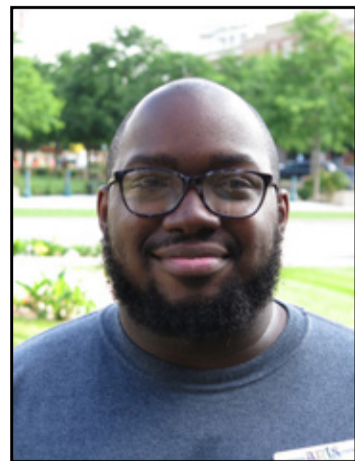


TODAY'S VERSE

Matthew 24:34-35 Verily I say unto you, This generation shall not pass, till all these things be fulfilled. Heaven and earth shall pass away, but my words shall not pass



FACES OF HAMILTON COUNTY

What makes Thomas Kneeland smile? "My kids," said the then 29-year-old Fishers Arts Council member. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. He has a blended family of five children, now ages 5-12. He was born and raised in Greenville, Miss. He came to Indiana to attend DePauw University in Greencastle to study creative writing and graduated in 2014. He is a former downtown Noblesville resident of three years. He graduated from Indiana Wesleyan with a master's degree in ministry. He is the founder and executive director for Kneeland Center for Poetry. "We focus on creating places for underrepresented writers across the world." Professionally, he is a poet, best-selling author and copywriter and has three books of poetry, one in second edition that is available at Barnes & Noble Booksellers, where he also has other books available, the latest about black lives. The Noblesville Barnes & Noble will have a grand opening at 10 a.m. Wednesday at 17070 Mercantile Blvd., in the former Pier 1 space in Noblesville (next door to the former Barnes & Noble) and will feature New York Times bestselling author of "Somebody's Daughter," Ashley C. Ford, cutting the ribbon, welcoming customers to the store as well as signing copies of her memoir.

And Another Few Things...

1. Daniels Fireside Chat

A fireside chat between Purdue University President Mitch Daniels and David Ricks, chair and CEO of Eli Lilly and Company, will be the highlight of the seventh annual Lilly Day at Purdue on Wednesday. "We are excited to host Lilly Day at Purdue again this year," said Tim Coleman (Management '90), Lilly's vice president and information officer, medicines development information and digital solutions. "It's a great opportunity for students to learn about how we unite caring with discovery to create medicines that make life better for people around the world."

2. Nongame Wildlife

Outdoor Indiana magazine's September/October issue features a cover article commemorating the 40th anniversary of the Indiana Nongame Wildlife Fund. The Nongame Wildlife Fund supports the conservation of endangered and nongame wildlife in the Hoosier state. Nongame wildlife is any wild mammal, bird, reptile, amphibian, fish, mollusk, or crustacean that is not hunted or trapped for sport or commercial use. The crawfish frog, aka the Hoosier frog, is the cover photo. The issue also includes features on walking sticks, those trail companions dear to so many hikers, and Octave Chanute, a manned-flight pioneer who did many of his test flights on the Indiana Dunes. Outdoor Indiana is available now at most Barnes & Noble stores in Indiana for \$4. Subscriptions are \$15 for one year and \$28 for two years. Subscribe at ShopINStateParks.com or by calling 317-233-3046. To read article excerpts, go to OutdoorIndiana.org.

3. Ivy Tech Honors

Ivy Tech Community College was named in the annual Top 100 ranking of America's Best State Employers. This is the third Forbes designation the College has received this year, along with the Best Employers for Women for the second straight year and the Best Employers for Diversity. to work has been a focus of the College," Dr. Sue Ellspermann, Ivy Tech President said. "It is exciting to see that our efforts to align policies and procedures to support all employees have paid off. These efforts have enabled us to increase employee engagement and attract and retain top talent." Ivy Tech has over 6,400 employees; about half of those are full-time. You can see the full Forbes list at https://www.forbes.com/lists/best-employers-by-state/?sh=4c7768161983.

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Photo courtesy of the Boys & Girls Club of Noblesville

(From left to right) BGCN Board President Daryl Petry, Genesis Inspiration Foundation Executive Director John Guastafarro, BGCN Director of Club Operations Abigail Stutesman and Genesis Operations Sr. Group Manager David Senft at the check presentation last week.

Boys & Girls Club of Noblesville Receives Grant from Genesis Inspiration Foundation

The Tom & Soni Sheehan Boys & Girls Club of Noblesville (BGCN) recently received a \$50,000 grant from the Genesis Inspiration Foundation in support of its Arts Programs for youth. The support will assist the organization in providing a suite of programs that will expand members' perspectives while focusing on arts education

and exploration. "The Tom & Soni Sheehan Boys & Girls Club of Noblesville is so honored to receive this award," stated BGCN executive director, Becky Terry. "Our young artists are extremely creative, and with this grant, they have access to supplies and programming that rises to the level of their imaginations."

"The Genesis Inspiration Foundation is committed to improving educational outcomes for children specifically through the arts," stated Genesis Inspiration Foundation, executive director, John Guastafarro. "We are honored to support the Boys & Girls Club of Noblesville to

See GENESIS Page A7

Local Celebs Ready for Dancing with Our Stars



BETSY REASON The Times Editor

While "Dancing with the Stars" just announced its lineup for the 31st season, premiering on Sept. 19, Hamilton

County has its own version of the dance competition.

The Eighth annual Dancing with Our Stars, featuring local celebrities, on Sept. 8, will benefit our own Meals on Wheels

of Hamilton County. Ticket sales end on Wednesday.

Meals on Wheels, which started in 1975, delivers more than 56,800 meals each year to elderly, disabled, chronically ill and home-bound residents in all eight communities of Hamilton County.

I am told that many of the "celebrities" have zero dancing experience. But many volunteer after seeing a friend in the dance

See BETSY Page A7

Putting Backspin On A Mouse



JOHN O. MARLOWE With The Grain

There's a mouse in my pantry . . . and he might just be staying there.

Living with the countryside right out my back door, it really isn't strange that a mouse has set up lodgings inside the cozy confines of my larder. In fact, I count on it happening two

times each year.

For whatever reasons, I seem to attract the little rodent residents in large numbers each spring and fall. Logic tells me that their arrival coincides with the agricultural activities in the fields around me. Farmers plant in the spring and harvest in the fall, and a mouse is no match for a 45,746 pound John Deere combine.

See MARLOWE Page A7

Hamilton County Launches New Online Portal for County-Appointed Boards

The Hamilton County Council has a new online process for nominating appointments to county-run boards. In the past, appointments have been made through word of mouth.

"During our last meeting, we had the opportunity to showcase the ineffective nature of the current process as we filled a position on the newly formed consolidated Board of Zoning Appeals and the Hamilton East Public Library board," says Ken

Alexander, Vice President of the County Council. "The appointments sparked a spirited debate about recommendations and the qualifications of the nominated individuals. These are items that could be automated if done correctly."

The new online process will list each of the county-appointed board seats along with their roles and responsibilities.

See PORTAL Page A7

GiGi's Playhouse to Host Seventh Annual 3.21 Mile Run in Noblesville



GiGi's Playhouse Indianapolis, a local Down syndrome achievement center, will host its seventh annual 3.21 Mile Run on Sept. 10 at Forest Park in

Noblesville. The event supports the continued growth of GiGi's Indianapolis location and the 572 participants that benefit from its FREE therapeutic, educational, wellness and career programs.

"This will be the first time we've been able to host this event in person since the

See RUN Page A7

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Health & Wellness.....A10

OBITUARIES

Jeannine Forner
Sarah Jane Johns
Orville Lee 'Art' Massingill
Vera Mushrush

The Times appreciates all our customers. Today, we'd like to personally thank James Gapinski Heartland Growers Inc. for subscribing!

HONEST HOOSIER

Is August really almost over? And is the first grading period for schools almost over, too. Something seems so wrong about both of those statements.

TODAY'S QUOTE

"Motivation is simple. You eliminate those who are not motivated."

- Lou Holtz

TODAY'S JOKE

If you have the New England Patriots defensive tackle, linebacker and tackle in a car, who's driving? Probably a cop.

TODAY'S HEALTH TIP

Exercising at least five days a week can cut sick days in half. 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.





# Local Groups to Offer Set of Tours Through Noblesville's Historic Downtown Buildings

On Sept. 16 and 17, Noblesville Main Street and the Noblesville Preservation Alliance are teaming up to present a two-day tour through Downtown Noblesville's historic buildings and homes on and around the Square.

"This new partnership between Noblesville Main Street and the Preservation Alliance is a win-win for the residents of and visitors to Noblesville," said Kate Baker, executive director of Noblesville Main Street. "It's the perfect way to experience firsthand the incredibly rich history these buildings and homes have to offer!"

On Friday, "Upstairs Downtown" ticket-



holders will be able to tour commercial buildings on and around the historic Square. The tours continue Saturday with "the 35th Annual Historic Home Tour" through downtown homes. Building & home owners will be present to answer questions and the tours have self-guided and guided options available. To learn more about the weekend



and to register for the event, visit [noblesvillemainstreet.org/upstairs](https://noblesvillemainstreet.org/upstairs). Noblesville Main Street (NMS) enriches the culture and community of Noblesville's downtown historic district by creating partnerships and programs to connect people to unique places and experiences. A 501 c3 not-for-profit organization, NMS is 100% funded through annual corporate and partner sponsorships. To learn more, visit <https://www.noblesvillemainstreet.org/>.

# Indiana Archaeology Month Celebration Begins Thursday

This week marks the 27th anniversary of a statewide celebration of archaeology in Indiana. Indiana Archaeology Month kicks off Thursday and continues throughout September.

All month long, Hoosier history buffs can meet archaeologists and learn about the state's fascinating past. Through the past years' celebrations, thousands of members of the public have been able to experience archaeology in this and many other ways.

A variety of events for all ages will be offered by universities, museums, organizations, and individuals throughout Indiana. The Indiana Department of Natural Resources Division of Historic Preservation & Archaeology (DHPA) coordinates the activities. A schedule of events is at [on.IN.gov/archaeologymonth](https://on.IN.gov/archaeologymonth).

"Archaeology tells us about the past, but it also helps us figure out more



about ourselves today and what we might be like in the future," said Dan Bortner, DNR director and State Historic Preservation Officer. "This month provides a fun way for Hoosiers to learn how." This year's commemorative poster focuses on the diversity of Indiana's Late Precontact ceramics. The ceramics of the Late Precontact period (1000 to 1500 CE) of Indiana indicate that Native American groups were not static but were diverse, dynamic, and complex. "Archaeologists examine the different decorative styles of pottery to interpret shifting movements and cultural interactions of people through time in areas that would become Indiana and the Midwest," said State Archaeologist Amy Johnson. The poster and an in-depth discussion of the design are available at [on.IN.gov/archaeologymonth](https://on.IN.gov/archaeologymonth). Overall, archaeologists have recorded more than 75,000 sites in Indiana since the early 1800s, helping shape public understanding of the precontact and historic people who also called the land we now call Indiana home.

# Grants Help to Preserve Nine Historic African American Sites Across Indiana



## INDIANA LANDMARKS

Roberts Chapel Homecoming and Burial Association, Inc. in Atlanta will receive \$9,250 to repair soffits, the foundation, and two damaged pews at the 1858 church, as well as aid conservation of three gravestones in the adjacent cemetery.

This funding comes from two funds established by the late Eli Lilly chemist and preservation champion Standiford "Stan" Cox. Grants totaling more than \$150,000 are being distributed from the Standiford H. Cox Fund and the Dovie Stewart Cox & Chester A. Cox Sr. Memorial Fund to nine different sites across the state.

These sites significant to Indiana's African American history are receiving restoration and rehabilitation assistance as part of these funds.

Stan Cox, who passed away in 2019, joined Eli Lilly and Co. in 1957 as its first Black chemist. He established the two funds with Central Indiana Community Foundation (CICF) to support the restoration, preservation, operation, and ongoing maintenance of African American historic sites in Indiana.

The remaining organizations receiving grants are listed below, along with a brief description of how the funds will be used:

- African American Historical Society and Museum, Fort Wayne: \$7,500 to install a more energy efficient heating system in the c.1909 duplex that houses the museum.
- Allen Chapel AME Church, Indianapolis: \$17,500 to repoint masonry on the north façade of the 1865 church, restoring sections along the cornice and parapet.
- Friends of Division Street School, Inc., New Albany: \$7,500 for structural repairs to the back steps and accessible ramp into the school, built in 1884 for Black students in the city's east end.
- Indiana Landmarks: \$20,000 to aid rehabilitation of houses on Elmer Street constructed in the 1950s in South Bend by the Better Homes of South Bend, an African American building co-operative formed in 1950 by workers from the nearby Studebaker complex.
- Lyles Station Historic Preservation Corporation, Inc., Gibson County: \$40,000 to repair clapboard siding and windows, rebuild the porch, and repaint the c.1900 house built for Joseph Lucas, a principal at Lyles Station.
- St. Augustine's Episcopal Church, Gary: \$14,500 to install a high-efficiency furnace in the 1959 church, designed by Modernist architect Edward Dart.
- Stewart Lawn Cemetery, Inc., Vigo County: \$14,500 to replace the fence surrounding Stewart Lawn Cemetery and resurface the road traversing the property. The cemetery has a high percentage of African American burial sites; most are descendants of the nearby Lost Creek Settlement.
- Turner Chapel AME Church, Fort Wayne: \$20,000 to replace the roof on the 1927 Gothic Revival-style church.

Partnering with

- Indiana Landmarks: \$20,000 to aid rehabilitation of houses on Elmer Street constructed in the 1950s in South Bend by the Better Homes of South Bend, an African American building co-operative formed in 1950 by workers from the nearby Studebaker complex.
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- Turner Chapel AME Church, Fort Wayne: \$20,000 to replace the roof on the 1927 Gothic Revival-style church.

Indiana Landmarks allows us to honor Stan's legacy by caring for sites that are important to our state's Black history," said Brian Payne, president & CEO at CICF.

"These grants, which we make in conjunction with Central Indiana Community Foundation, continue the visionary work of Stan Cox to protect Indiana's Black heritage," said Mark Dollase, vice president of preservation services at Indiana Landmarks.

The Standiford H. Cox Fund supports the restoration, preservation, operation, and ongoing maintenance of African American historic sites in Indiana. The Dovie Stewart Cox & Chester A. Cox Sr. Memorial Fund, which Cox created to honor his parents, provides support for Lost Creek Community Grove at the Lost Creek Settlement near Terre Haute, one of the state's earliest settlements of free people of color. Indiana Landmarks' African American Landmarks Committee serves as a preservation advisor to both funds, recommending projects.

Applications for the next round of grants are due April 1, 2023. Those looking to suggest a property that might qualify for grants from the funds should contact [indianalandmarks@indianalandmarks.org](mailto:indianalandmarks@indianalandmarks.org).

Born in Brazil, Ind., Cox was an Indiana University graduate who worked for 32 years for Eli Lilly and Co., beginning as a chemist and holding a variety of positions during his career. A member of Phi Beta Kappa, the nation's most prestigious academic society, he also earned a master's degree from Butler University. An advocate for academic biochemical research, he endowed the Standiford H. Cox Professorship in Biochemistry at Indiana University in Bloomington.



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 <p style="font-size: 0.8em;">July 16th Waterhorse G</p>	 <p style="font-size: 0.8em;">July 22nd Encanto G</p>	 <p style="font-size: 0.8em;">July 30th The Shallows PG-13</p>
 <p style="font-size: 0.8em;">August 13th The Goonies PG</p>	 <p style="font-size: 0.8em;">August 20th Dog PG-13</p>	 <p style="font-size: 0.8em;">September 3rd Top Gun PG</p>

Cost: \$5 per person / Members get in free

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# Gov. Holcomb Caps Off Asia Trip Targeting EV Ecosystem Growth in South Korea

Governor Eric Holcomb and Secretary of Commerce Brad Chambers returned to Indianapolis on Saturday, wrapping up three days in South Korea and concluding a week-long economic development trip to Asia.

In Seoul, the delegation, joined by incoming Purdue University President Mung Chiang, sought to strengthen existing and future opportunities for investment in future-focused industries, including energy and electric vehicles. "I couldn't be more pleased with our discussions in Seoul this week, reaffirming the strong economic and cultural partnerships between Indiana and South Korea," said Gov. Holcomb. "It was a great opportunity to highlight the alternate energy and EV battery ecosystems we are building in the state. I'm confident that the relationships we created and deepened this week will lead to even more innovation, investment and a focus to develop better two-way trade between Indiana and South Korea."

Last Wednesday, Holcomb, Chambers and the delegation visited Samsung SDI to tour its main electric vehicle (EV) battery production line. They also met with top executives of the company and with Stellantis to



Photo courtesy of Governor Holcomb's office

**Governor Eric Holcomb speaks at the Friends of Indiana Reception hosted by US Ambassador to Korea Philip Goldberg. The reception celebrated the growing partnership between Indiana and South Korean government and business officials.**

celebrate their growth plans in Indiana.

In May, the companies announced a joint venture to invest more than \$2.5 billion to build an EV battery plant in Kokomo, creating up to 1,400 jobs in Indiana. Plant construction is scheduled to begin later this year with production expected to launch in the first quarter of 2025.

"Our goals for the growth of Indiana's economy are ambitious, and South Korea's industry is right in line with our 5E focus on the energy transition and building an economy of the future," said Sec. Chambers. "Large-scale investments from companies like Stellantis and Samsung SDI are a testament to Indiana's strengths and growing global leadership, and I look forward to more good news for Hoosiers following our productive meetings in Seoul."

In Seoul, the delegation also met with a number of South Korea-based business prospects to highlight the state's growing energy and electric vehicle manufacturing ecosystem and the competitive advantages of investing in Indiana.

On Thursday, Holcomb highlighted Indiana's future-focused industries at the American Chamber of Commerce in Korea's Korean Digital Innovation Forum, and the delegation networked with US, South Korea and global business attendees in life sciences, technology and advanced manufacturing.

And on Friday, the delegation concluded its time in South Korea with a Friends of Indiana Reception hosted by US Ambassador to Korea Philip Goldberg.

The reception celebrated the South Korea-Indiana partnership

with government and industry officials; South Korean companies invested in Indiana, including POSCO and Daechang Seat Co.; and Indiana-based companies with facilities in South Korea, such as Cook Medical, Eli Lilly and Zimmer Biomet.

This concludes Holcomb's Asia economic development trip to Taiwan and South Korea, marking his 12th international economic development trip as governor. He was the first U.S. governor to visit Taiwan since 2019 and is the first Indiana governor to go to Taiwan



Governor Eric Holcomb

in 17 years.

The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate

in the state.

Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts.

For more information about the IEDC, visit [iedc.in.gov](http://iedc.in.gov).

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Photos courtesy of Ford

# 2022 Ford Maverick is Far More Than It Needed to Be

Ford makes the best-selling pickup of all time, its full-size F-150, but not everybody needs to pull a 30-foot RV or haul a ton of rocks. The Ranger is a tidier package for city dwellers, but it costs nearly as much as an F-150 and certainly enjoys a tall drink of fuel. For those of us who really just need to tote a little mulch or a couple of bicycles, and still slippin' parallel park, the Ford Maverick is far better than it needed to be.

Ford could have shortened the Ranger platform and slapped a new body on top of its separate frame and solid rear axle, but made the better choice of basing the Maverick on the Escape's and Bronco Sport's integrated cross-over architecture. That gave it the right style, the tight handling, and the basis for a segment-busting baby rancher.

Styling clearly connects it to its larger siblings, but the Maverick has its own look too. A streamlined front with LED headlights fronts a three-box design with crew cab, 17" dark alloy wheels, and spray-in bedliner. The bed also features 10 tie-down hooks and a power outlet. True pickup fans will notice something missing: A gap between the body and bed because, well, the Maverick doesn't have or need one.

Ford could have given the Maverick a black plastic interior with monochrome cloth seats, but it didn't. Instead, the XLT gets two-tone cloth seats, console with orange inserts, and orange accents on the air vents too. There's a lot of plastic, but designers added interest with contrasting light and darker gray plus diamond patterns formed into the doors. Some of

the plastic looks like stone. Ford definitely made the most of every penny to keep prices down.

Nothing feels cheap, including the rotary gear selector, thumping audio system, and intuitive swipescreen. The steering wheel is rubber, but grippy thick. Click devices into 4G Wi-Fi, Apple CarPlay, and Android Auto. Beyond roomy armrest storage and deep door pockets with drink holders, the rear seat flips up for additional storage or to side-load bicycles. Safety is enhanced by automatic emergency braking, blind spot warning, and rear cross path detection.

The base Maverick's hybrid powertrain achieves a frugal 42/33-MPG city/highway, but the 2.0-liter turbocharged four-cylinder in our test vehicle puts a peppy 250 horsepower and 277 lb.-ft. of torque to the

**2022 Ford Maverick XLT**  
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**Powertrain:** 2.0-liter T4, 8-spd trans  
**Output:** 250hp/277 lb.-ft. torque  
**Suspension f/r:** Ind/Twistbeam  
**Wheels f/r:** 17"/17" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Simplicity  
**Towing:** 4,000 lbs  
**Fuel economy:** 23/30 mpg city/hwy  
**Assembly:** Hermosillo, Mexico  
**Base/As-tested price:** \$20,995/\$26,420

ground through the front wheels. Say, what? Yep, the front wheels. Normally, I'd want all-wheel-drive in a pickup, but front-drive with traction control should handle virtually any inclement weather while delivering 23/30-MPG city/highway.

Plant your foot into the turbo for a giggle. Attacking on-ramps and accelerating away from unmentionable speeds is a joy,

but that engine also allows owners to carry 1,500 lbs. of payload or tow up to 4,000 lbs. Unlike body-on-frame pickups, the Maverick twists and shouts as one cohesive form that feels very solid. I prefer the fully independent suspension on all-wheel-drive models, but you'd have to consult specs to out our front-drive edition's twist beam out back.

Ford could have just



**COLUMNIST NAME**  
Column Name

made the Maverick a cheap little truck with a bargain price. Instead, it created a piece of art that handles like a sport sedan, blows compacts off the road, and can still get a little dirty on weekends. In total, the Ford Maverick is far more than it needed to be, especially given a \$20,995 base price or \$26,420 as-tested.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com).

# I'm Coming Home I Can't Sleep Doc, What Should I Do?

I sometimes envy people who have a family home to return to, a place where they grew up, where their parents or even their grandparents lived.

The closest thing I have is the farmhouse where my mother grew up. My grandparents lived there until they died, and my mother's older brother, Andy, and his wife, Bea, live there still, despite everyone's insistence that, at 90, Andy might want to think about moving to a place with fewer stairs, a little bit closer to town.

"I've lived here almost all my life!" Andy says. "Why should I move now?"

People could say, "Well, because you're 90 years old, and you broke your leg a year ago and it's a big old house for a couple of people who are no longer young."

But most people don't bother to say that because it wouldn't change Andy's mind. He likes sitting in the kitchen. He can watch the birds on the feeders that Bea keeps stocked with seeds and look out on the fields that used to be filled with peas or soybeans but are now horse pasture. He can see where the barn used to be before he tore it down rather than he it collapse on itself. He's got things the way he likes them, and he doesn't see the point in upsetting the applecart—that's my guess.

Mother moved to the farmhouse when she was young. She had 10 siblings, and that was a lot of kids to keep track of. This is why I cannot really blame my grandparents for failing to update the youngest three on the exact date of the move.

The school bus dropped them off at their house, but and everyone was gone. They didn't know what to do. My mother was the oldest of the three, and they sat together on a roll of linoleum until someone came and brought them to the new farmhouse. That was a very long time ago, and my uncle Andy has been there ever since.

The home I grew up in was sold long ago. When



**CARRIE CLASSON**  
The Postscript

I married Peter, I sold my house, and we lived together in his home. We sold Peter's place when we moved to the city. Then we started coming to Mexico. Last night, I realized my idea of home was, once again, changing.

This little apartment that we do not own—where we have no more than two matching plates and bowls—this place feels more and more like coming home.

Jorge, who owns the hotel we stay in, was raised here with even more siblings than my mother had. There were 13 of them, and they all grew up in the home that occupied this space that Jorge has converted into eight apartments. Jorge lives here still, in a small apartment in the front, always available if a guest arrives late or loses a key or has any of the problems hotel guests are prone to.

There is a lot about this hotel that does not seem like a proper business establishment. There is a lot of unnecessary kindness and art and laughter. I think it is because this is—and will remain—Jorge's home. Sitting at the front desk in the afternoons, Jorge is always delighted to see everyone, delighted to share his home.

I don't think it has to make sense any more than Andy's choice to remain in the farmhouse kitchen. Home is where you find it. Home is what you know. Home is where you feel at ease. That makes sense to me.

Till next time,  
Carrie

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



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated we lose over \$40 billion in lost worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. I'll focus on some causes of insomnia this week. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem.

There are three types of insomnia. Transient insomnia lasts a week or less and is usually due to some type of limited stress. Short-term insomnia lasts one to six months and is usually caused by persistent stress, while chronic insomnia lasts greater than six months.

There are many causes

of insomnia. Transient and short-term insomnias can be caused by stress as well as environmental factors such as sleeping in an unfamiliar bed or other location. Having too much light or noise in the room can also be contributing factors.

Chronic insomnia has numerous causes, the most common of which is anxiety. Trouble initiating asleep is the primary symptom of people suffering from anxiety. These folks usually report that they can't turn their thoughts off. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression is also a common cause of chronic insomnia, though these folks usually present with "terminal insomnia," meaning they wake up too early and are unable to get back to sleep.

Pain from arthritis or other conditions like Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) can lead to chronic insomnia. Lung disease such as COPD and heart disease, especially congestive heart failure, can lead to frequent episodes of waking at night. Chronic insomnia is also a symptom of PASC (Post-Acute Sequelae SARS-CoV-2),

commonly known as "Long COVID."

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent nighttime awakenings. Over-the-counter medication use can be a common cause of chronic insomnia, particularly stimulants such as caffeine as well as sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is a common practice in teens and college students so they don't miss out on social media postings. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can suffer from "rebound insomnia." Sleeping pills can also be very dangerous when

used by the elderly. They can cause problems with balance and coordination leading to falls that often result in fractures or brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually does not allow the brain to get into deep sleep. Deep sleep is critical for the brain to refresh itself. If the brain does not get enough deep sleep, the person constantly feels sleep-deprived.

Manufacturing shift workers can suffer chronically from shift work sleep disorder. This condition can result when workers either change shifts or have a brain that is wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem arises when they want to go to bed earlier and can't get to sleep.

Next week I'll cover prevention and treatment of sleep disorders. Pleasant dreams!

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.



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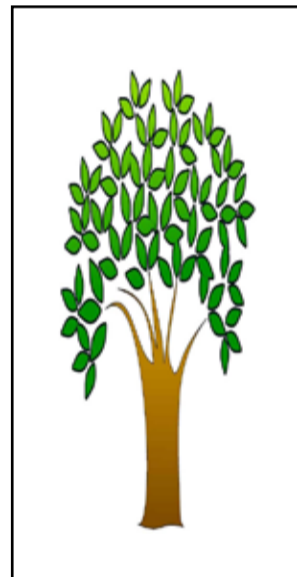
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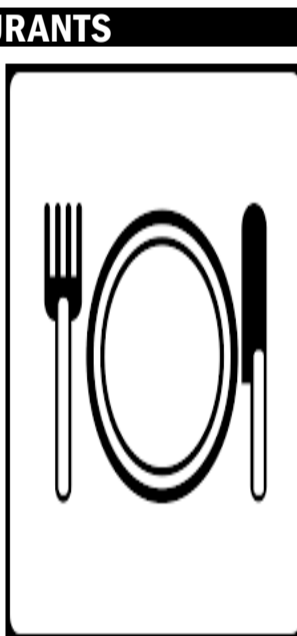


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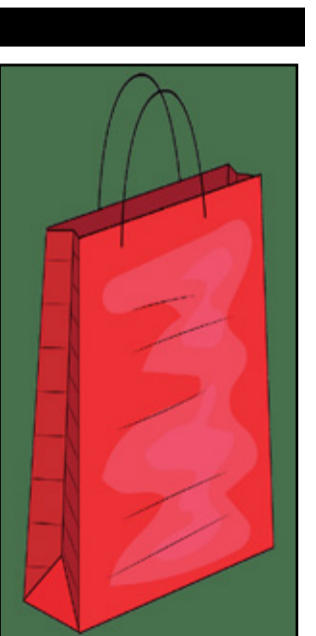


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# TUESDAY

## In The Kitchen

# DAY

Tuesday, Aug. 30, 2022

A8

# A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

#### FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

#### Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

#### Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

#### One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

#### Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

#### Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 20 minutes  
Cook time: 50 minutes  
Servings: 4

#### Chicken:

- 8 boneless, skinless chicken thighs
- salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

#### Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next.

Remove from heat and stir in Parmesan. Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

#### Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons. Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

#### Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

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# TUESDAY

## In The Kitchen

Tuesday, Aug. 30, 2022

A9

# Flavorful Family Favorites for Hectic School Nights

### FAMILY FEATURES

Once the homework is finished and long days in the classroom and at the office are drawing to a close, you're likely to find hungry loved ones waiting near the kitchen. When busy school nights have you feeling like you're pinched for time, turn to recipes that are easy to make yet still delicious to enjoy.

For a kid-friendly way to put veggies on the table, look no further than familiar favorites like tacos. These Pickled Beet Tacos put Aunt Nellie's Sliced Pickled Beets at the center of the meal combined with seasoned black beans and a creamy avocado sauce for a dinner that takes less than an hour to prepare.

An added bonus: This simple recipe makes 10 servings, meaning you can rely on leftovers for lunches throughout the week or a second dinner on an evening when after-school activities leave little time for cooking.

If dinner plans call for a low-stress side dish or lighter meal, serve up Italian Pasta and Bean Salad that requires just 15 minutes of prep and a handful of flavorful ingredients like READ 3 Bean Salad. It's a perfect complement for a variety of main courses from burgers and grilled chicken to sandwiches and beyond.

Visit [auntnellies.com](http://auntnellies.com) and [readsalads.com](http://readsalads.com) to find more meal solutions for busy school nights.

### Italian Pasta and Bean Salad

Prep time: 15 minutes  
Servings: 6

- 2 cups uncooked rotini pasta
- 1/2 cup prepared pesto
- 1 can (15 ounces) READ 3 Bean Salad, drained
- 1 cup grape or cherry tomatoes, halved
- 3/4 cup fresh mozzarella bocconcini, cut in halves or quarters
- 1/4 cup toasted walnuts (optional)

1/4 cup (1 ounce) shredded fresh Parmesan cheese

Cook pasta according to package directions; drain and rinse under cold running water. In bowl, combine pesto with pasta to coat well.

Combine pasta with drained bean salad. Stir in tomatoes and mozzarella; refrigerate.

To serve, sprinkle walnuts and Parmesan cheese over top.

**Substitution:** 3/4 cup mozzarella may be substituted for bocconcini.



Italian Pasta and Bean Salad



### Pickled Beet Tacos

Recipe courtesy of 40Aprons.com  
Prep time: 15 minutes  
Cook time: 25 minutes  
Servings: 10

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets

### Black Beans:

- 1 can (15 ounces) black beans, drained and rinsed
- 3 tablespoons water
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pinch salt

### Quick Pickled Red Onions:

- 1 cup pickling liquid from Aunt Nellie's Sliced Pickled Beets jar
- 1 small red onion, thinly sliced

### Avocado Sauce:

- 2 ripe avocados
- 1 tablespoon lime juice
- 1 pinch salt
- 1/4 teaspoon garlic powder

### Tacos:

- 10 tortillas (8 inches) fresh chopped cilantro (optional)

Drain beets; reserve liquid and set aside.

To make black beans: In saucepan over medium-low heat, combine black beans, water, paprika, garlic powder, cumin and salt. Cook 5-6 minutes, or until warm; taste and adjust seasoning as desired.

To make quick pickled red onions: In small pot over medium-low heat, heat reserved pickling liquid. Once simmering, add sliced red onion and cook 3 minutes.

To make avocado sauce: In food processor or blender, pulse avocados, lime juice, salt and garlic powder until smooth.

Assemble tacos by filling tortillas with sliced beets, black beans, pickled red onions, avocado sauce and cilantro, if desired.

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# TUESDAY

## Health and WELLNESS

Tuesday, Aug. 30, 2022

A10

### Abortion Ban's Hospitals Requirement Will Further Curtail Access

By Leslie Bonilla Muñiz

Indiana's new abortion-limiting law, set to go into effect on September 15, has been dubbed a near-total ban for its succinct list of narrow exceptions — but its requirement that legal abortions be done in hospitals will further flatten access, experts and abortion rights advocates say.

The ban, set out in Senate Enrolled Act 1, de-licenses Indiana's abortion clinics, literally crossing the facility type out of Indiana Code. Seven of them performed 98.4% of the state's 8,414 abortions in 2021, according to a report from the Indiana Department of Health.

Instead, the ban requires that exempted abortions — for rape, incest, lethal fetal anomalies and the life of the mother — be performed in state-licensed hospitals or in ambulatory surgical centers that are majority-owned by hospitals.

Physicians must refer eligible patients out, unless they have admitting privileges at particular hospitals; then, physicians and patients will travel to qualifying facilities for the procedures.

Outpatient surgical centers, under Indiana law, must operate under at least one licensed physician or hospital governing board, with more requirements on anesthesia, laboratory

exams, and transfers to hospitals for patients who develop complications.

But experts say the measure is better at narrowing location options than it is at ensuring safety.

"The wide concurrence among the scientific community is that these requirements are ... basically harassment measures to make it more difficult for these facilities to provide abortions," said Jodi Madeira, an Indiana University Maurer School of Law professor.

"They've been very effective in cutting down the number of facilities that can provide abortions," Madeira added. She's the school's foremost expert on law and medicine.

#### Hospital access inequitable in Indiana

Planned Parenthood of the Great Northwest, Hawaii, Alaska, Indiana and Kentucky says the hospital location requirement will disadvantage those who already struggle to reach hospitals. Particularly for people in rural locations — but also for those with disabilities or those who are immigrants.

"Even if a patient is legally entitled to abortion care under an exemption, they may practically be unable to find a provider as a consequence of abortion providers no longer being licensed or because of the ambulatory surgical requirement,"

said spokeswoman Nicole Erwin.

"Reducing the number of locations in the state where patients can access care in a life-threatening emergency — one of the few exceptions provided under this outright ban — will force patients to travel farther distances and potentially wait longer to get the care they need," Erwin added.

Planned Parenthood's facilities alone accounted for 51% of last year's Indiana abortions.

**Directed to say no** Some hospitals, however, almost never perform abortions.

Catholic hospitals, for example, follow directives by the United States Conference of Catholic Bishops.

About 30 of Indiana's 170 hospitals are Catholic-sponsored, according to Indiana Hospital Association spokeswoman Natalie Russell. More, she wrote, "maintain close, historic affiliations with various faith groups even though they are not technically part of a religious order."

About 3,500, or nearly 25%, of Indiana's hospital beds were in Catholic hospitals in 2016, according to an American Civil Liberties Union report. That included just 22 Catholic hospitals.

The directives, last updated in 2018, bar Catholic health providers

from performing abortions unless the "direct purpose" is the "cure of a proportionately serious pathological condition of a pregnant woman" that can't be safely postponed until fetal viability. Another directive notes no exception for rape.

"Catholic health care organizations are not permitted to engage in immediate material cooperation in actions that are intrinsically immoral, such as abortion, euthanasia, assisted suicide, and direct sterilization," the conference adds.

The conference notes that Catholic health care providers should be worried about the "danger of scandal in any association with abortion providers."

A Franciscan Health spokesperson said the organization doesn't perform abortions because it is "a Catholic health care system."

"We believe the gift of life is so valued that each person should be cared for with joy, respect, dignity, fairness, and compassion that he or she is consciously aware of being loved," the spokesperson wrote. "We are grateful for the Supreme Court's recent ruling because we always celebrate life and protect it at every stage."

Still, according to I.U. Maurer's Madeira, the directives aren't "hard and fast."

"They do have some wiggle room. There are ethics committees that meet in the hospital," Madeira said. "... The law allows them to refuse to provide care that does not comport with their beliefs. They just have to transfer the patient."

And for those cases in which the patient's death without an abortion is clear, inaction constitutes medical malpractice, she said.

But not every case is that clear-cut.

#### Chilling effect

Indiana hospitals, which last year performed just 1.4% of the state's procedures, have just a month left to adjust to the law — which mandates the revocation of a doctor's license who performs an abortion determined unlawful.

Typically, the Indiana Attorney General's Office investigates consumer complaints against doctors, and can file formal charges in cases it finds credible. The seven-member state Medical Licensing Board acts as the judge hears the cases.

But under SEA 1, the board "shall" revoke licenses if the AG's office proves the case with a "preponderance of evidence" rather than "beyond a reasonable doubt."

Hospitals are hard at work on policy and procedure updates, according to

Indiana Hospital Association President Brian Tabor.

"As providers implement this new framework, IHA remains committed to ensuring that elected officials, at every level, understand the importance of supporting medical professionals and protecting them from liability and other repercussions when working in good faith to comply with the new law while providing lifesaving care to Hoosier moms and babies," Tabor said in a statement.

The Indiana State Medical Association and others expressed similar concerns for medical professionals earlier this month, before SEA 1's passage.

"Indiana cannot have an effective health care system if the training and expertise of physicians is not respected and they are under constant threat of political interference for practicing medicine and assisting their patients," executive vice president Julie Reed said then.

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### Witham Health Services Receives Naloxone Vending Machine

Witham Health Services announced yesterday the placement of Indiana's newest naloxone vending machine at their facility located in Whitestown at Anson at 6085 Heartland Drive, Zionsville, IN 46077. The machine is one of 19 to be placed statewide and will be available for use by the public. Gov. Eric J. Holcomb first announced the initiative in Dec. 2021.

"There is no single solution to ending this epidemic that has taken the lives of thousands of Hoosiers," Gov. Holcomb said. "We can, however, take thoughtful steps to help shake the scourge of addiction from our communities. Naloxone vending machines are a practical tool to prevent overdoses and save lives."

Naloxone, also known as Narcan, is a medication approved to reverse an overdose from opioids and is given when a person is showing signs of opioid overdose to block the deadly effects of the overdose.

The vending machines are manufactured by Shaffer Distribution Company and programmed to dispense free naloxone kits. Each kit includes a single dose of naloxone, instructions for use, and a referral to treatment for substance use disorder. The machine holds up to 300 naloxone kits and is free to access.



The machine holds up to 300 naloxone kits and is free to access.



Photos courtesy of Witham Health Services

Overdose Lifeline, Inc., an Indiana nonprofit dedicated to helping those affected by substance use disorder, is partnering with the Family and Social Services Administration (FSSA) Division of Mental Health and Addiction (DMHA) to identify jails, hospitals, and other community sites interested in a vending machine to distribute the lifesaving medication. Machines have already been placed in public areas of St. Joseph, Wayne, DuBois, Marion, and Monroe County jails, Tippecanoe County Community Corrections, Clark

Memorial Hospital, Scott Memorial Hospital, Union Hospital in Vigo County, and an Eskenazi Health Center in Indianapolis.

Overdose Lifeline will purchase the vending machines using federal grant funds totaling \$72,600 made available through DMHA. There is no cost to entities that implement a vending machine.

"We must continue to ensure widespread access to naloxone, given the lingering impact of COVID-19 and the increased supply of fentanyl in our 92 counties," said Douglas Huntsinger,

executive director for drug prevention, treatment, and enforcement for the state of Indiana. "Every life lost to a drug overdose is one too many. Naloxone offers the opportunity to get individuals with substance use disorder on the path to long-term recovery."

Indiana reported a 21% increase in fatal overdoses during the 12-month period beginning in Dec. 2020 and ending in Dec. 2021, according to provisional data released in May by the Centers for Disease Control and Prevention.

"This machine gives Boone County residents

zero-barrier access to a medication that could mean the difference between life and death," Kelly Braverman, President/CEO Witham Health Services said. "Witham is proud to be the recipient of one of the state's first naloxone vending machines, and we applaud Governor Holcomb's commitment to address the drug epidemic. From our recent Community Health Needs Assessment residents of Boone County ranked mental health and substance abuse 1 & 2 top areas of concern. This is a great extension to the Mental Health

in the Emergency Department Program Witham has in place where patients who come to our Emergency Departments with a mental health crisis have the opportunity to receive immediate treatment from an Integrated Wellness mental health professional and get support 24 hours a day."

To learn about Overdose Lifeline's naloxone distribution opportunities or to request a free naloxone kit, visit [www.overdoselife-line.org](http://www.overdoselife-line.org).

Witham Health Services is proud to be part of the growth and vitality throughout Boone County and the surrounding communities.

Our mission is to improve your health through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families — all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville. At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit [www.witham.org](http://www.witham.org).

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