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TODAY'S VERSE

Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.



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

What makes Kayla Ragland smile? "Being around friends and family," said the 15-year-old, a sophomore at Noblesville High School. She was found in February serving pancakes with the NHS Key Club during the Noblesville Kiwanis Sunrisers pancake breakfast benefiting the Boys & Girls Club of Noblesville. She is a member of the NHS Key Club, which annually helps the Kiwanis Club make pancakes and sausage for the fundraiser at the BGCN Community Center. The Key Club is an international service organization and is the high school branch of Kiwanis International, as a service leadership program and as a Kiwanis Youth Program. At NHS, she is also involved with Bring Change to Mind, a club that brings awareness to mental health; and Lend A Paw, a club that volunteers at animal shelters. She is the daughter of Brian and Lori Ragland. She has one older sister, Reilly, a student at University of Southern Indiana; and one younger brother, Conner, who attends The Hope Source in Indianapolis. Passions? "I do like singing, and I like the arts, I like painting. I'm interested in music, psychology and law." She has recently selected her courses for her junior year for 2022-23, and those courses will include Psychology, Sociology, Law Education, AP Photography and Sports Medicine. Someday, she hopes to be a forensic psychologist or a criminal lawyer.

And Another Thing...

Learn outdoor skills in a relaxed environment at Patoka Lake's Women's Wilderness Weekend April 22-24. Participants will camp overnight Friday and Saturday nights in the modern electric campground and learn skills such as archery, kayaking, fishing, Dutch oven cooking, wild edibles, wilderness first aid, rifle and trap shooting, operating a boat, self-defense, and other topics. All Saturday meals will be provided as will breakfast on Sunday. Cost is \$65 per person for the weekend, and registration is required by April 10. Register by calling the Patoka Lake Nature Center at 812-685-2447 or emailing interpretive naturalist Dana Reckelhoff at dreckelhoff@dnr.IN.gov.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



Photo courtesy of Tri Kappa sorority

A Noblesville Tri Kappa member checks all of the frosting flowers, which have been made for by member Mary Burns, and placed on the top of the chocolate Easter eggs, for Tri Kappa's annual spring fundraiser.

Tri Kappa's Fundraiser is Dipped in Chocolate



BETSY REASON
The Times Editor

I remember more than 10 years ago stopping in to watch Noblesville's Tri Kappa Sorority members making their peanut butter-filled chocolate Easter eggs. Selling of the eggs raise money for the community while offering a tasty tradition every spring. It's always a fun weekend for the Tri Kappas who push up their sleeves, put on their hairnets, and dip, mold and decorate at least 1,500 chocolate eggs. When I watched them make the eggs in 2011, they made 1,100

peanut butter-filled and 400 vanilla creme-filled eggs. Since then, they added maple creme and cherry creme-filled eggs three years ago. Now, they make 150 each of the vanilla, maple and cherry, and 700 peanut butter. They added chocolate-dipped pretzel rods in 2012 to use the remainder of the chocolate left from dipping the eggs. But the peanut butter-filled eggs have always been the most popular and sell out quickly.

➔ See BETSY Page A12

Cooler Heads Prevailed



JOHN O. MARLOWE
The Good Sport

Sunday night, at midnight mind you, I decided to get a head start on the grilling season. If that seems like a peculiar time to begin grilling, you'll find the appliance that I used to be quite unconventional, too. I used the grille of my car. Those of you who groaned

at my pun should know that I am equally chagrined by the circumstances that provoked this word play. I was heading westbound on the highway that connects the two flagships of this venerable two-town newspaper conglomerate, when I could see in the peep of my headlights' beam an object in the road taking shape before me. Normally, an obstruction wouldn't present much of a problem. State Road 32 is a broad, two-lane highway with a

smooth surface and ample berms on each side. The terrain is level and the course is straight, making it an ideal route to make time crossing the state. I loved driving this stretch of road at night. Often at Sunday zero hour, I'd find myself to be the only vehicle on the road, alone to the hum of the tires and the drone of the thoughts running through my head. "Nothing behind me, everything ahead of me, as is ever

➔ See MARLOWE Page A12

Wrapping Up Readers' Choice 2022

Readers' Choice is wrapped up for another year, and once again, The Paper's annual promotion to recognize your favorites in a multitude of categories was a huge success. Back when our company was founded, the staff at The Paper brought Montgomery County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our readers, the opportunity to vote for your favorites. We often joke that this is like Chicago

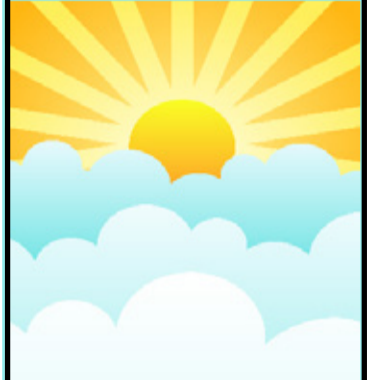
Readers' Choice Winner!

politics and encourage you to vote early and vote often. You see, this has never been about the rigidity of the pro-

cess. Instead, it is designed to be an absolutely fun and very

➔ See WRAPPING Page A12

The Daily Almanac



Sunrise/Sunset
RISE: 7:21 a.m.
SET: 8:12 p.m.



High/Low Temperatures
High: 58 °F
Low: 42 °F



Wacky Holiday Today

- National Dandelion Day
- Bell Bottoms Day
- First Contact Day



What Happened On This Day

- 1998 The world's largest suspension bridge opens to traffic
- 1955 Winston Churchill resigns as U.K. Prime Minister
- 1951 Ethel and Julius Rosenberg are sentenced to death



Births On This Day

- 1908 Bette Davis American actress
- 1917 Robert Bloch American author

Deaths On This Day

- 1994 Kurt Cobain American singer-songwriter, guitarist
- 1997 Allen Ginsberg American poet

INSIDE TODAY

- Obituaries.....A2
- Classifieds.....A3
- In The Kitchen.....A13
- Health & Wellness.....A14

HONEST HOOSIER

Even for Indiana, this weather is weird. Days of cold with one hot day here and there? Reminds me of my academic history.



TODAY'S QUOTE

"Mountaintops inspire leaders. But valleys mature them."
- Winston Churchill

TODAY'S JOKE

Knock, knock.
Who's there?
Leaf.
Leaf who?
Leaf me alone!

TODAY'S HEALTH TIP

Instead of sitting down and watching the tube after a meal, take a 20-minute walk. 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.



OBITUARIES

Albert Lincoln Holden
Carol Jean Moore



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



13 WTHR 7 DAY FORECAST

60 A.M. SHOWERS, CLEARING	42/58 SCTD RAIN SHOWERS	50/58 RAIN LIKELY	42/53 SCTD RAIN SHOWERS	37/43 COOL & WINDY	33/45 FLURRIES, B.A.L.T. CHILLY	32/63 WARMER
MON	TUE	WED	THU	FRI	SAT	SUN

OBITUARIES

Albert Lincoln Holden

Feb. 12, 1942 - April 2, 2022

Albert Lincoln Holden, 80, of Indianapolis, passed away on Sat., April 2, 2022 at Harcourt Terrace in Indianapolis.

He was born on Feb. 12, 1942 to Luke and Ida Leroy (Bates) Holden in Iron City, Tenn.

Mr. Holden worked as a security guard when he lived in Tenn. and held various jobs over the years. He was the last of his family of 14 kids. He was proud to be born on Abraham Lincoln's birthday. Mr. Holden's passion was music; he played guitar and loved country music. He was a friendly guy who never knew a stranger.

Survivors include his sister-in-law, Alice Holden; granddaughter, Kaitlyn; grandson, Jarod; along with nieces & nephews.

In addition to his parents, Albert was preceded in death by his son, Randy; and his 13 siblings.

Visitation is scheduled to be held from 11 a.m. to 1 p.m., with services scheduled for 1 p.m., on Sat., April 9, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Pastor Jeremiah Brown will officiate. Innechment will be at Crownland Cemetery in Noblesville at a later date.

Memorial contributions may be made to Samaritan's Purse, PO Box 3000, Boone, NC 28607 (www.samaritanpurse.org).

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

Carol Jean Moore

March 2, 1954 - March 31, 2022

Mrs. Carol Jean Moore, 68, departed this life and went to be with the Lord on Thu., March 31, 2022 at St. Vincent Hospital in Indianapolis.

She was born in Frankfort, Ind. on March 2, 1954; daughter of the late Maurice R. "Mick" and Barbara D. Smith.

Mrs. Moore was a 1972 graduate of Sheridan High School. Following high school, she attended St. Elizabeth in Lafayette. On March 2, 1996, she was married to Michael Moore; he survives.

Mrs. Moore was a medical assistant for many years. She enjoyed her fur babies, gardening, being outdoors and loved spending time with her family.

Survivors include her loving husband, Michael Moore of Lebanon; sister Judy Camp of Frankfort; nieces Maurica (Matt) Cicci of New York City and Meredith Camp of Frankfort; great nephew Jackson Felty of Frankfort; brother-in-law Steve (Pat) Moore of Frankfort; and sisters-in-law Cathy (Doug) Hazlett of Noblesville, Mary Plaia of Indianapolis and Teresa Nickle of Indianapolis.

In addition to her parents, she was preceded in death by a brother-in-law, Ron Camp.

Visitation is planned from 5 to 7 p.m., Mon., April 4, 2022, at Myers Mortuary, 1502 North Lebanon Street, in Lebanon, Ind. Funeral Services are scheduled to be held at 11 a.m., Tue., April 5, 2022, at the funeral home in Lebanon. Interment will follow services at Scotland Cemetery, rural Kirklin, Ind..

Memorial contributions may be made in her memory to the American Lung Association, 115 West Washington Street, Suite #1180-South, Indianapolis, Ind. 46204 or the Humane Society for Boone County, P. O. Box 708, Lebanon, Ind. 46052.

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

Participants Named for 2022 Raymond James HOF Classic

Defending state champs, The Lady Millers basketball team, highlight the illustrious lineup for the 2022 Raymond James Hall of Fame Classic on Thursday, Dec. 29 and Friday, Dec. 30 at the New Castle Fieldhouse.

Noblesville, which won state by dominating Franklin in February, is one of four girls teams. The other three are Bedford North Lawrence, Mishawaka Marian and East Central. The four boys teams, including Class A champ North Daviess, are Northwood, Ben Davis and Penn. For the girls, Bedford

North Lawrence tips action off on Thursday at 11 a.m. The Lady Millers and East Central follow. The losers of the two games meet at 6 p.m. and the championship game is after that.

On the boys side, North Daviess takes on Northwood Friday morning at 11 with Ben Davis and Penn tangling after. Like the girls, the evening games begin at 6 p.m.

The prestigious event, spotlighting the best in Indiana high school basketball, will be held for the 39th time for girls and it will be the 46th edition for the boys.

The Looming And Crowded GOP Gubernatorial Field



BRIAN HOWEY
The Howey Report

Are you running for governor in 2024?

That was the question I had for U.S. Rep. Jim Banks as we had coffee Monday afternoon. Just hours earlier, two Indiana reporters had suggested that U.S. Rep. Trey Hollingsworth was the "frontrunner" for this open seat.

"I haven't ruled anything out," Banks responded. "I will say candidly we're watching closely what Mike Braun does. If Mike Braun runs for governor, we'll look at the Senate race. Whatever Mike Braun does creates a dominoes effect in a lot of directions."

Less than 24 hours later, Sen. Braun had what could be called a "Richard Mourock moment" when he suggested that Roe v. Wade should really be determined by the states in a Zoom call with reporters. NWI Times reporter Dan Carden asked him if interracial marriage should also be determined by the states instead of by the U.S. Supreme Court. "This should be something where the expression of individual states are able to weigh in on these issues through their own legislation, through their own court systems. Quit trying to put the federal government in charge," Braun said.

That response drew the kind of criticism that Mourock's 2012 U.S.

Senate debate blunder on rape and abortion led to Democrat Joe Donnelly's upset victory a few weeks later.

Braun quickly attempted to walk that back, saying, "I misunderstood a line of questioning that ended up being about interracial marriage. Let me be clear on that issue - there is no question the Constitution prohibits discrimination of any kind based on race, that is not something that is even up for debate, and I condemn racism in any form, at all levels and by any states, entities, or individuals."

When I suggested that Braun's original quote might not hurt him in a 2024 GOP gubernatorial primary, a partisan texted me: "Good lord, who do you think we are? You act as if Republicans in Indiana are some monolithic herd of Neanderthals."

It's too early to tell how much damage Braun did to himself. Republican primary voters tend to be older, whiter and more conservative than those in a general election. And this is the Trump era, where politicians say things that were once unfathomable with little consequence.

What we do know is that a large Republican field is gathering for the nomination and the chance to face Joe Donnelly, at this point the most likely Democrat nominee.

Braun, Lt. Gov. Suzanne Crouch, Republican Chairman Kyle Hupfer, Attorney General Todd Rokita, Eric Doden, U.S. Reps. Jim Banks and Trey Hollingsworth all currently weighing bids. History tells us that the field will sort itself out well before the primary.

Braun, as he did in 2018 when he spent \$5 million

of his own money to win the Senate primary, Doden and Hollingsworth are potential self-funder candidates. Hollingsworth won a crowded 9th Congressional District primary in 2016 by spending \$3 million in family funds. Crouch has the backing of GOP financier Bob Grand, who helped fund the campaigns of Govs. Mitch Daniels, Mike Pence and Eric Holcomb. Banks has access to a national fundraising base after ascending to House Republican leadership.

In the television age of Hoosier politics, a large field free-for-all gubernatorial primary or convention floor fight has not been the norm.

Since the 1968 Republican convention showdown between Earl Butz, House Speaker Doc Bowen and Secretary of State Edgar Whitcomb, who won with 1,260 votes to 527 for Bowen (and 429 for Butz) and Robert L. Rock's 953-951 Democratic convention victory over Richard Bodine (with 28 Bodine delegates opting for the hotel pool over the floor), the Indiana gubernatorial nominations have tended to be cut and dried affairs.

The closest showdown came in the 2008 Democratic primary when Jill Long Thompson won the nomination over Jim Schellinger by less than 20,000 votes. In the 1996 Republican primary, Indianapolis Mayor Stephen Goldsmith easily defeated Rex Early and George Witwer with 54% (Early had 37%, Witwer 9%). The Democrats avoided a contested 1988 primary when State Sen. Frank O'Bannon joined Secretary of State Evan Bayh's ticket that February.

Since then, Bayh and Lt. Gov. John Mutz in 1988,

Republican Linley Pearson in 1992, O'Bannon and Goldsmith in 1996, David McIntosh in 2000, Mitch Daniels and Lt. Gov. Joe Kernan in 2004, Mike Pence and John Gregg in 2012, and Gregg again in 2016 were consensus nominees.

So what is taking shape among Indiana Republicans in a looming crowded primary field is a rarity

Evansville attorney Joshua Claybourn's assessment of the 2024 field goes like this: Political pundits traditionally look for viable lanes for candidates to occupy; that candidates are essentially running to attract subsets of voters who have consistently different sets of priorities, ideological or otherwise. Although that approach can be oversimplified, it remains an accurate way to assess viability in a primary. Within the Indiana GOP, there is the so-called establishment lane, a Trump lane, and perhaps a third lane for social conservatives who vote on single issues.

Crouch and Hupfer would be in the establishment lane; Rokita and Banks would be in Trump lane; Braun, Doden and Hollingsworth are the self-funders seeking multi-lane appeal.

If Braun can regain equilibrium and opts for a gubernatorial run, Banks and Rokita could transition for the open Senate seat.

As for defining a "frontrunner," it's way, waaaaay too early to identify one. We've never had a self-funder seek a gubernatorial nomination, let alone three. Stay tuned.

- The columnist is publisher of *Howey Politics Indiana* at www.howeypolitics.com. Find Howey on Facebook and Twitter @hwypol.

A Dog Knows



CARRIE CLASSON
The Postscript

"No," he said, "I am not. I've just been taking care of her until she is ready for her forever home."

"Oh my gosh! She will miss you," I told him.

"I will miss her!" he answered. Then he added, "Maybe she will miss me, too—for a little while."

I had heard about this. Peter and I are staying in San Miguel de Allende, Mexico, and they have several dog rescue operations. Street dogs are picked up and fostered until they have all their vaccinations and deworming done. Then they either find homes here in town, or are flown or driven off to the U.S. to be adopted.

I looked at the little brown dog with floppy ears and a concerned look on her face. If she was concerned now, I wondered how she was going to feel when she was put into an airplane full of dogs headed to California.

But it was good she would have a home. One of the many things I like about this town in Mexico is that every dog seems to

have a home—or will soon find one.

There is the miniature poodle mix who was a stray three years ago and now has a string of sparkly plastic pearls and a perfect coif as she walks down the street with her owner. There is a black Lab whose owner sells lunches to the folks catching the bus. Keeping his owner company all day while she sells burritos is exhausting work. By afternoon, the Lab has his chin resting on the step, watching the pedestrians go by, too tired to move anything but his eyes.

"You are a such tired dog!" I tell him when I pass. "Pobrecito! Poor baby!" The dog agrees. His owner laughs.

I see all these dogs—some happily in their homes, some seeking new ones—and I know I'm no different from them. A dog needs relatively simple things to be happy, and so do I. The only difference between us is that a dog knows what it needs, whereas I often make the mistake of thinking the

things I need to be happy are complicated.

I need satisfying work and healthy food. I need to take my walk every day and I need a safe home. I need to know I am cared for and, sometimes, I need to play.

I'm thinking of that dog on her way to California. I'm wishing the best for her. She's headed to a new life and a new world filled with experiences she's never had and luxuries she's never dreamed of. The people who will adopt her will never know where she came from or what she had to go through before her big plane ride. She'll probably get a nice bed and good food, and she'll go on vacations and maybe, in time, even get a little fat. I'm happy for her.

But I'm even happier for the people who will be her new family. I think she'll have a lot to teach them.

Till next time,
Carrie

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

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, April 18, 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 noon 30 days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.

Dated this 16th day of March, 2022

CITY OF FISHERS,
/s/ Christopher P. Greisl
City Attorney, Administration
1 Municipal Drive
Fishers, IN 46038

TL18888 3/29 4/5 21 hspaxlp

Call for 2022 Congressional Art Competition Submissions

Rep. Victoria Spartz (R-IN) announced the 2022 Congressional Art Competition. Started in 1982 by the U.S. House of Representatives, this annual competition highlights high school students' artistic works from across the country.

"Art is an important aspect of a well-rounded ed-

ucation for our youths," said Rep. Spartz. "I encourage interested high school students from Indiana's Fifth Congressional District to participate in the Congressional Art Competition."

The first-place winner's submission will be displayed in the Cannon House Office Building

tunnel, in the U.S. Capitol, along with other winners nationwide for one year. In addition, a local reception to display the winning artwork will be held by Congresswoman Spartz.

For more information, including submission guidelines, important competition dates, and

staff contact information, please go to <https://spartz.house.gov/services/art-competition>.

Jackson Manwell, a senior at Madison-Grant Jr/Sr High School in Fairmount, IN, won first place in last year's competition with his work titled "Champion Perspective."

Readers' Choice 2022 Results - Entertainment Category

• **Artsy Places**
Winner: Geoff Davis

Runner-up: Nickel Plate Arts
Honorable Mentions: Hamilton County Artists' Association, Kiln Creations, MyArt, Painting with a Twist, Caravan Classes, Carmel Arts & Design District ****

• **Band (High School)**
Winner: Noblesville

Runner-up: Sheridan
Honorable Mentions: Westfield, Hamilton Heights, Carmel, Hamilton Southeastern, Fishers ****

• **Band (local)**
Winner: Tone Lab Society

Runner-up: The Flying Toasters
Honorable Mentions: The Bishops, Dave & Rae, The Rugged Brothers, The Doo! Band ****

• **Banquet facility**
Winner: Mill Top Banquet and Conference Center

Runner-up: Ritz Charles
Honorable Mentions: The Mustard Seed, Forest Park Inn, Forest Park Lodge, Harbour Trees Golf & Beach Club ****

• **Bowling**

Winner: Bowl 32

Runner-up: Pinheads
Honorable Mention: Woodland Bowling Center ****

• **Dance Studio**
Winner: Performer's Edge

Runner-up: Laura Hayden
Honorable Mentions: The Pink Slipper, The Dancin' Place, Central Indiana Academy of Dance ****

• **D.J.**

Winner: Dr. Dance

Runner-up: Sunny Moon and Associates
Honorable Mentions: Gene Ott, Jason Fritz, Michelle Jenkins ****

• **Entertainment**
Winner: Conner Prairie

Runner-up: Ruoff Home Mortgage Music Center
Honorable Mentions: Pinheads, Goodrich Hamilton 16 IMAX, Hamilton County Sports Complex, K-Trails Equestrian Adventures ****

• **Movie Theater**
Winner: Regal Cinemas Stadium 10

Runner-up: Emagine Noblesville Hamilton 16
Honorable Mentions: Regal Cinemas Village Park 16, Wafford Theater ****

• **Museum**

Winner: Conner Prairie

Runner-up: Children's Museum
Honorable Mentions: Hamilton County Historical, Eiteljorg ****

• **Newspaper Columnist**
Winner: Betsy Reason

Runner-up: John Marlowe
Honorable Mentions: Paula Dunn, Dick Wolfsie, Casey Williams, Carrie Classon ****

• **Playhouse**
Winner: The Belfry Theatre

Runner-up: Booth

Tarkington Civic Theatre

Honorable Mentions: Nickel Plate Players, Carmel Community Players, Basile Westfield Playhouse, The Switch Theatre ****

• **Radio Station**
Winner: WIBC

Runner-up: WFMS
Honorable Mentions: WFBQ, WHJE, WFYI, WXLW, WZPL ****

• **Winery**
Winner: Blackhawk Winery

Runner-up: Country Moon Winery

BOWL 32

Readers' Choice Winner!

Hamilton County's Favorite Place to Bowl!

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Monday - Friday 9 a.m. to 4 p.m. Line ads: 1 p.m. | Display ads 11 a.m.

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<p>Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758</p>	<p>Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/hoosier</p>	<p>Directv Stream - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997</p>
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Readers' Choice 2022 Results - Service Category

• **Accountant**
Winner: Hamilton Tax & Accounting
 Runner-up: Lehman & Co.
 Honorable Mentions: Corey Sylvester/Edward Jones, Resler Tax Service, Platinum Accounting

• **Animal Shelter**
Winner: Humane Society of Hamilton County
 Runner-up: Little Paws on the Prairie

• **Apartment Complex**
Winner: Millstone of Noblesville
 Runner-up: Lantern Woods
 Honorable Mentions: Bridgewater, Carmel Woods, Cumberland Pointe, Flats at 146

• **Appraiser**
Winner: Larry Baker
 Runner-up: Moore Appraisal
 Honorable Mentions: Vicki Licklitter, Mead Appraisal, Jim Sparks, Branch Appraisal

• **Architect**
Winner: Peterson Architecture
 Runner-up: Nathan Aithouse
 Honorable Mentions: Main Architects, MD Architects, Curran Architects, KRM Architects

• **Attorney**
Winner: Steve Crell
 Runner-up: Cook & Cook
 Honorable Mentions: Church Church Hittle & Antrim, Bob Becker, Jerry Bar, William Webster

• **Auctioneer**
Winner: Don Bailey
 Runner-up: Brian Bailey
 Honorable Mentions: Larry Baker, Chaudion, Family Man Auction, Jim Bailey

• **Auto Dealer (New)**
Winner: Andy Mohr
 Runner-up: Tom Wood Volkswagen
 Honorable Mentions: Don Hinds, Kahlo Chrysler Dodge Jeep Ram, Tom Roush, Terry Lee Hyundai

• **Auto Dealer (Used)**
Winner: Coast to Coast Imports
 Runner-up: Fritz
 Honorable Mentions: Andy Mohr Buick, Cicero Motors, Westfield Motors, Don Hinds

• **Auto Repair Service**
Winner: R&T Tire Pros
 Runner-up: Esler's Auto Repair
 Honorable Mentions: Hamilton Auto, J & D Machinery, Automotive Specialists, Son Shine

• **Bank Financing**
Winner: Farmers Bank
 Runner-up: Forum CU
 Honorable Mentions: Indiana Members Credit Union, Huntington, BMO Harris, First Farmers Bank & Trust

• **Barber Shop**
Winner: Don Bailey's Barber Shop
 Runner-up: Big League Barbers
 Honorable Mentions: Buck's Barber Shop, Sports Clips, Susan Yeager, Yankee Clipper

• **Bed & Breakfast**
Winner: The Prairie Guest House

• **Cable Company**
Winner: Comcast
 Runner-up: Direct TV
 Honorable Mentions: AT&T, Brighthouse, Dish Network, Metronet

• **Car Wash**
Winner: Crew King
 Runner-up: Car Wash King
 Honorable Mentions: Prime Car Wash, New Life

• **Carpet Cleaners**
Winner: Bolden's Cleaning & Restoration
 Runner-up: Indiana Restoration & Cleaning
 Honorable Mentions: Oxi Fresh, All Pro Restoration, Abbott's

• **Cell Phone Provider**
Winner: Verizon
 Runner-up: AT&T
 Honorable Mentions: Sprint, T-Mobile

• **Check Cashing Service**
Winner: Wal-Mart
 Runner-up: A-1 Cash
 Honorable Mention: Advance America

• **Church**
Winner: Emmanuel United Methodist Church
 Runner-up: Our Lady of Grace
 Honorable Mentions: Grace Community, Sacred Heart (Cicero), Noblesville First United Methodist Church, White River Christian

• **Contractor**
Winner: Carl Abbott
 Runner-up: Meyer Najem Construction
 Honorable Mentions: Gollner Home Improvement, Indiana Restoration & Cleaning, M/I Homes, Dan MacInnis

• **Club/Organization**
Winner: Boys & Girls Club of Noblesville
 Runner-up: American Legion Post 45
 Honorable Mentions: Noblesville VFW, Noblesville Lions Club, FOP, Noblesville Main Street

• **Daycare Provider**
Winner: Noblesville First UMC Preschool
 Runner-up: Primrose
 Honorable Mentions: Pebble Brook, Kids on the Rock, New Hope, Rachael McCracken, Creative Campus

• **Dry Cleaner**
Winner: Bolden's
 Runner-up: Classic Cleaners
 Honorable Mention: Deering

• **Electrical Contractor**
Winner: Gaylor Electric
 Runner-up: Burtner Electric
 Honorable Mention: Williams Electric

• **Electrician**
Winner: Burtner Electric
 Runner-up: Gaylor Electric
 Honorable Mentions: Jessee Williams, Tony Herron, Ashpal, McGlinch, Technology Electric

• **Excavating Service**
Winner: Brian Baker
 Runner-up: Dorsey's
 Honorable Mentions: Roudebush, J&B

• **Factory**
Winner: Biddles

Runner-up: IDI Composites
 Honorable Mentions: Indiana Mills & MFG, King Systems

• **Farm Equipment Dealer**
Winner: Reynolds Farm Equipment
 Runner-up: Roudebush Equipment
 Honorable Mentions: McGavic Outdoor Equipment, Waitt Eq. Sales

• **Financial Planner/Planning Company**
Winner: David McGill
 Runner-up: Chris Baker
 Honorable Mentions: Corey Sylvester/Edward D. Jones, Daryl Petrie, Fidelity, Mark Maloof, Shawn Taylor

• **Funeral Home**
Winner: Fisher Family Funerals
 Runner-up: Randall & Roberts
 Honorable Mentions: Hartley, Flanner & Buchanan, Scott E. Hersberger, Hamilton Memorial Park

• **Gas/propane company**
Winner: Schwartz Bait & Tackle
 Runner-up: Vectren
 Honorable Mentions: Ace Hardware, Donahue's, Co-Op, Amerigas, Sagamore Gas

• **Gas Station**
Winner: Ricker's
 Runner-up: Speedway
 Honorable Mentions: Kroger Fuel Center, BP, Exxon on Maple, Casey's

• **Golf Course**
Winner: Purgatory
 Runner-up: Forest Park
 Honorable Mentions: Harbour Trees, Fox Prairie, Bear Slide, Prairie View

• **Greenhouse**
Winner: Gatewood Vegetable Farm
 Runner-up: Heartland Growers
 Honorable Mention: Hood's Gardens

• **Hair Salon**
Winner: Nancy Myers
 Runner-up: Blown Away
 Honorable Mentions: Kiss Kiss Bang Bang, Twisted Sisters, The Hair Doctor

• **Health Club/Fitness Facilities**
Winner: LA Fitness
 Runner-up: Noblesville Athletic Club
 Honorable Mentions: Cross Fit Indy North, Gymmies, Fishers YMCA, Anytime Fitness

• **Heating/Cooling Company**
Winner: Price Heating
 Runner-up: Williams Comfort Air
 Honorable Mentions: Dial One, McCrumbs, North Suburban, Appel, Purkey's H/C, Pepper H&C

• **Home Builder**
Winner: Fischer Homes
 Runner-up: MI Homes
 Honorable Mentions: Randall and Chamberlin, Ryan Homes, Sobczak, Steve Hoss

• **Hotel**
Winner: Cambria Suites
 Runner-up: Embassy Suites in Noblesville
 Honorable Mentions: Renaissance, Hotel Carmichael, Courtyard by Marriott, Drury Inn, Hampton Inn

• **Insurance Agency/Agent**
Winner: Farm Bureau
 Runner-up: Gordon Marketing
 Honorable Mentions: Martin and Martin, Jeff Whitman - All State, Penwell Insurance, Angie Sutton State Farm

• **Internet Service Provider**
Winner: Comcast
 Runner-up: AT&T
 Honorable Mentions: On Ramp, Frontier Communications, Net Zero

• **Investment Broker**
Winner: Edward Jones
 Runner-up: Charles Schwab
 Honorable Mentions: Corey Sylvester - Edward Jones, Paul Dickos, Bryce Adams - Edward Jones

• **Lawn Mower Dealer**
Winner: Reynolds Farm Equipment
 Runner-up: Campbell's Sales and Equipment
 Honorable Mentions: The Mower Shop, McGavic Outdoor Equipment

• **Landscape/Lawn Care Provider**
Winner: Green Vista
 Runner-up: Allisonville Nursery
 Honorable Mentions: BAM, Aspen Outdoor, B&B, American Veterans Lawn Care, Noblesville Lawn Care, Don & Kodi's

• **Lodge**
Winner: American Legion Noblesville
 Runner-up: Noblesville Elks
 Honorable Mentions: Masonic Lodge, Noblesville VFW, Noblesville Moose

• **Maid Service**
Winner: Bolden's Cleaning & Restoration
 Runner-up: Indiana Restoration & Cleaning
 Honorable Mentions: Merry Maids, The Maids

• **Massage Therapist**
Winner: Massage Envy
 Runner-up: Alanna Oakes
 Honorable Mentions: Inner Balance, Kara Krueger

• **Meat Processor**
Winner: Banter's Fresh Meats
 Runner-up: Harbour Market
 Honorable Mentions: Joe's Butcher Shops, Cicero Market, Archer's

• **Mini Storage**
Winner: Jeff's Jam It In
 Runner-up: S.O.S.
 Honorable Mentions: Gray's Storage, Storage-Mart

• **Moving Company**
Winner: Two Men & A Truck
 Runner-up: Burrells Moving
 Honorable Mentions: All My Sons

• **Monument Company**
Winner: Noblesville Monument
 Runner-up: Robinson & Sons

• **Nail Salon**
Winner: Perfect Nails
 Runner-up: 5 Star Nails (Noblesville)
 Honorable Mention: V

Nails, JC Nails, Modern Nails, Cicero Nails, El Amore, Chic Nails

• **Newscast**
Winner: WTHR-13
 Runner-up: WXIN-59
 Honorable Mentions: The Times 24-7, WISH-TV, WTVR-6

• **Newspaper**
Winner: The Noblesville Times
 Runner-up: The Current (weekly)
 Honorable Mentions: Hamilton County Reporter, USA Today, Indianapolis Business Journal, Indianapolis Star

• **Nursery**
Winner: Gatewood
 Runner-up: Allisonville Nursery
 Honorable Mention: Habig

• **Oil & Lube Company**
Winner: Jiffy Lube
 Runner-up: Firestone (Noblesville)
 Honorable Mentions: CarX, Kent's Wal Mart

• **Painting Services**
Winner: TL Bal-lenger Painting in Nobleville
 Runner-up: Tony Delph
 Honorable Mention: Richard Rigby

• **Pest Exterminator**
Winner: AAA
 Runner-up: Terminex

• **Pet Groomer**
Winner: PetSmart
 Runner-up: Animal Arts
 Honorable Mentions: Dog Dayz, Beverly's Pet Resort - Noblesville, First Friend Canine, For The Love of Dogs, Gussy Grooming, Noblesville Pet Groomers

• **Photographer**
Winner: Andy Duvall
 Runner-up: Tenth Street Photography
 Honorable Mentions: RDK Photography, Carpenter Photography, Kent Graham, Rachel Van Oven, Sue Eckl Photography

• **Plumber**
Winner: L.E. Isley's & Sons
 Runner-up: Jim Tittle
 Honorable Mentions: Brian Hunter, Price Heating, Schuler, Summers

• **Pool/Spa**
Winner: Cicero Pool and Spa
 Runner-up: Pools of Fun

• **Preschool**
Winner: Noblesville Methodist Preschool and PNO
 Runner-up: Our Lady of Grace
 Honorable Mentions: Cicero Christian Church, Legacy Christian, Primrose, Faith Montessori Preschool, Creative Campus Preschool

• **Print Shop**
Winner: Discount Copies
 Runner-up: Eastern Engineering
 Honorable Mentions: Staples, UPS Store, Rowland Printing, Alpha Graphics

• **Real Estate Agency/Agent**
Winner: Tina Snodgrass
 Runner-up: Brian Ayer
 Honorable Mentions: Dave Gault/Team Re, Century Twenty One (Noblesville), Judy Shelton, FC Tucker Jennifer Deaknye

• **Roofer**
Winner: Elbert Construction
 Runner-up: Bone Dry Roofers
 Honorable Mentions: Gollner Home Improvement, Gray's Roofing, Taylor Home Improvement, Noblesville Roofing

• **Seed Dealer**
Winner: Wallace Grain

• **Sign Company**
Winner: Logan Street Signs
 Runner-up: Images by Dana - Noblesville
 Honorable Mentions: Fast Signs, 185 Promotions, CSI Signs, T&T Sales and Promotion, Vector Sign Solutions

• **Spa**
Winner: Massage Envy
 Runner-up: Cloud Nine
 Honorable Mention: Dave and Mary

• **Tanning Service**
Winner: A Total Tan
 Runner-up: Sun Tan City
 Honorable Mention: Tan Zone

• **Tattooing**
Winner: Artistic Skin Design
 Runner-up: Mystic Images Tattoo Co.
 Honorable Mention: Firefly Tattoo

• **Trash Service**
Winner: Ray's Trash
 Runner-up: Republic Services
 Honorable Mention: Noblesville

• **Tree Service**
Winner: Green Tree Service
 Runner-up: Above & Beyond Tree Service
 Honorable Mention: Dickie Small

• **Towing Service**
Winner: Bannon & Son
 Runner-up: Boggs
 Honorable Mentions: Hamilton County Collision and Tow, Automotive Specialists, Paddock's Wrecker Service, Miller's Towing, McMillan's Auto Care & Towing

• **Water Conditioning**
Winner: Aquasystems
 Runner-up: Kinetico
 Honorable Mention: Echo Water Systems

• **Web Designer**
Winner: Media Fuel
 Runner-up: Deep Blue Computers
 Honorable Mention: Adam Harness Design, Dan Neel of Sweet Briar Media

• **Well Drilling Business**
Winner: Rutledge
 Runner-up: Beechler

• **Window Replacement**
Winner: Bee Windows
 Runner-up: Champion Window
 Honorable Mention: Affordable Windows & Construction

• **Youth Organization**
Winner: Hamilton County 4-H
 Runner-up: Boys & Girls Club of Noblesville
 Honorable Mentions: Big Sisters Big Brothers, Girl Scouts, Body in Training Track Club, Boy Scouts



Photos courtesy of Toyota

2022 Toyota Corolla Crosses Over

The Toyota Corolla is a fine automobile, even if not particularly exciting with its affordable price, frugal gas mileage, and renowned durability. You don't buy one to be fancy; you buy one because it is a smart way to spend your money. The latest one looks quite handsome as a sedan and hatchback, but today's buyers want a crossover for style and utility. And, that's what they get with the 2022 Corolla Cross.

For years, the RAV4 was essentially a Corolla crossover, but the current version was moved up to the larger Camry architecture that's shared with the similarly sized Toyota Venza and Lexus RX. That gave Toyota room to slot in a more affordable model that still offers everything Corolla owners covet. Mission accomplished.

Exterior styling is handsome, if conservative –

exactly what Corolla buyers seem to like. It looks strong with its bulging fenders, tall grille, wide hood, and chiseled taillamps. There's some more youthful style, too, with the squinty LED headlamps and wide-stance 18" alloy wheels. Black roof rails with crossbars add legitimate utility to the design. If you want something flashy, get a Lexus. But, for most crossover shoppers, the design is spot-on.

More Corolla than Lexus, the Cross' interior echoes the former and challenges the latter. Basic design is the same as the Corolla with the infotainment screen sprouting from a contrasting-color padded dash, comfy heated front seats, leather-wrapped steering wheel and JBL audio. Ambient lighting hints at Lexus, as does wireless device charging, dual-zone automatic cli-

mate control, and Apple/Android connectivity (though, you'll still need a cable). Back seats are a little tight on legroom, but kids won't care.

Even with its affordable window sticker, the Corolla Cross comes well equipped with the latest safety gear. Ours came with pedestrian detection automatic emergency braking, lane keep assist, and blind spot warning systems. It further adds adaptive radar cruise control and lane tracing steering to lighten the driving load. Back in the carpark, rear cross path detection with visual alerts and auto braking add extra margins.

Looking at the specs, they look appropriate for a Corolla crossover. It hits the road with a 2.0-liter four-cylinder engine connected to a continuously variable automatic transmission. The combination nets a

2022 Toyota Corolla Cross XLE

Five-passenger, AWD Crossover
Powertrain: 2.0-liter I4, CVT
Output: 169hp/150 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Must-have features: Value, Safety
Fuel economy: 29/32 mpg city/hwy
Assembly: Huntsville, AL
Base/As-tested price: \$22,195/\$33,550

peppy 169 horsepower and 150 lb.-ft. of torque. We added all-wheel-drive so it has excellent snow and wet weather traction. We'll call its acceleration "confident" if not enthusiastic. In everyday driving and long distance cruising, it's fine. Fuel economy rates 29/32-MPG city/highway.

Out on the road, my 8-year-old daughter said it was "peaceful". I would agree. Riding on a four-wheel independent suspension that glides over rough pavement,

it's nearly as comfortable as the Lexus NX we recently tested. Sound insulation works and the CVT is pretty tame as long as you use a lighter throttle. Engineers dialed in the right amount of heft to the electric power steering system. It's not a performance car, but hits its target owner accurately.

Toyota had the sci-fi Corolla-based CH-R in its line-up, but buyers wanted a crossover that's more normal while remaining affordable.



CASEY WILLIAMS
Auto Reviews

That's exactly what they get with the Corolla Cross – a crossover that is everything expected in a Corolla, but so much more. A very affordable base price of \$22,195 rose to \$33,550 fully optioned. Competitors include the Chevy Equinox, Honda HR-V, Nissan Rogue Sport, and Subaru Crosstrek.

Storm Forward!

- Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ [AutoCasey](https://www.youtube.com/AutoCasey).

Don't Believe Everything You Hear!



JOHN R. ROBERTS, M.D.
Hamilton Health

We are definitely living in a post-truth world. It's not just in the political sphere that we have to be careful of facts and "alternative facts"; it also extends to the scientific and medical worlds as well. The public is being constantly bombarded with scientific information via mainstream media, social media and other internet sources. How is a non-scientist supposed to filter through all this information and figure out what to believe? I want to give you some tips to use when evaluating what you see or hear.

The most important thing to look for when reading about a scientific or medical topic is whether the author or source is credible. Does the author have the proper credentials and experience? Is the person addressing a subject on which he or she has extensive training and knowledge? A layperson doing research on the internet is NOT the same as someone who has the knowledge base and skills to critically assess a given topic.

Does the author have a degree from a well-recognized accredited institution or simply a member of an organization that has little or no credibility in the scientific community? Just because someone has an advanced degree, it does not mean he/she has

the expertise to comment on the subject at hand – it may be completely out of his/her area of expertise.

There are a number of other things to watch for in scientific articles. The first, that should raise a huge red flag, is if the article is trying to sell or promote something. It is exceedingly rare for scientific sources to disseminate information for the sole purpose of selling a product or service directly to the public (i.e. over the internet). Credible scientific sources generally dedicate their lives to scientific inquiry for the betterment of mankind. Unfortunately, like all humans, some fall into the trap of promoting treatments or procedures that benefit them financially.

There are some logical fallacies you need to watch out for when reading scientific articles. The "argument from authority" is frequently used when trying to peddle a bogus product or treatment. This follows the flawed logic that since the author is an educated person with a degree, what he/she says must be true. While this may be true, you must realize that it isn't always (except for this column of course).

Authors may also use the argument from authority to reference another professional as having done research or said something that supports the author's position. The problem occurs when the supporting professional's findings or quotes are taken completely out of context and have absolutely no relevance whatsoever to the content of the article.

When someone reads that a Nobel Laureate in Medicine made a statement at some point in time that has some similar language to the point the

author is trying to make, they assume the Nobel Prize winner must support the author's point as well. Don't fall for this slight of hand.

Another common tactic to watch out for is an author who fails to provide a detailed citation to a study supporting his or her claim. The study may be named or alluded to, but using only vague references. This would not stand up in a peer-reviewed scientific publication.

If an author is going to use a study to support his or her position, the citation should include, at a minimum, the author(s) and where it was published. This allows the reader to go to the original primary source to see if the findings do indeed lend support and that the author did not make an improper association.

Two final things to look out for are anecdotes and testimonials. If an author is making a scientific conclusion about something, it must be based on rigorous scientific methodology and peer review, not word of mouth support. If the author refuses to produce the scientific evidence to back his or her position that should raise immediate concern that you should take any conclusions with a huge grain of salt.

I highly recommend The Skeptics' Guide to the Universe: How to Know What's Really Real in a World Increasingly Full of Fake, by Dr. Steven Novella, as a source on how to navigate our post-truth world.

- 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.

Spartz, Comer Call for Oversight Hearing on Ukraine Aid Money



Rep. Victoria Spartz

House Committee on Oversight and Reform Ranking Member James Comer (R-Ky.), Representative Victoria Spartz (R-Ind.), and Committee Republicans today called on Chairwoman Carolyn Maloney (D-N.Y.) to hold a hearing to oversee and evaluate the federal government's performance and effectiveness in the distribution of U.S. taxpayer dollars in Ukraine. The Republican lawmakers request Department of State Secretary Antony Blinken, U.S. Agency for International Development Administrator Samantha Power, Department of Defense Secretary Lloyd Austin, and Office of

Management and Budget Director Shalanda Young testify at the hearing.

"In any crisis the speed and scale of response and proper implementation are critical to success," said Rep. Spartz. "Congress must exercise its oversight responsibility more effectively and demand timely accountability from the Executive Branch."

In response to the Russian invasion and subsequent war in Ukraine, Congress approved an emergency military and humanitarian aid package totaling \$13.6 billion. The aid package provides \$6.9 billion for traditional foreign aid, including humanitarian assistance, \$3.5 billion for military supplies, \$3 billion for U.S. deployment and intelligence programs, and \$175.5 million for enforcing sanctions and other aid, including investigating cyber threats. Russia continues to attack Ukrainian infrastructure like roads and rails, posing a significant challenge to the delivery of aid. In the letter to Chairwoman Maloney, the Republican lawmakers stress the importance of ensuring

red tape and federal bureaucracy do not delay the aid from reaching the Ukrainian people and military or lead to taxpayer dollars going to bad actors.

"The House Oversight and Reform Committee has a duty to ensure the hundreds of billions of taxpayer dollars sent to help Ukraine are spent effectively, efficiently, and transparently," said Ranking Member Comer. "As Russian President Vladimir Putin continues to wage war against the sovereign nation of Ukraine, we must ensure bureaucratic red tape does not slow down this crucial aid or fall into the wrong hands. Chairwoman Maloney must immediately convene a hearing with top Biden Administration officials to ensure taxpayer dollars allocated for Ukraine's military and citizens are not wasted, abused, or mismanaged."

The letter to Chairwoman Maloney can be found at <https://spartz.house.gov/sites/evo-subsites/spartz.house.gov/files/evo-media-document/Letter%20to%20CBM%20Re%20Ukraine%20Aid.pdf>.



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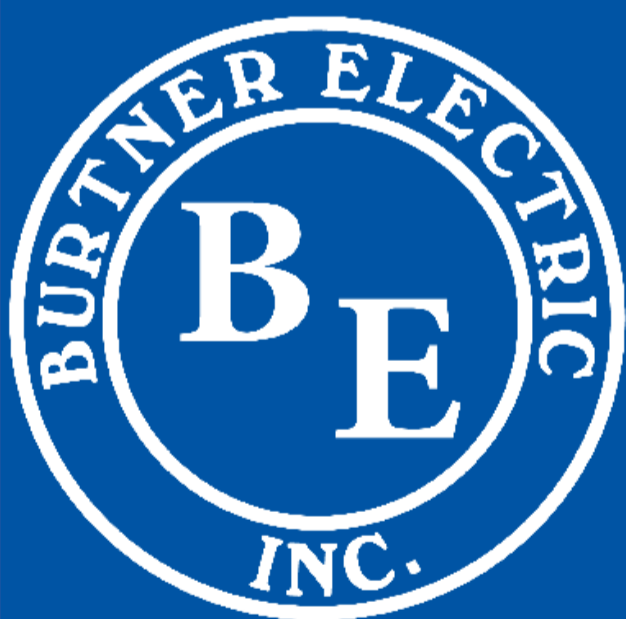


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TUESDAY

In The Kitchen

Tuesday, April 5, 2022

A13

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.

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TUESDAY

Health and WELLNESS

Tuesday, April 5, 2022

A14

Hot Flashes And What You Should Know About Them

Sometimes I get asked questions in unusual places. A few months ago at church I was pulled aside and asked if I could write my column on the menopausal malady of hot flashes.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Hot flashes are usually described as a feeling of intense heat, usually with sweating and a rapid heartbeat. They can last a few minutes up to a half hour or so. The feeling usually starts on the face or upper chest but can also be on the neck and even spread over the entire body. Many women experience flushing of the skin over the involved area, hence they may also be called hot flashes.

Interestingly, some women never experience them. There is no hard and fast rule when, or if, a woman will develop hot flashes. Some women are fortunate enough to have them for only a few months, while others

(up to 45 percent) may suffer for five to ten years. Some may have infrequent episodes while others may have them numerous times a day.

Hot flashes are caused by a reduced level of estrogen, the hormone that is made primarily by the ovaries. The production of estrogen gradually tapers off as a woman ages. If a woman has undergone surgical removal of the ovaries,

the estrogen level drops rapidly and she develops “surgical menopause.”

One of estrogen’s biochemical targets in the body is the hypothalamus, a collection of nerve cells found at the base of the brain. One of the jobs of the hypothalamus is to function as the thermostat of the body. It regulates body temperature via the autonomic nervous system. Autonomic nerves cause blood vessels in the skin and elsewhere to either expand (vasodilation) allowing the release of heat from the body, or to constrict (vasoconstriction) which helps to conserve heat.

Blood levels of estrogen are in constant flux in and around menopause. This gives the hypothalamus confusing signals, resulting in vasodilation at inappropriate times. This increases blood flow to the skin

that causes the warmth, sweating and flushing that is typical of a hot flash.

This also explains the problems many women have with night sweats. The level of circulating estrogen in the body is usually lowest during sleep. This, on top of the already low level of estrogen in menopause, triggers the hypothalamus to cause vasodilation. Hot flashes at night can result in poor sleep that is the felt to contribute to irritability that many women describe in menopause. Lack of sleep can also cause cognitive difficulties with concentration and memory.

The most effective treatment for hot flashes is replacement of estrogen. Taking estrogen after menopause is associated with a slight increased risk of breast cancer (depending on

length of exposure) and does increase the risk for cancer of the uterus if it is not taken with progesterone. Estrogen has also been shown to increase the risk of cardiovascular disease (heart attack and stroke) if taken for an extended period of time, particularly in women who smoke.

Current science suggests that estrogen replacement is probably safe for about the first five years after menopause in low risk women who have intolerable hot flashes. Women who have a history of breast cancer, undiagnosed vaginal bleeding after menopause, severe liver disease, or a history of blood clots should not take estrogen. Smoking also increases a woman’s risk of complications. Any woman who decides to take estrogen should take it at the lowest effective dose for the

shortest amount of time.

Some herbal preparations may be somewhat helpful with hot flashes. The most popular one is black cohosh, a member of the buttercup family. There have not been many well designed studies to assess its effectiveness, but anecdotal evidence seems to indicate it may be helpful and probably not harmful. If a woman is interested in using it, I usually recommend Remifemin® which is a standardized preparation. Recall that herbs are not regulated by the FDA. Some antidepressant medications can also be helpful. The one that seems to work the best is venlafaxine or Effexor®.

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.

How To Safely Dispose Of Used Household Needles And Medical Sharps

(Family Features) When it comes to disposing used household medical needles or sharps, safety is the point. Every day, millions of people around the United States use needles, lancets and syringes – otherwise known as sharps – to manage health conditions like diabetes, arthritis, cancer or auto-immune diseases from the comfort of their own homes or while on the go. Some commonly used medical sharps include:

- Needles – fine, slender, hollow pieces of metal, typically attached

to syringes, used to inject medication under the skin or withdraw fluid from the body

- Lancets, also called “fingersticks” – often used by people with diabetes to get drops of blood for testing
- Auto injectors, including epinephrine pens – syringes pre-filled with fluid medication designed to be self-injected into the body
- Infusion sets – tubing systems with needles used to deliver drugs to the body
- Connection needles – needles that connect to

a tube used to transfer fluids in and out of the body

Managing a health condition can be overwhelming enough, so learning how to dispose of used household sharps may not be top of mind for those who use them.

Even for sharps users looking for safe disposal resources, finding state or local regulations can be challenging, but safely disposing of household sharps is an important issue and can help prevent injury.

A resource like SafetyIsThePoint.org provides consumers with free

resources and up-to-date information about how to safely dispose of their household used sharps. This resource helps connect sharps users with safe disposal options across the United States and offers state-specific disposal guides.

“Our years of research have shown that people want to do the right thing with their used household sharps, but they did not know where to turn for guidance,” said Bruce Taylor, senior director of government affairs and market access at Dexcom, one of the companies that

supports the free public education resource. “SafetyIsThePoint.org takes the guesswork out of household sharps disposal by giving consumers easy instructions no matter where they live or travel.”

People who use sharps can often dispose of them at home. It’s as simple as 1-2-3:

1. Place used household sharps in a strong, plastic container like a laundry detergent or bleach bottle.
2. When the container is 75% full, seal it tightly with duct tape and label it “do not recycle.”

3. Place the sealed container in regular household trash.

People in most areas of the United States can follow the steps above. In states or counties that do not allow household disposal, sharps users can use the ZIP code search function at SafetyIsThePoint.org to find local drop-off locations, such as household hazardous waste collection centers and drop boxes or supervised collection points.

To learn more about disposing of used needles and sharps safely, visit SafetyIsThePoint.org.

Four Steps For Recovery And Daily Living After A Stroke

(Family Features) In the weeks and months immediately following a stroke, an early rehabilitation program offers the best possible recovery outcomes. While each patient’s journey may be different, starting the path toward rehabilitation as soon as it’s medically safe allows stroke survivors to mitigate the lasting effects.

According to the American Stroke Association, a division of the American Heart Association, each year, approximately 800,000 people in the United States have a stroke. About 4 in 5 people who suffer a stroke

will survive, but the majority have some degree of physical impairment or disability.

Early Intervention

The first three months after a stroke are especially critical. Although recovery may continue for years after a stroke, this golden time in the immediate aftermath of a stroke is when the brain is most able to adjust to the damage done by the stroke so the survivor can learn new ways to do things.

“There is a critical period of neuroplasticity, which is the brain’s ability to create new connections where there has been damage from a stroke,”

said Elissa Charbonneau, M.S., D.O., chief medical officer of Encompass Health and an American Stroke Association volunteer. “The early period after a stroke is crucial for helping the brain to establish those connections again.”

Customized Rehabilitation

Once a stroke survivor’s medical condition is stabilized and he or she is ready to leave the hospital, post-stroke rehabilitation can help restore function and teach new ways to complete everyday tasks. Rehabilitation may take place in an inpatient facility, skilled nursing

facility, long-term acute care facility or nursing home. Outpatient clinics and home health agencies can also provide rehabilitative care in certain circumstances.

One patient’s rehab journey might include therapy to improve balance, strength or mobility, while another might need speech or other therapies. A rehabilitation designed for the individual is critical.

Support for Your Journey

Following a stroke, your medical team will likely help connect you with a local rehabilitation center where you can find

experts to guide your rehabilitation and recovery. Other resources, including the American Stroke Association, provide resources for stroke rehab and recovery including step-by-step videos for stroke survivors and caregivers.

These tools help answer your questions, explain what to expect and address practical concerns like how to approach daily living tasks such as grocery shopping, doing laundry and meal preparation.

Preventing a Recurrence

After a first stroke, 1 in 4 survivors will have another. Although some risk

factors, like age, gender and family history, are beyond control, survivors have the power to reduce that risk by working with a doctor.

Simple habits like eating healthfully, moving more and taking medications as prescribed can help your brain and reduce your risk of a repeat stroke. Controlling conditions like high blood pressure, diabetes and sleep apnea also reduce your risk of having another stroke.

Find additional recovery tips, including advice from stroke survivors, caregivers and health care professionals, at stroke.org/recoverytips.

Don’t Be Shy About Discussing Constipation With Your Doctor

(StatePoint) Constipation is something that most people have likely experienced at one time or another. For some people however, symptoms can occur over the long term.

Symptomatic individuals and patients should learn more about two types of long-term constipation: Chronic Idiopathic Constipation (CIC) and Irritable Bowel Syndrome with Constipation (IBS-C). While CIC and IBS-C share many of the same symptoms, there are important differences

between the two.

One in seven U.S. adults have CIC and those with this condition may experience:

- Infrequent bowel movements (BMs)
- Hard-to-pass BMs
- Straining
- Discomfort
- Not feeling empty after a BM

In addition to symptoms of CIC, patients with IBS-C also experience abdominal pain related to changes in bowel movements, and one in 20 U.S. adults are

living with this chronic condition.

The causes of CIC and IBS-C are not known. That said, for some, the cause could be linked to changes in the connections between the brain and the gut.

If you’re experiencing constipation, you should consider speaking to your doctor who may help address your symptoms.

Your physician can diagnose your condition and offer treatment options that may provide relief. Ask your health

care provider the following questions during your next office visit:

- What are my options if lifestyle changes and over-the-counter medications haven’t worked?
- How many bowel movements should I be having each week?
- What consistency should they be?

It’s also helpful to go to your appointment prepared to share what symptoms you’re experiencing and how long you’ve been trying to manage them. You might

also be asked to identify what type of stool you most frequently experience when you are not taking medication using the Bristol Stool Form Scale. The Bristol Stool Form Scale is a visual representation of the seven types of BMs that you can have.

While it might seem awkward to talk about, telling your doctor which type or types of stool you typically have can help you both create a treatment plan that works for you and your body.

The good news is that now more than ever, it is possible for a doctor to evaluate your symptoms and diagnose IBS-C and CIC during a virtual visit, so take advantage of telehealth appointments.

To learn more about the difference between IBS-C and CIC and for additional resources, visit ConfrontConstipation.com.

If you are experiencing constipation, you are not alone. Constipation is not only common, it’s treatable.