbos and something close to 400 horsepower would make it even better, but the current V6 gets it done.

At least the engine is smooth and quiet, which also describes the ride. Real time damping smooths bumps and controls body lean in corners, but it could be even more aggressive in stiffening the suspension. Drive modes theoretically adjust the chassis, steering, and throttle response from Normal comfort mode to performance-oriented

2022 Cadillac XT6 Platinum Six-passenger, AWD Crossover

Powertrain: 3.6-liter V6, 9-spd trans
Output: 310hp/271 lb.-ft. torque
Suspension f/r: Elect Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Style, Safety
0-60 mph: 6.9s
Fuel economy: 18/25 mpg city/hwy
Assembly: Spring Hill, TN
Base/As-tested price: \$48,595/\$70,965



CASEY WILLIAMS
Auto Reviews

large, comfortable, and expertly crafted. A little more power and chassis refinement would be appreciated, but a base price of \$48,595 and \$70,965 seems wholly earned. Competitors include the Lincoln Aviator, Audi Q7, Jeep Grand Cherokee, and Genesis GV80. Storm Forward!

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

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PUBLIC NOTICES

NOTICE TO TAXPAYERS OF HEARING ON PROPOSED CUMULATIVE CAPITAL FUND FOR THE CITY OF FISHERS, HAMILTON COUNTY, INDIANA

Notice is hereby given to the taxpayers of the City of Fishers, Hamilton County, Indiana, that the Common Council of the City of Fishers will consider at City Hall, One Municipal Drive Fishers, Indiana 46038 at 7:00 o'clock pm on Monday, March 21, 2022, the establishment of a Cumulative Capital Development Fund under the provisions of Indiana Code section 36-9-15.5 for all applicable uses stated therein.

The tax will be levied on all taxable real and personal property within the taxing district and will not exceed \$0.05 per \$100 of assessed valuation. The proposed fund will be levied beginning with taxes due and payable in the year 2023. Taxpayers appearing at such hearing shall have the right to be heard thereon. The proposed tax rate for the Cumulative Capital Development Fund is subject to certification by the Department of Local Government Finance.

Within 30 days after the date of the adoption of the cumulative fund by the City of Fishers Common Council, the Common Council will publish a Notice of Adoption. Upon publication of the Notice of Adoption, twenty-five (25) or more taxpayers in the taxing district may file a petition with the County Auditor not later than 30 days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.

Dated this 2nd day of March, 2022

CITY OF FISHERS,
s/ Christopher P. Greisl
City Attorney
One Municipal Drive
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TL18812 3/8 3/15 21 hspaxlp

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2006 DOD 1B3EL46R76N267563	\$2300.00
2006 FOR 1FAPP36N65W138601	\$2300.00
2007 FOR 1FMDK02177GA35794	\$2300.00
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Photos courtesy of Byron Settles

The controlled burn that took place on the south side of Strawtown Koteewi Park on March 3. These controlled burns help purge invasive species that have recently taken root in surface soil. This allows the existing native species that have deeper and more established roots, thus protecting them from the heat of the fire, to experience uninhibited growth and soak in more nutrients that would otherwise have been sapped by invasive species.

Hamilton County Parks Performs Beneficial Prairie Burn

On Thursday, March 3rd, Hamilton County Parks performed a controlled prairie burn on the southside of Strawtown Koteewi Park, the county's largest park, which has more than 300 acres of protected and maintained native prairie. During the prescribed burn, a necessary land management practice, the trails

in that area of the park were closed and access to Koteewi Lake and Koteewi Aerial Adventures was restricted to ensure public safety.

After the successful completion of the burn, strategically coordinated by specialists in the field, the prairie appeared charred and damaged. However, park officials

were quick to note that such burns are actually beneficial and part of the ongoing maintenance of the park's prairie system.

Burns kill non-prairie and shallow-rooted invasive plant species, allowing for increased growth of native prairie plants, which have deeper roots, unaffected by the heat of the burn. Left unchecked,

trees and shrubs gradually move in and "choke out" the prairie's native grasses. This natural process is called succession. Controlled burns clear out the unwanted woody vegetation that shade and restrict the growth of prairie plants.

When in the park this spring visitors will notice the preferred native plant life becoming increasingly

evident. In the meantime, staff at the Taylor Center of Natural History, located in Strawtown Koteewi Park, invite visits to their facility to learn even more about the benefits of controlled prairie burns and other responsible land management practices undertaken by Hamilton County Parks and Recreation.

To learn more about Strawtown Koteewi Park or Hamilton County Parks and Recreation, visit MyHamiltonCountyParks.com or call 317-770-4400. Once posted on Hamilton County Parks' facebook page, dramatic aerial video of the Strawtown Koteewi Park controlled prairie burn will be available for viewing.

BETSY From Page A1



Photo courtesy of Noblesville Schools

Noblesville HS Key Club Members at a kite building event at Drake Park last fall.

is International, as a service leadership program and as a Kiwanis Youth Program. Key Club is the largest and oldest service organization for teens. There is a callout at NHS

at the beginning of each school year in August for students to learn more about the club.

"We really enjoy our partnership with the local Kiwanians," Obremski



Megan Obremski said. "The Sunrises club is very active and asks us to help with many events. We always help with their pancake breakfasts; proceeds benefit various youth organizations in our community. We also helped with a Kite Flying event at Dillon Park, where kids could build and learn to fly their own

kites." The Key Club also does food drives, partnered with the Hamilton County Harvest Food Bank, which distributes food throughout Hamilton County, and collects new and old shoes for Changing Footprints, a group that gives the usable shoes to places like Wheeler Mission and recycles the damaged shoes for playground subsurface, the teacher said.

"Many of our students get hours by tutoring other students (both in and out of school)," Obremski said. "Our kids also love volunteering at events at the local elementary schools, at school carnivals, read alouds, and even drawing inspirational chalk art on sidewalks before state testing."

Obremski thinks it's important to volunteer and give back to her community.

"I have always enjoyed volunteering my time to better my community," she said. "I became a Key Club sponsor while teaching in Missouri, and when the opportunity arose to sponsor the club here at NHS, I was happy to get involved and continue leading the next generation in their love of service. I have been teaching at NHS for 10 years and have been a Key Club sponsor for most of that time, eight years I think." First-year NHS social studies teacher Alyssa Muhvic just joined Obremski as co-sponsor. Thanks Key Club and Kiwanians for always

doing good in our community.

- Contact Betsy Reason at betsy@thetimes24-7.com. Also, thanks to all who helped support the Boys & Girls Club of Noblesville with the purchase of breakfast tickets and donations to the club. About 800 tickets were purchased by the community for the breakfast, which raised about \$5,000 for the club. Save the date for these upcoming Boys & Girls Club events: TopGolf Tournament April 7 at TopGolf Fishers; Auxiliary Auction May 14 at Harbour Trees; Darlington Bed Race June 3 in downtown Noblesville; Deb Castino Memorial Golf Outing June 7 at Harbour Trees; and Boys & Girls Club of Noblesville Cornhole Tournament Aug. 5 at Forest Park.

MARLOWE From Page A1

that would backfire against the shooter, if anyone ever loaded a shell and fired it. My brother stuffed the right barrel with the skull of a Horde Trooper action figure from the He-Man™ cartoon series, and no one's been brave enough to pull the trigger since.

The firearm has no useful value, but the shotgun belonged to my Dad's Uncle Dave, and is nearly 200 years old. I can't throw that out, can I?

I still own the right shoe that I wore onto the field in the first college football game I ever played. It's a really nice foot covering, and the red strings are still fettered in double shoestring knots, so they won't untie while playing. The left shoe is long gone. I loaned it to Mo, our starting Center, during a game when his football cleats suffered a blowout

in rugged play.

I can't bring myself to throw away that right shoe. Maybe, I secretly believe that someday the left one will find its way home. Unlike lost socks, shoes do that once in awhile.

At the very least, the shoe is a reminder of great times with great teammates, and the memory of that long, cold season standing on the icy wet sidelines wearing only one shoe. To this day, I can still remember how proud I was when the left shoe received its varsity letter, later that year at the awards banquet.

The moths got into the box of gorgeous homemade Christmas place-mats. They were stored under the stairway. I can still remember my Mother working hours on the cut-work embroidery, fashion-

ing a relief of Christmas trees onto a dark muslin background. You can see the tabletop through the holes in the fabric, now, but I just can't throw those out. Luckily, my dining room table has a gorgeous top.

There's a six string guitar in the back of my bedroom closet that I'm going to learn to play "some day". It is missing the A- and G-strings, but it is just as valuable to me as one at the Elvis Presley Museum in Memphis. All I have to do is look at that guitar standing in the corner, and I can still hear my Dad playing chords to the old standard "Tea for Two" to a sold-out audience of his sons.

I find dust difficult at my house, too. How do they keep museums so dust-free? I have a hard enough time yanking my

curtains down and running the lace shears under the faucet. What does it take to get 10,000 years of dust off the mastodon? It can't be easy running the Hoover™ over the proboscidean pachyderm.

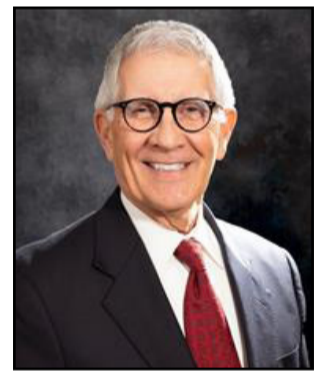
Yes, museums do usually have a staff of housecleaners to take care of the dust and clutter. Nevertheless, I believe the issue is the psychological approach to Spring Cleaning. It's important to be committed to cleanliness. Approach the tasks with zeal and ardor for the job ahead.

I can do that! This finally is the year!

On the other hand, when you're visiting my house, I ask you to just keep behind the velvet ropes.

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

FOLGER From Page A1



Joe Forgey

including a balanced budget, high credit ratings, low interest rates, and a reduction of the total property tax rate for three years in a row.

• Growth management, including school and athletic facility renovations, the construction of a new community center and stadium, and the launch of a district solar power initiative.

• High-quality staffing during an intense labor shortage and the largest pay increase to Noblesville teachers in approximately 40 years.

Forgey is a member of the Indiana School Board Association and serves on the Noblesville Parks Board. He is a graduate of Butler University, the Indiana School of Dentistry, and the Miller Ambassadors program. He coached basketball at the Boys and Girls Club of Noblesville and soccer with the Noblesville Soccer Club. Forgey has lived in Noblesville since 1977. He and his late wife, Cynthia, have 5 children and 13 grandchildren.

For more information about his school reelection bid follow his page on Facebook.

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TUESDAY

In The Kitchen

Tuesday, March 8, 2022

A7

POWER YOUR DAY WITH

Peanut Protein

FAMILY FEATURES

Give your family meals a powerful boost from breakfast to dinner with better-for-you recipes that pack a protein punch. Revamping the at-home menu with nutrition in mind can still include delicious dishes morning, noon and night.

Adding a nutrient-rich powerhouse like peanuts as a key ingredient in meals throughout the day makes it easier to zero in on health goals. In fact, peanuts rise to superfood status by delivering 19 vitamins and minerals plus 7 grams of protein per serving.

Start the morning with Peanut Butter Cookie Oatmeal for a ready-to-go breakfast then recharge with Fresh Veggie Spring Roll Bites with Peanut Sauce as an afternoon snack. When it's time for fueling up the family at the dinner table, pair Thai Chicken and Pork Skewers with Brussels Sprouts with Peanut Chipotle Vinaigrette for a protein-packed meal.

Find more nutritious family-friendly recipes at gapeanuts.com.

Thai Chicken and Pork Skewers

Recipe courtesy of the Georgia Peanut Commission

- 1 tablespoon minced ginger
- 6 cloves garlic, crushed
- 2 cups creamy peanut butter
- 1 cup chicken broth
- 2 tablespoons light soy sauce
- 1 tablespoon chili oil
- 1/2 tablespoon lime juice
- 2 tablespoons honey
- 2 tablespoons chopped cilantro
- salt, to taste
- pepper, to taste
- 1 1/2 pounds boneless, skinless chicken breast
- 1 1/2 pounds pork tenderloin

In mixing bowl, combine ginger, garlic, peanut butter, broth, soy sauce, chili oil, lime juice, honey and cilantro. Mix well and season with salt and pepper, to taste.

Cut chicken and pork into strips and thread onto skewers. In non-metal container, marinate meat in half of peanut butter sauce 1-2 hours in refrigerator. Reserve remaining sauce for dipping.

Heat oven to broil.

Broil skewered meats until done, turning once. In pot, bring remaining sauce to boil and serve warm as dipping sauce.



Thai Chicken and Pork Skewers



Brussels Sprouts with Peanut Chipotle Vinaigrette

Brussels Sprouts with Peanut Chipotle Vinaigrette

Recipe courtesy of Parker Wallace (parkersplate.com) on behalf of the Georgia Peanut Commission

- 2 pounds Brussels sprouts, halved
- peanut oil
- 2 tablespoons creamy peanut butter
- 2 tablespoons water
- 3 teaspoons champagne vinegar
- 2 teaspoons honey
- 1/8 teaspoon chipotle chili powder
- 1 pinch kosher salt, plus additional, to taste, divided
- orange or mandarin segments, for garnish
- fresh orange or mandarin juice, for garnish
- crispy fried shallots, for garnish
- crumbled French feta, for garnish
- chopped fresh mint, for garnish

Preheat air fryer to 400 F.

Lightly brush Brussels sprouts with peanut oil and place in fryer basket. Cook 10-15 minutes, shaking halfway through.

In small bowl, whisk peanut butter, water, champagne vinegar, honey, chipotle chili powder and 1 pinch salt until well combined.

Once cooked, remove Brussels sprouts from air fryer and place in bowl. Toss in chipotle peanut vinaigrette until well combined. Season with salt, to taste.

Garnish with orange segments, orange juice, crispy fried shallots, feta and mint.

Fresh Veggie Spring Roll Bites with Peanut Sauce

Recipe courtesy of Rachael White (setthetableblog.com) on behalf of the Georgia Peanut Commission

- Hot water
- 6 rice papers
- 3 mini cucumbers, peeled into ribbons
- 1/4 head red cabbage, finely shredded
- 1 large carrot, shredded
- 1/2 cup fresh basil leaves, loosely packed, plus additional for garnish, divided
- 1/3 cup cilantro leaves, loosely packed, plus additional for garnish, divided
- 1/3 cup mint leaves, loosely packed, plus additional for garnish, divided
- 1 large ripe avocado, peeled and sliced

Peanut Sauce:

- 1/2 cup creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 2 teaspoons fish sauce
- 1 teaspoon red pepper flakes, plus additional for garnish, divided
- 2 tablespoons fresh lime juice

- 1/3 cup Georgia Peanuts, plus additional for garnish, divided
- lime wedges, for garnish

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, 1/2 cup basil leaves, 1/3 cup cilantro leaves, 1/3 cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast 1/3 cup peanuts by placing in dry pan over medium heat. Move peanuts around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.



Fresh Veggie Spring Roll Bites with Peanut Sauce



Peanut Butter Cookie Oatmeal

Peanut Butter Cookie Oatmeal

Recipe courtesy of the Georgia Peanut Commission

- 1 cup old-fashioned oats
- 2 1/2 cups water
- 1/4 teaspoon salt
- 2 tablespoons chunky peanut butter
- 1 tablespoon brown sugar
- 2 tablespoons raisins
- 1 banana, sliced
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup milk
- 2 teaspoons maple syrup

In medium saucepan, combine oats, water and salt.

Bring to boil then reduce heat to medium. Cook 10-12 minutes, stirring occasionally.

Remove from heat and add peanut butter. Stir until peanut butter melts.

Add brown sugar, raisins, banana, cinnamon and vanilla extract; stir.

Divide oatmeal into two bowls. Top each bowl with 1/4 cup milk and 1 teaspoon maple syrup.

TUESDAY

Health and WELLNESS

Tuesday, March 8, 2022

A8

Hodgkin Lymphoma And What You Should Know

Last week I tried to explain the very complex non-Hodgkin lymphomas (NHL). This week I want to cover Hodgkin lymphoma, more commonly known as Hodgkin's Disease (HD). It gets its eponymous name from Dr. Thomas Hodgkin who first 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



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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 common 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 90 percent, while stage III carries an 84 percent survival and stage IV roughly 65 percent. 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.

65 Or Older? It's Time To Assess The Risk Of Pneumococcal Pneumonia

(StatePoint) Now, more than ever, you're likely acutely aware of the importance of helping protect your lung health. As you return to doing the things you love, it's essential to understand the risk for pneumococcal pneumonia, a potentially serious lung infection that can strike anyone at any time.

Older adults are at greater risk of serious illness and death resulting from pneumococcal pneumonia compared to younger adults, according to the Centers for Disease Control and Prevention.

To give you the facts you need to help protect yourself, the American

Lung Association is partnering with Pfizer to raise awareness about the risk of pneumococcal pneumonia for adults 65 and older.

An Overview

When words begin with "pneumo" it means related to the lungs, and a pneumonia is an infection in one or both lungs, which you can get from bacteria, viruses or fungi. This infection causes the air sacs in your lungs to fill with fluid or pus, which makes the gas exchange that supplies your body with oxygen more difficult. It also can result in a host of uncomfortable and potentially serious symptoms.

Pneumococcal pneumonia, the most common type of bacterial pneumonia, is caused by bacteria that can be spread through coughing and close contact with an infected person. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath and chest pain. Certain symptoms, such as cough and fatigue, can appear quickly and without warning and severe cases can lead to hospitalization and even be potentially life threatening.

Risk Factors and Protection

The immune system naturally weakens with age, making age a risk factor regardless of health status.

"Even healthy adults aged 65 and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49," says Albert Rizzo, MD, chief medical officer, American Lung Association. "If you also live with a chronic lung disease like COPD, asthma, diabetes or chronic heart disease, you face a greater risk."

Dr. Rizzo speaks on behalf of the American Lung Association when he encourages all

adults 65 and older to speak with their doctor about vaccination. But he knows all too well that there are disparities among who is most likely to be protected against this potentially serious lung infection. While the overall vaccination rate among adults 65 and older was 59% in 2017, only 42% of Latino/Hispanic individuals were vaccinated. And with only 45% percent of Black adults and 56% of Asian adults vaccinated, the gap in coverage has potentially serious consequences for communities of color.

Additionally, Latino and Black Americans are

at greater risk of developing chronic health conditions such as asthma and diabetes compared to white Americans, which further increases their risk of getting pneumococcal pneumonia.

If you are 65 or older, talk to your healthcare provider about pneumococcal pneumonia vaccination, which is available at many doctor's offices and local pharmacies. You can also learn more at Lung.org/pneumococcal, where you can take a free personal risk assessment quiz.

Don't ignore pneumococcal pneumonia. Get the facts you need to help protect yourself.

Dental Hygiene Tips For Caregivers

(StatePoint) For the 44 million family caregivers nationwide, tangible support can help ease their burden. With that in mind, the American Dental Association (ADA) is offering essential oral health tips and information.

"Keeping your loved one's mouth healthy is important for their oral and overall health, comfort, safety, nutrition and self-esteem," says Dr. Jane Grover, MPH, director of the ADA's Council on Advocacy for Access and Prevention. "The combination of daily care and professional services equals the best chance for a healthy mouth. It can also help prevent other health problems from arising or becoming worse."

While the exact assistance you provide your loved one will depend on their individual abilities and situation, there are some important things every caregiver should keep in mind. The following information from the ADA can help get you

started:

1. Brush teeth twice a day for two minutes using fluoride toothpaste. Floss or use other between-the-teeth cleaners daily. Doing so will help prevent tooth decay (cavities), gum disease and bad breath.

2. If your loved one wears dentures, rinse them after each meal, brush them daily with denture cleaner and take them out and store them in water before bedtime. Try to discourage them from sleeping with their dentures in their mouth overnight, as that habit over time can lead to serious tissue irritation on the roof of their mouth.

3. If your loved one is living with diabetes, pay special attention to their gums and mouth. Not only can gingivitis and dry mouth be signs of untreated diabetes, but research suggests that treating gum disease can actually help control blood sugar levels, decreasing the progression of the disease.

4. Dry mouth can affect

older people for a variety of reasons, including being a sign of diabetes and a side effect of certain medications. Dry mouth is not just uncomfortable. It can increase the risk of tooth decay. To combat it, try an alcohol-free mouth rinse and encourage hydration by having your loved one sip water, suck (not chew) on ice chips and use a humidifier while sleeping.

5. Limit snacking and sugary drinks. Encourage the consumption of healthy foods and drinks, such as fruits, vegetables, whole grains and water, which are good for the mouth and the entire body.

6. Make and keep dental appointments. Even people with dentures need to visit the dentist for an annual oral exam.

7. Watch for symptoms that could signal larger issues. If your loved one shows any of the following signs, visit the dentist:

- Pain or swelling in the mouth, face and neck
- Sores, swelling or

growths in the mouth

- A change in the fit of dentures
- Difficulty opening the mouth
- Red, swollen, tender or bleeding gums
- Gums that have pulled away from the teeth
- Bad breath that doesn't go away or becomes a daily concern
- Pus between the teeth and gums
- Dark or discolored spots on teeth
- Loose or broken teeth, partials or dentures

To access free oral health resources, including a caregiver's guide to dental health, visit mouthhealthy.org.

"Tending to oral hygiene is an important part of caregiving. Managing both daily care and arranging for dental visits can help you keep your loved one healthy and happy," says Dr. Grover. "And of course, don't forget your own dental care. Being an effective caregiver starts with ensuring your own health and wellness."

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