

➔ TODAY'S VERSE

Romans 8:38 – 39 “And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” (NLT)



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

What makes Ian Hauer smile? “My wife makes me smile,” he said. “It's not just that I enjoy being with her -- which I do -- it's that she causes smiles to creep up unaware ... Being with her means I'm always in danger of smiling when I least expect it.” The Noblesville resident was born in Minnesota and spent most of his youth in Newburgh, Ind., before ending up in Central Indiana a decade ago to take a job at the Statehouse and finish school at IUPUI. He is Deputy Chief of Staff for the Indiana Treasurer of State. “I moved to Noblesville in 2019 and absolutely love it here.” Passions? “All of the worthwhile jobs, hobbies and pursuits in my life have had one common thread, storytelling.” In college, he studied history because of his fascination with the past and could understand things better if he knew where they came from. In his free time, he and his wife, Emily (Smith) Hauer, are involved in community theater. He's currently directing “Barefoot in the Park, the second show produced by the Hyperion Players, a new Hamilton County-based performing arts organization that's a collaboration with Hauer and his childhood best friend, Adam Fike. The Hyperion Players' show is Oct. 6-8 at The Switch Theatre in Ji-Eun Lee Music Academy in Fishers with tickets available at www.hyperionplayers.com

And Another Few Things...

1. County Seeks Help

The Hamilton County Commissioners are inviting qualified parties to submit responses to the Request for Information regarding approach to, designing, constructing, developing, operating, maintaining and transferring a development of a Domestic Violence Victim Shelter under a public-private partnership. RFI Responses must be received by the County by 4 p.m. on Oct. 28, 2022. Visit hamiltoncounty.in.gov/DocumentCenter/View/17721/RFI---Hamilton-County-Domestic-Violence-Shelter?bidId= to learn more about how to submit responses.

2. Fishers Park Events Storywalk

Take a Storywalk hike at Billerica Park through the month of October! At 10 a.m. this Wednesday, the Hamilton East Public Library will host a free, guided reading at Billerica Park. No pre-registration is required and all are welcome. Enjoy the pages of *Wonderfall* by Michael Hall posted along the accessible walking path in the wooded section of the park. Each month, Fishers Parks works with Hamilton East Public Library to pick themed books to match seasons and parks for free, age-friendly walks and hikes. Learn more about the Storywalk program online at playfishers.com/333/StoryWalk.

Free Yoga

Free Yoga Wednesdays will be moving indoors in November! Enjoy a free, weekly yoga class with Roots & Wings Yoga Wellness on the Nickel Plate District Amphitheater lawn while you can. Each class runs from 9-10 a.m., and all skill levels are welcome. No pre-registration or RSVP are required. Starting in November and through the winter, join Roots & Wings Yoga Wellness weekly at the Billerica Park building. See all class dates and locations online at playfishers.com/533/Free-Yoga-Wednesdays.

Fall Art Classes

From stained glass to exploration in textile arts, Fishers Parks is partnering with local artists and makers Sewful Cheryl and Marc Rotman to offer a full lineup of arts classes this fall. Registration is open for all classes which begin this week. See the lineup and register on Fishers Park's website at playfishers.com/655/Art-Classes.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

Noblesville High School boys tennis coach Chris Pyle loves the district's new 12-court lighted tennis facility that opened in September across from Noblesville East Middle School.

New Tennis Coach Inspired by New Courts, Aha Moments



BETSY REASON
The Times Editor

Noblesville High School's new head boy's tennis coach said the \$3.9 million tennis

facility that was dedicated two-and-one-half weeks ago is a dream come true.

Chris Pyle, who was hired over the summer and who is also assistant girls tennis coach for NHS, said, “I got hired way after the project was under way, and I had no idea when I got hired that they were doing this.”

He loves the new 12-court tennis facility that increases the district's overall tennis capacity by 50 percent.

He already has high expectations of his players. “We have a lot of talent. Our teams are state ranked,” he said.

When he learned about the project, he said it made him expect even more of himself.

Pyle is making sure he gets the best experience for his players and puts together a good plan “to make sure we're using our facility in a way that's going to make our teams look good over the next 20-30 years.”

The 7-acre facility includes concessions, restrooms, locker space, offices, bleachers, on-site parking and a training room. It also features post tension concrete courts, which are safer and require less maintenance.

There is no sound system to ensure a quiet environment for nearby neighbors.

The \$3.9 million cost of the facility was financed through

➔ See BETSY Page A7

Noblesville Main Street, Duke Energy to Host Fall Festivities, Soup Cookoff in Downtown Noblesville

Noblesville Main Street is inviting the community to celebrate all things autumn during its annual Fall Fest presented by Duke Energy. This Friday, from 5-9 p.m., downtown Noblesville will be buzzing with activities including a soup cook-off,

trick-ortreating, trolley rides, and the last installment of “Music & All That Jazz.”

• Soup Cook-Off w/ In-Person & Online Judging: This year, the soup cook-off returns

➔ See FESTIVITIES Page A7

Local Veterans Among 2022 Indiana Military Veterans Hall of Fame Inductees

The Indiana Military Veterans Hall of Fame (IMVHOF) has announced that it will induct 15 Hoosier veterans, including James L Bauerle of Carmel, Irving M. Heath (deceased) of

Noblesville, Robert A. Nester of Carmel, George W. Stavropoulos of Fishers and Catherine P. Winslow of Carmel into its 2022

➔ See VETERANS Page A7

John Comes Up With ‘Clutch’ Performance



JOHN O. MARLOWE
With The Grain

We watched with great anticipation as the giant tanker truck maneuvered through the concrete service lot. The clumsy behemoth gracefully positioned

itself directly above the fuel storage tanks, hesitating there for a moment above the open intake ports, like mother Blue Jay hovering above the gaping mouths of her hungry chicks.

The four of us stood by our vehicles among the array of retail gas pumps, and watched the truck driver descend from the cab, attach a rigid black hose to both the tanker and the buried storage tanks, and begin regurgitating nearly 11,000 gallons of gasoline into the ground below.

It was feeding time at this rural gas station, and on the menu was Texas Tea.

We four, we who waited -- we who had believed the gas station attendant when he said the resupply tanker was

➔ See MARLOWE Page A7

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➔ OBITUARIES

Linda L. Bolin
Cathy Lou Burke
Shirley J. Hopper
Belinda Sue Leveridge

The Times appreciates all our customers. Today, we'd like to personally thank

MARK HEIRBRANDT

for subscribing!



➔ HONEST HOOSIER

There's 82 shopping days until Christmas. If you are in the big box stores though, you'd think it was next week!



➔ TODAY'S HEALTH TIP

Poor dental health can lead to an increased risk of heart disease. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



➔ TODAY'S QUOTE

“If a man harbors any sort of fear, it makes him landlord to a ghost.”

- Lloyd Douglas

➔ TODAY'S JOKE

Where do ghosts water ski?
On Lake Eerie



⇒ OBITUARIES

Linda L. Bolin

January 18, 1950 - October 1, 2022

Linda L. Bolin, 72, of McCordsville passed away on Oct. 1, 2022.

She was born on Jan. 18, 1950, in Linton, IN, to Dencil and Elizabeth (Willis) Laymon.

Mrs. Bolin was a 1968 graduate of Noblesville High School. She married Jerry Bolin July 28, 1968.

She was part owner of Laymon Trucking and she worked as a dispatcher. Mrs. Bolin also worked as a waitress at Our Place Restaurant in McCordsville.

Survivors include her three stepchildren Nancy (Tony) Owens, Matt Lilly and Jimmy (Karla) Lilly; two godchildren David (Katey) Owens and Amelia (Mark) Baker; three step-grandchildren Justin Lilly, Samantha Lilly and Dakota (Jordyn) Lilly; several great-grandchildren; nephew Rex (Melissa) Laymon; niece Angie Laymon; brother Lloyd (Shirley) Laymon; several great nieces and a great nephew; numerous very close friends; and her extended porch family.

She was preceded in death by her husband Jerry Bolin; parents; brother Larry Laymon; nephew Michael Larry Laymon; and great-niece Bailey Meyer.

Friends are scheduled to call on Friday, October 7, 2022, from 1-5 p.m. at Seals Funeral Home and Cremation Services, 122 West Staat Street, Fortville, IN, 46040.

Memorial Contributions may be made to the American Cancer Society 5635 W. 96th Street Suite 100, Indianapolis, Ind., 46278.

Online condolences may be shared at www.sealsfuneralhome.com



Cathy Lou Burke

July 24, 1949 - October 2, 2022

Cathy Lou Burke, 73, of Carmel passed away Oct. 2, 2022.

She was born July 24, 1949 in Indianapolis, daughter of the late Calvin and Gloria (Hewitt) Burke.

Ms. Burke attended North Central High School, and later graduated from Ivy Tech where she received her Associates Degree in Human Services.

She worked several years as a Ward Clerk at Riverview Hospital in Noblesville, before becoming an Administrative Assistant in the Indiana Department of Child Services, where she retired.

For more than 18 years, she was an active member of the Home Place Lions Club where she was always ready to help. The Lions Club International Foundation honored Ms. Burke by awarding her the Melvin Jones Fellow Award given for her dedicated humanitarian services. She also served as a Past Trustee with the Leader Dogs for the Blind.

She enjoyed long walks with her current guide dog, Zoe. Ms. Burke attended and appreciated the balance classes at Prime life Enrichment.

Survivors include her four daughters Christina (Joe) Mize, Lisa (Drew) Macdonald, Lynn Brennan and Christy (Barry) Farrell; and 11 grandchildren Terran Tull, Caleb Fahrson, Luke Macdonald, Katherine Macdonald, Lauren Macdonald, Alex Macdonald, Max Brennan, Tommy Brennan, Jack Brennan, Ellie Farrell and Noah Farrell.

In addition to her parents, she was preceded in death by her brother David Burke.

A Gathering for family and friends is scheduled to be held Tuesday, Oct. 4, 2022, from 11 a.m. to 1 p.m. in Bussell Family Funerals, 1621 E Greyhound Pass, Carmel.

Memorial contributions can be given to Leader Dogs for the Blind, 1039 S Rochester Road, Rochester Hills, Mich., 48307 (Leaderdog.org). Envelopes will also be available.

Bussell Family Funerals is privileged to serve the Burke family.



Shirley J. Hopper

July 11, 1933 - September 29, 2022

Shirley J. Hopper, 89 of Elwood, died on Thursday, Sept. 29, 2022 at Miller's Merry Manor in Tipton.

She was born on July 11, 1933 in Tipton to Samuel & Grace (Boles) Ashpaugh.

On Aug. 7, 1950 Mrs. Hopper married Robert R. Hopper. The couple enjoyed an amazing 72 years of marriage together, loving each other and raising a family.

She was a housewife and stay at home mom. Mrs. Hopper was always busy, tending to the house and keeping up with the kids. She also enjoyed sewing and made many wonderful items for her family. She also liked to help out at the Women's Ministry at the church.

Survivors include her husband Robert; three children Dennis Hopper of Arcadia, Mark (Sondra) Hopper of Westfield and Gail Hopper of Pendleton; three siblings Bill (Nancy) Ashpaugh of Noblesville, Kay (Max) Kerchival of Westfield and Lois (Larry) Stoops of Franklin, Indiana; 14 grandchildren; 33 great-grandchildren; six great-great-grandchildren; two sisters-in-law Dee Ashpaugh and Sonjia Ashpaugh of Westfield.

She was preceded in death by her two brothers Samuel Ashpaugh and David Ashpaugh.

Funeral services are scheduled to be held on Wednesday, Oct. 5 at 2 p.m. at Young-Nichols Funeral Home with the Rev. Matt Flenar presiding. Burial will follow at Fairview Cemetery. Visitation is scheduled to run from 12 p.m. Noon until the time of service Wednesday at the funeral home.

Memorial contributions may be made to the Tipton County Foundation, 1020 W. Jefferson Street, Tipton, Ind., 46072.

Belinda Sue Leveridge

February 28, 1963 - October 1, 2022

Belinda Sue Leveridge, 59, of Westfield, passed away on Saturday, Oct. 1, 2022 at St. Vincent Hospital in Indianapolis.

She was born on Feb. 28, 1963.

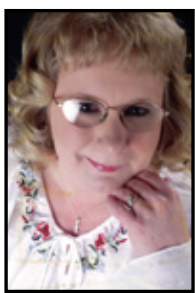
Mrs. Leveridge worked as nursing home dietician. She enjoyed unicorns, doing paint by numbers, and watching the Colts play. Most of all, she loved her grandchildren.

Survivors include her husband James Leveridge; father Carlton Long; two sons Travis (Faith) Leveridge and Steven (Heather) Leveridge; and four grandchildren Connor Leveridge, Aubree Royce, Karlee Leveridge and Audrie Harris.

She was preceded in death by her mother Willa Mae Long.

Visitation is scheduled to be held from 10 a.m. to 12:30 p.m. on Wednesday, Oct. 5, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. An additional visitation is scheduled to be held on Thursday, Oct. 6, 2022 at the funeral home from 11 a.m. to 12 p.m., with funeral services scheduled to begin at 12 p.m. noon. Burial will follow at Crownland Cemetery in Noblesville.

Online condolences may be made at www.randallroberts.com.



Carmel Symphony Orchestra to Offer Special Buy-One-Get-One Deal for Upcoming Shows

In celebration of the opening of its 47th season, the Carmel Symphony Orchestra (CSO) - a resident company of the Palladium at the Center for the Performing Arts - is offering a special gift and unique opportunity for patrons who purchase tickets for its opening night performance this Saturday.

Everyone who purchases tickets for opening night will receive a voucher for a like number of tickets to the CSO's Nov. 12 Masterworks 2 performance featuring the sensational young violinist Alexi Kenney.

Tickets are available at CarmelSymphony.org or at the Palladium Fifth Third Bank Box Office, (317) 843-3800. Vouchers for the November concert will be mailed to ticketholders later this month.

"We are so excited to launch this 2022-23 season, one of the most diverse in orchestra history," said CSO Artistic Director Janna Hymes.

22/23 THE CENTER FOR THE PERFORMING ARTS

"We open with a spirited Hispanic Heritage Month celebration featuring the CSO with guest artists Pavel & Direct Contact along with the amazing composer, pianist and vocalist Clarice Assad - something really different for our orchestra and our audience. Then in November we follow up with Masterworks 2 and the incredible young violinist Alexi Kenney."

She went on to say, "We wanted to do something special to start the season, and decided that gifting tickets for a second concert would be the ideal way not only to say 'thank you' but also to demonstrate the remarkable versatility of our orchestra. Our audience will enjoy two performances, two completely different types of music, from outstanding guest artists, and one fantastically talented orchestra."

Information about both



Alexi Kenney



Alexi Kenney



Pavel

concerts also can be found at CarmelSymphony.org, along with information and tickets for the UNIDOS After Party at the Palladium following the opening night performance. The party will include live music from a

mariachi band, dancing, appetizers and beverages.

The 2022-23 Carmel Symphony Orchestra season is supported by the City of Carmel, the Center for the Performing Arts, the Palladium and Pedcor.

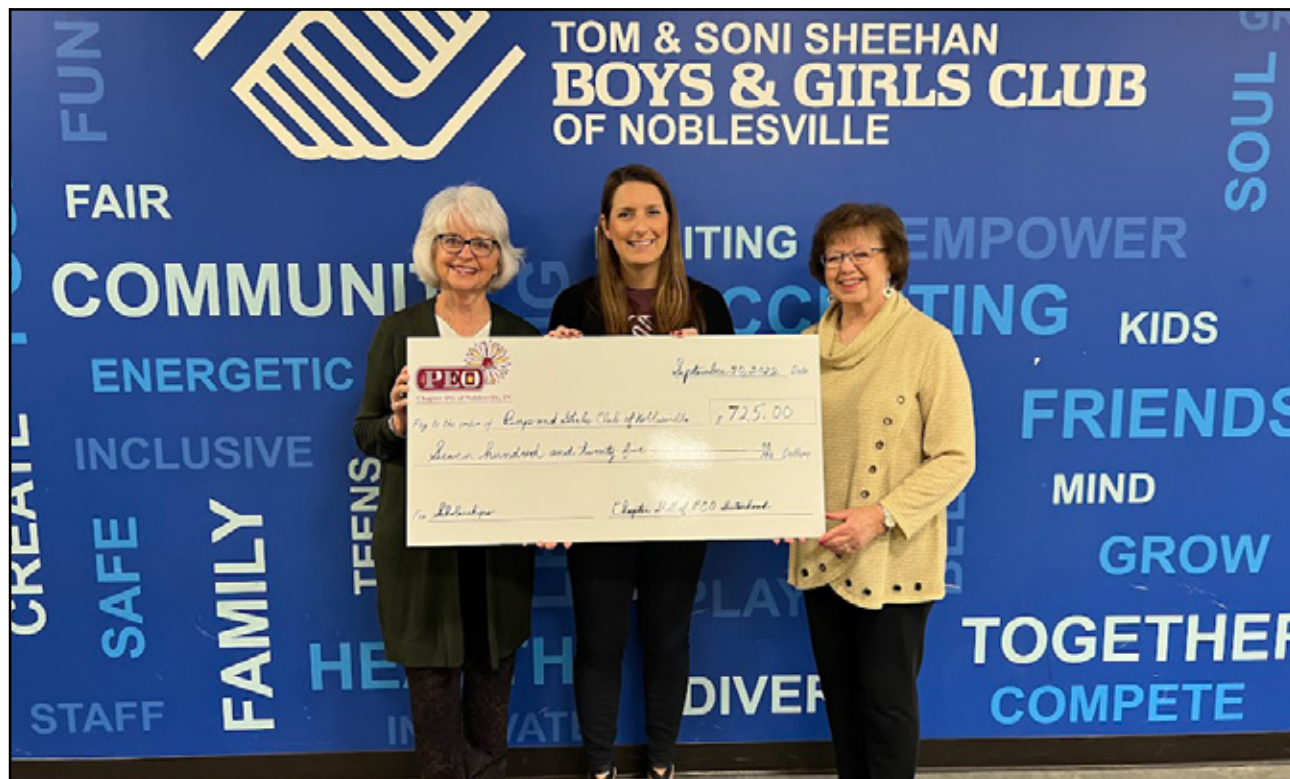


Photo provided

BGCN executive director Becky Terry (center) stands with two members of the local P.E.O. Chapter as they present the BGCN with a check for \$725.

Local Groups Helps Support Boys & Girls Club of Noblesville

Because of the charitable contributions of a local group of P.E.O. members, more scholarship assistance will be available to members at the Boys & Girls Club this year.

Noblesville's Chapter DG has donated \$725 to BGCN to supplement the cost of annual memberships for local youth.

Jane Meats, president of the Noblesville group, explained that the women wanted to use the proceeds from its annual sale of May baskets to financially support their community. This money will be earmarked to assist children who attend the Club that might need some financial assistance. With this additional help from P.E.O., many more pro-rated memberships will be supplemented, according to BGCN

executive director Becky Terry.

About P.E.O.:

P.E.O. is an international organization which has supported the educational dreams of women for more than 150 years. Since its inception in 1869, the nonprofit group has encouraged women to reach for the stars by funding undergraduate and graduate scholarships, continuing education loans and awards and supporting a four-year full-time college campus.

The local Chapter DG is one of over 6,000 chapters which include more than half a million women throughout North America. Although the group's main annual focus is supporting its national projects, the chapter voted this year to bring its outreach closer to home.



Photo courtesy of the BGCN

Members of the Noblesville P.E.O. Chapter sit for their annual chapter photo.

According to Sandy Fink, chapter member, the women voted to use their proceeds to support their home community.

Chapter DG was organized in 1975 by 15 Hamilton County women. The chapter is proud to say it has continued as a strong advocate for the

educational and social advancement for women, both locally and internationally. Today there are more than 135 active P.E.O. chapters in the state of Indiana.

More information about the Sisterhood may be found at www.peointernational.org/

⇒ Meeting Notice

Adams Township Board

The Adams Township Board will meet Thursday, Oct. 6, 2022 at 10 a.m. for the 2023 Budget Hearing. The meeting will take place at 201 S Main Street, Sheridan, Ind.

⇒ Meeting Notice

Hamilton County Community Corrections Advisory Board

Pursuant to IC 5-14-1.5-5(a) the Hamilton County Community Corrections Advisory Board will meet at 12 p.m., noon on Thursday, Oct. 6, 2022 at Hamilton County Community Corrections, 18104 Cumberland Road, Noblesville, Indiana. The purpose of the meeting is to discuss agency business.

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Indiana Department of Education Announces Recipients of Grant to Support Educator Pipeline



The Indiana Department of Education (IDOE) yesterday announced recipients of \$10.6 million in funding, which will aid Indiana’s schools and community partners in supporting local initiatives to attract and retain educators in school buildings across the state.

Ball State University, in conjunction with partner organizations Hamilton Heights School Corporation, Sheridan Community Schools, Westfield-Washington Schools, Anderson Community Schools, Mt. Vernon Community Schools, Muncie Community Schools, New Castle Community School Corporation and Perry Central Schools, has been awarded \$2,170,520.

A full list of school districts and partners receiving the Attract, Prepare, Retain Grant can be found online at content.govdelivery.com/attachments/

INDOE/2022/09/30/file_attachments/2285117/APR%20Grant%20Recipient%20List.pdf.

“The recipients of this grant understand the challenges of today’s labor market and know that schools and community partners must work together to find creative methods for recruiting and retaining Indiana’s very best educators,” said Dr. Katie Jenner, Indiana Secretary of Education.

“Whether through the expansion of registered apprenticeships, Grow Your Own programs, or partnerships with local and national higher education providers, the innovative solutions funded by this grant will provide important support for Indiana educators and students.”

This grant will support schools and educators in 29 Indiana counties. Due to an overwhelming number



of strong applications, total funding for this grant was expanded from the originally slated \$5 million to \$10.6 million. Funding for the grant is allocated as a part of the state’s Elementary and Secondary School Emergency Relief Fund.

Successful applications focused on increasing leadership and career advancement within the educator profession, as well as increasing opportunities for high school students and underrepresented populations to pursue careers as educators. This could include increasing:

- The number of opportunities for high school students to enter educator preparation programs with transferable post-secondary credits;
- Underrepresented populations among candidates enrolling in educator preparation

programs;

- Opportunities for leadership and career advancement within the profession; and
- Opportunities for sharing information, practices and ideas among other educators.

The launch of this grant is the latest initiative led by IDOE to support educator talent, quality and value, which is one of the department’s three strategic priorities. These efforts include launching a comprehensive educator supply and demand marketplace, which provides real-time data and a simplified process for posting openings to a statewide audience. IDOE also expanded the Indiana Learning Lab, which serves as a one-stop-shop for instructional resources, professional development and other best practices for educators – and now has nearly 28,000 members.

DNR Forestry to Hold Several Open Houses in October



Indiana Department of Natural Resources

The public is invited to the respective open houses that DNR Division of Forestry will host on Oct. 17, 18 and 19.

During the events, division personnel will display information on forest, recreation, and facility management. Attendees will have the opportunity to ask questions and comment. Written comments can be submitted at dnr.IN.gov/forestry/state-forest-management/public-comment/submit

A guided hike starting at 5 p.m. will be offered during each open house listed below. Those participating in the hike should meet at the office.

"These open house events provide Hoosiers with a chance to receive first-hand information about how the state forests are working to provide diverse wildlife habitat, forest products, and recreational opportunities," State Forester John Seifert said.

"They also allow us to receive valuable feedback from our neighbors and users about state forest management — I encourage everyone who has an interest to participate."

Open houses will be offered as follows:

- **Jackson-Washington and Selmier State Forests:** Oct. 17, 4 to 7 p.m. at the Jackson-Washington State Forest office, which is 2.5 miles east of Brownstown, just east of the Jackson County Fairgrounds on State Road 250. Call (812) 358-2160 for more information.
- **Owen-Putnam State Forest:** Oct. 17, 4 to 7 p.m. at the property office, which is 5 miles west of Spencer and less than a mile north of State Road 46. Call (812) 829-2462 for more information.
- **Martin State Forest:** Oct. 17, 4 to 7 p.m. at the property office off U.S. 50, approximately 4 miles northeast of Shoals. Call (812) 247-3491 for more information.
- **Clark State Forest:** Oct. 18, 4 to 7 p.m. at the property office, which is a mile north of Henryville on U.S. 31. Call (812) 294-4306 for more information.
- **Ferdinand-Pike State Forest:** Oct. 18, 4 to 7 p.m. at the Ferdinand State Forest office, off State Road 264, approximately 4 miles northeast of Ferdinand. Call 812-367-1524 for more information.
- **Salamonie River and Frances Slocum State Forests:** Oct. 18, 4 to 7 p.m. at the Salamonie River State Forest office off State Road 524, approximately 6 miles east of Wabash. Call (260) 782-0430 for more information.
- **Morgan-Monroe, Ravinia, Yellowwood and Mountain Tea State Forests:** Oct. 19, 4 to 7 p.m. at the Morgan-Monroe State Forest office off State Road 37, approximately 6 miles south of Martinsville. Call (765) 792-4654 for more information.
- **Harrison-Crawford State Forest:** Oct. 19, 4 to 7 p.m. at the property office off State Road 462, just past the gatehouse for O’Bannon Woods State Park. Call (812) 738-7694 for more information.
- **Greene-Sullivan State Forest:** Oct. 19, 4 to 7 p.m. at the property office on State Road 159, approximately 1.5 miles south of Dugger. Call (812) 648-2810 for more information.

Property staff members are also often available during normal business hours, which are 8 a.m. to 4 p.m. daily. Visit dnr.IN.gov/forestry/ for properties for contact information.

The DNR Division of Forestry promotes and practices good stewardship of natural, recreational, and cultural resources on Indiana's public and private forest lands. This stewardship produces continuing benefits, both tangible and intangible, for present and future generations.

Mark Souder’s Conservative Legacy



BRIAN HOWEY
Howey Political Report

I ran into Mark Souder at the Fort Wayne City-County Building just days before the 1994 Republican 4th CD primary. I didn’t know him very well. I asked him about his prospects. What followed was about a seven-minute instant analysis, going down to a granular, precinct level. On Election Night, he won a crowded primary, and as I monitored returns, it became quite evident that Mark Souder really did know what he was talking about.

Souder died on Monday at age 72 after a nine-month battle with pancreatic cancer. It ended nearly half a century of conservative activism that included his staff work for congressman and Sen. Dan Coats, 15 years as a congressman, and, after he abruptly resigned for an extramarital affair, his frequent columns for Howey Politics Indiana.

He would join the “Gingrich Revolution” class of 1994 that ended a 40-year Democratic majority.

According to John Gizzi of Newsmax, “Rep. Souder compiled a lifetime rating of 89.83% with the American Conservative Union. He freely spoke of his Christian faith and study of the Bible as lodestars of his philosophy, saying ‘on abortion, there’s really not much room to compromise.’”

He traced his conservatism back to President Calvin Coolidge, was emboldened by the 1964 conservative presidential nominee Barry Goldwater and turned that energy to help form conservative student groups at IPFW,

IU and Notre Dame. He was energized by the Reagan Revolution in 1980.

Longtime Republican operative Jim Pfaff called Souder “the most skilled political strategist Indiana ever had. This man – schooled in the tradition of another great Hoosier, [onetime Indianapolis News editor and conservative icon] M. Stanton Evans – understood politics and policy better than just about anyone.”

Once in Congress, he ardently supported Speaker Gingrich’s “Contract With America.” He said in December 1994, “You have a bunch of freshman that are coming in focused on the contract, and a group of House leadership who are very focused on the contract but have this tendency to wander off.” A few years later, he helped overthrown the speaker

As he resigned, Souder said, “We are a committed family. But the error is mine, and I should bear the responsibility.” He pledged to earn back the trust of his family and community “and renewing my walk with the Lord.”

A few years later, I contacted Souder, urging him to begin writing a column. “Redemption,” I explained, “is a powerful thing.”

His final column came in August following the stunning Kansas constitutional referendum on abortion, titled, “The Road to Kansas.”

Here, Souder grappled with his own ideological preferences and the political realities: “It isn’t about truth – all babies are human – but a question of practical politics right now. Stand on the high ground of principle with a clear conscience, and lose, or get some progress in reducing abortions. I confess to being undecided because life is a principle. But I am both an ideological, Christian conservative and someone who

understands how to win elections. We have lost the middle, especially on rape/incest because of our ‘holy huddles’ and hubris.”

“In 1970 Vice President Spiro Agnew campaigned in Indiana and repeatedly said like Col. Travis at the Alamo, ‘Everybody with us come on this side of the line, everybody against us go to the other side.’ I remember saying: ‘I sure hope they counted right.’”

As Donald Trump surfaced in 2015 for the presidential race, Souder’s analysis was prescient. On Feb. 11, 2016: “Donald Trump has swelled the audiences. People want to see fights, like wrecks at the Indianapolis 500 or fisticuffs at hockey games, and Trump encouraged it.”

On March 10, 2016: “American’s founding fathers didn’t want America to become France; no king, no mob rule, and no Napoleon. Trump, basically, wants to use mobs to make him something between a king and Napoleon.”

By late summer 2016, Souder observed, “While this country will likely survive any president, Trump represents a threat far beyond what we faced even under (President Andrew) Jackson or Obama. As for my fellow Republicans still with Trump, if you hold your nose too long you might die of asphyxiation. He is endangering far more than just the presidential campaign.”

And, on Jan. 7, 2021, the day after the U.S. Capitol insurrection, Souder wrote: “Today I grieve for our nation. I am saddened that this great nation has been humiliated in front of the world, in this case by Trump advocates who call themselves ‘conservative Republicans.’ It was so awfully ironic that their hats, shirts and slogans said ‘Make American Great Again’ as they trashed it verbally and then violently. This

foundation was built upon an assumption that people will resolve differences peacefully. As John Adams said, it requires a people with moral grounding. That was the foundation. Otherwise, what you get is what happened this week: Mobs that seek to impose their authoritarian will upon everyone else.

“The failure of many Republican leaders to speak out against President Trump showed they did not understand the risk of how far this man would go or the dangers of someone unhinged from fundamental respect for anything except raw power for personal benefit.

“Conservatism, real conservatism, will survive,” Souder continued. “The Republican Party, if it purges itself, might survive too, but it will have a more difficult struggle. It certainly can never win again as Trump’s personal playground.”

The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com.



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Holcomb Declares October
‘Careers in Construction Month’

Indiana Audubon Grants Awarded
for Conservation Work, Research



Governor Eric Holcomb has proclaimed October as “Careers in Construction Month” (CICM). CICM is designated to increase public awareness and appreciation of construction craft professionals and the entire construction workforce.

“The Indiana Builders Association is appreciative that the governor has proclaimed October Careers in Construction Month,” said Indiana Builders Association President Paul Schwinghammer.

“Thousands of constructions related jobs are currently available in a variety of different trade fields and we continue to look for ways to expand

the outreach of our Build Your Future campaign to educate our youth on those opportunities. Young adults can enter the workforce immediately with a good wage and have a career for a lifetime.”

The construction industry is one of the nation’s largest industries, employing more than five million individuals in the United States.

“We are pleased to honor the construction craft professionals and critical role they play in the development of Indiana,” said. Governor Holcomb.

About the Indiana Builders Association:
The Indiana Builders Association (IBA) is a statewide trade



Gov. Eric Holcomb

organization representing Indiana’s home building, remodeling and light commercial construction industry. Established in 1952, IBA has 21 local affiliates across Indiana and is associated with the National Association of Home Builders in Washington, D.C. IBA educates and advocates for the construction industry to positively impact legislative, regulatory and legal issues that affect housing affordability.

More information can be found at www.buildindiana.org

Indiana Audubon recently awarded \$6,000 in environmental grants, as part of its Mumford & Keller Grants and Scholarship Program. The grants were awarded to support programs, workshops, training, related to Indiana Audubon’s mission of research, education, and conservation for natural resources, particularly birds.

Those organizations and individuals receiving funding in 2022 include:

- Humane Indiana Wildlife
- Eagle Creek Ornithology Center
- The Institute for Bird Populations



- Richmond Parks and Recreation
- Dunes-Calumet Audubon Society, and
- The Bethany Land Institute USA

“Every year we are thrilled to see our partners and fellow environmental organizations stepping up to improve Indiana for both the birds and the people who enjoy them.” Said Indiana Audubon

Executive Director Brad Bumgardner.

The Mumford & Keller Grant/Scholarship Program is named after Charles Keller and Russell Mumford. Both were instrumental in the birding community and authored landmark birding books for the state of Indiana. Both Keller and Mumford have passed, but their name lives on with the grants and scholarship program.

For more information about the grant program, or to learn more about the Indiana Audubon and to search for programs near you, visit them on the web at indianaaudubon.org.

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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 crossover 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 headlamps 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 monocolour 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

2022 Ford Maverick XLT
Five-passenger, FWD Pickup
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

vehicle puts a peppery 250 horsepower and 277 lb.-ft. of torque to the 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.



CASEY WILLIAMS
Auto Reviews

Ford could have just 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.

Bad-News Expert Roberts Asks: Antibiotics Are Good – Right?



CARRIE CLASSON
The Postscript

It’s not always easy living with me. But my husband, Peter, has to.

I know it is not easy, because I live with myself every day, and I feel the bits of anxiety and nervousness and occasional emotional overload escape out of me and flood the house that Peter has to live in. Sometimes, I feel bad for Peter.

The problem I am currently facing is a little too much good news.

I am well-conditioned to bad news. I know it is like a physical pain that will pass, often much sooner than I expect. Writing and submitting my writing to strangers involves a lot of bad news, and I have become a bad-news expert.

“Aha! More bad news!” I announce to myself. I am ready.

But then, this past week, something unexpected happened.

“Aha! More bad news!” I announced, all braced and ready to deal with the next wave of disappointment. But it was not bad news. It was good news. That’s when the trouble started

Good news makes me terribly anxious. Good news makes me feel like there has been some awful mistake, some sort of misunderstanding, and I am going to have to explain myself sooner or later and set the person who has made this error straight.

“What am I missing?” I wonder, again and again. It is intensely uncomfortable.

For the past two years, I’ve been working on my little novels. They are set in an imaginary small town where all sorts of unexpected things happen. They are filled with people who are as real to me as my actual friends, and places I can visualize more clearly than places I have actually seen. I’ve

been living in this world more or less nonstop since before the pandemic started and, every so often, I’ve submitted my book to someone. Generally, whoever I’ve sent it to does not reply. I have learned this is the way things go. Most people are too busy to type, “Sorry. I am not interested.” Or even just, “No!”

So I watch my email rather compulsively and usually no response arrives and, when something does, it is obviously a form letter that tells me the person who got my mail did not like my writing as much as they would have to in order to sell it. And I am surprisingly OK with this. I don’t want someone selling my writing who is not enthusiastic about it. Of course, I occasionally worry that there might not be anyone who likes it. But when I start to worry about that, I just go back into my book and confer with all the charming people who live in it. They dismiss the idea as absurd.

“Ridiculous!” they say. “Who wouldn’t like us?” I have to admit they have a point. I keep writing.

But now there is someone who likes my little book very much, and this has me in a state that can best be described as a frenzy. Certainly, there has been a mistake. This can’t really have happened so soon. Something dreadful must surely follow. I realize this makes no sense, but it is a more or less constant narration in my head. I have no coping skills for good news.

And things take time. Nothing is ever taken care of in an afternoon. Everything requires conversations and paper and questions and consideration. It is exhausting.

“What do I do now?” I asked Peter, sounding desperate and anxious and more than a little crazy.

“Why don’t you write?” Peter suggested.

Seriously, what would I do without Peter?

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

There is no doubt that antibiotics have saved millions of lives. But, is it all good news? I suspect you have been noting the increasing number of news stories related to problems with overprescribing antibiotics that can result in antibiotic-resistant bacteria. Alexander Fleming, who discovered penicillin, warned of this inevitability in his Nobel Prize speech in 1945. Dr. Sally Davies, the former Chief Medical Officer of the United Kingdom, has equated the critical health threat of antibiotic resistance to the risk of terrorism.

Each year in the United States, two million people are infected with antibiotic-resistant bacteria and 23,000 die. An excellent CDC report on the topic was published in 2019 and can be downloaded at bit.ly/2QICpep. The primary cause of resistant bacteria is the overuse of antibiotics, both in medicine and agribusiness. This is also complicated by the fact that very few new antibiotics are being developed since there is little profit in drugs that will quickly become ineffective as bacteria continue to develop resistance.

In addition to the development of resistant bacteria and the infections associated with them,

the overuse of antibiotics has also been identified as a probable cause of a number of other medical conditions involving the immune system. This is an absolutely fascinating and rapidly expanding area of medical research. It may hold the key to putting the brakes on many of the disease trends that have been on the rise in the decades since antibiotic use has become commonplace. Researchers have hypothesized that altering the bacteria that reside in the gastrointestinal tract and elsewhere in and on our bodies can lead to a number of medical conditions.

Shortly after we are born our bodies are colonized, both inside and out, by trillions of bacteria. The entire collection is referred to as our “microbiome.” In fact, some estimate that there are over ten times as many organisms in a person’s microbiome than there are cells in the body, yet a person’s microbiome is estimated to weigh only about seven ounces. Humans and the organisms in their microbiomes have evolved together over the millennia to form a fine-tuned symbiotic relationship – we gain certain things from the microorganisms and they, in turn, gain things from us. It is a truly fascinating relationship and one we are just beginning to understand.

One of the main interactions we have with our microbiomes occurs in our gastrointestinal tracts. The organisms colonizing our GI tracts have a very close association with the cells that line it. This close association is critically important for the training and regulation of our immune systems. The interaction of our microbiome

with organisms outside of it (i.e. infectious microorganisms) is also very important in helping to develop our immunity.

So, what does all this have to do with antibiotic use? Depending on what antibiotic is taken and for how long, it can lead to the varying levels of damage to a person’s microbiome. More often than not, the person does not notice much difference – perhaps a little diarrhea or bloating that eventually resolves. However, the insidious effects can be very significant.

When a part of the microbiome is killed off, it may or may not be able to regenerate. If not, there are other organisms that are more than willing to inhabit the open turf. When this occurs, a couple of things can happen. First, the open space can be taken over by pathogenic organisms that cause disease. You may have read or heard about *Clostridium difficile* or “C. diff” infections. These are bacteria that normally live a peaceful life in the gut, but can become invasive and infect the wall of the intestine if a person’s normal bacterial ecosystem is altered.

Second, the interaction between the microbiome and the cells in the gut can be altered causing changes in immune system function. Since a properly functioning immune system is critical to maintaining health, altering it can lead to many diseases, particularly autoimmune diseases. These diseases result when the immune system does not recognize the normal body tissues as friendly and attacks them.

Inflammatory bowel disease (Crohn’s disease and ulcerative colitis), diabetes, multiple sclerosis

and rheumatoid arthritis are a few examples of autoimmune diseases. Other diseases such as allergies and asthma can be caused or worsened by an overactive immune system. It’s hypothesized the microbiome is important in regulating and instructing the immune system to not over-react to an infection or allergen.

Another fascinating branch of this research examines the interaction of the microbiome and obesity. The microbiome is very important in aiding digestion and metabolism. Has altering people’s microbiomes, perhaps through antibiotic use, led to or worsened the rates of obesity?

It is very likely many more diseases will be tied to altered microbiomes and that novel treatments such as replacing or altering our microbiomes may become commonplace. We are already witnessing the incredible success rates of fecal transplants (putting someone else’s feces inside a patient) to treat conditions such as ulcerative colitis and resistant C. diff infections. In the meantime, you should avoid taking antibiotics unless they are definitely indicated. Remember that 90 percent of coughs and 80 percent of sinus infections are caused by viruses and will improve with time. And parents, be particularly cautious about asking for antibiotics for your kids – it’s possible that early alteration of their microbiomes could lead to diseases later in life.

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

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Ivy Tech Foundation Honors Benefactors of the Year

The Ivy Tech Foundation recently recognized 19 Benefactor Award winners at its Distinguished Alumni Awards Ceremony last week.

During this event, the Foundation honors individuals, corporations, and foundations from Indiana who have considerably impacted Ivy Tech communities and students. The award celebrates the gifts and volunteer service that has been contributed to the College.

“Our Benefactors make a powerful difference in the lives of our students,” said Courtney Roberts, President of the Ivy Tech Foundation. “Their contributions ensure that our graduates are better

prepared for life after college, and we are deeply grateful for their investment in Ivy Tech.”

“The passion our Benefactors have for Ivy Tech students is unmatched,” said Dr. Sue Ellspermann, President of Ivy Tech Community College. “Thanks to their generosity and volunteerism, our students can confidently pursue pathways that lead to high wage, high-demand careers that strengthen our communities and power the State of Indiana.”

The following benefactors received an award for 2022:

- **Anderson:** Patricia Toombs
- **Bloomington:** Lynn

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- **Columbus:** Anthony Moravec
- **Evansville:** William “Bill” Shinn
- **Fort Wayne:** Merland Beyler and Janet Geib
- **Hamilton County:** Hamilton County Community Foundation
- **Indianapolis:** Indy Achieves/City of Indianapolis
- **Kokomo:** The Hingst Family
- **Lafayette:** North Central Health Services, Inc.
- **Lake County/Valparaiso:** Peoples Bank – A Finward Company

- **Lawrenceburg:** Ohio County Community Foundation
- **Madison:** Grote Industries Inc.
- **Marion:** Dr. John M. Lightle
- **Muncie:** Magna Powertrain of America Inc.
- **Richmond:** Gerald “Gerry” Gerard
- **Sellersburg:** Baptist Health Systems
- **South Bend:** Beacon Health System
- **Terre Haute:** John Adkins

For more information, photos, and biographies for each recipient, visit www.ivytech.edu/benefactors.

About Ivy Tech Community College: Ivy Tech Community

College is Indiana’s largest public postsecondary institution and the nation’s largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and also serves thousands of students annually online.

It serves as the state’s engine of workforce development, offering associate degrees, short-term certificate programs, industry certifications, and training that aligns to the needs of the community.

The College provides seamless transfer to other colleges and universities in Indiana, as well as

out of state, for a more affordable route to a Bachelor’s degree.

About the Ivy Tech Foundation:

The Foundation’s most important function is to provide support for Ivy Tech Community College beyond state appropriations and student fees. Its overall program of work focuses on meeting student needs. Invest IN Ivy Tech, a \$285 million statewide fundraising campaign, provides greater opportunity for each of the College’s 19 campuses to educate, train, and support all 92 of Indiana’s counties.

Learn more at www.ivytech.edu/InvestIN Ivy-Tech.

Thompson Takes Helm of Ways and Means Committee

By Whitney Downard

When Richard Allen Thompson started his first term as state representative in 1979, his son Jeffrey Thompson — a recent college graduate — thought, “Someday, I might want to do this.”

Twenty years later, after his father (then a state senator) retired in 1996, Jeff Thompson became a representative for some of the same parts of Boone and Hendricks counties that his father represented a few years before.

And now more than 20 years into his legislative career, he’ll be leading the General Assembly in drafting the state’s two-year budget for the first time as the incoming chair of the powerful Ways and Means committee.

His decades of experience, mentorship and institutional knowledge make him an asset to his seat mates, said Brazil Republican Rep. Alan Morrison.

“He’s kind of like the elder statesman of the group that sits together,” Morrison said. “He’s just such a bright guy. He’s my go-to whenever I’m confused on what exactly an authored bill does for a certain tax.”

On Thompson’s other side, Indianapolis Republican Rep. Mike Speedy said Thompson doesn’t talk a lot but is a good listener, someone who gave Speedy a “courtesy laugh” at his jokes.

Being someone who thinks before he speaks made him an ideal candidate for the position, he

said.

“The key to that job is telling people no without making them mad. People who know Jeff, they know his character. They know that when he’s telling them no, he’s doing it because he wants to be fair,” Speedy said. “He is not someone who’s going to play politics in that role.”

Thompson admits that he’s not as brash as some of his coworkers, but said it is a strength for elected officials.

“I always do tell young people ... quiet, more introverted people can be extremely effective legislators,” Thompson said. “There are many people like that because they don’t put their foot in their mouth quite as often.”

Debate over path forward for education

As a former teacher, Thompson said he knew his way around a classroom and school budget. After serving on the education subcommittee of Ways and Means, he was also familiar with K-12 funding, which composes roughly 52% of the state’s entire budget.

Still, Thompson said there’s more to learn when it comes to mastering the rest of the budgeting process.

“(It’s) lots and lots of meetings and talking to lots and lots people ... I have lots to learn. I always tell folks, you learn a lot being around here but there’s a whole lot more to learn in the next few months,” Thompson said. “There’s not much in concrete today but it has to be in concrete someday



Photo by Whitney Downard courtesy of the Indiana Capital Chronicle

Rep. Jeff Thompson (R-Lizton) reviews materials between meetings at the Statehouse.

and we’ll get there eventually.”

Rep. Greg Porter, the ranking minority member of the Ways and Means committee, said Thompson’s background in education prepared him for the greater responsibility of the entire budget.

“So there is a learning curve but it’s not as big as someone who has never been ... the architect of K-12 education for a number of years,” Porter said. “Democrats, Republicans have different viewpoints on things and different approaches. I look forward to working with his leadership style.”

But Porter urged Thompson to consider how the state gives money to schools, especially the impoverished students in need of more resources. Indiana uses a complexity index designed to give those schools more money in the budgeting process.

“I hope that as a fiscal leader that he will look more toward equity in school funding and look at those challenges ... for all students, not just for choice or voucher students at charter schools,” Porter said.

In previous years, complexity funding hasn’t been the favored approach for House Republicans and Thompson didn’t commit to any ideas for the upcoming budget.

“We’ll try to look at those programs that have really been a success and those that maybe have not been a good investment,” Thompson said.

As for teacher recruitment, even as schools report high vacancy rates, Thompson said the edu-

months, prompting Democrats like Porter to push for “strategic investments” in human infrastructure. But Thompson urged a more cautious approach.

“A definite statement of ... what will be approved or won’t probably is way premature at this point,” Thompson said. “We have to think about what the future looks like and a lot is going to hinge on the December revenue forecast. To make much of a judgment until we see those forecasts and the direction the state’s going, it’s kind of early to do that.”

Thompson said that he alone wouldn’t craft the budget, but rather the entire Ways and Means Committee.

“You can’t lead with an iron fist. You can in the short term but that doesn’t work in the long term. You’ve got to have developed confidence and consider other people’s thoughts and opinions,” Thompson said. “Let me assure you that the committee and the thoughts and opinions of member will drive where we end up. It’s not, ‘Jeff Thompson runs the show and you guys just follow along.’ It’s a collaboration.”

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CenterPoint Energy Unveils New Home Repair Service for Natural Gas Customers

CenterPoint Energy understands that an unexpected home repair can be a big disruption to daily routines and a financial hardship for many of its customers. To help address these concerns, CenterPoint Energy is introducing an optional repair service program to its residential customers in Indiana and Ohio.

The program, offered through HomeServe-USA Corp., an independent provider of home repair service solutions, is designed to help customers save money and reduce the inconvenience when they experience an urgent home repair covered by the program.

The HomeServe program utilizes a network of vetted local contractors. Utilization of local contractors not only bolsters the local economy, but it also provides customers with greater peace-of-mind knowing that repairs are performed properly by contractors who are licensed, insured and background-checked.

HomeServe estimates that since 2018 CenterPoint Energy customers in its other service territories have saved more than \$30 million in out-of-pocket repair expenses. Approximately 410,000 of CenterPoint Energy’s customers use the protection available through this program.

Additionally, HomeServe and CenterPoint Energy’s Home Service Plus business are committed to the communities they serve and are pledging \$500,000 over the next five years to The Salvation Army in Indiana and the Ohio Salvation Army to support social services that benefit local communities.

“When you have an unexpected repair in your home, it can be costly,” said Gregg Knight, Executive Vice President of Customer Transformation and Business Services at CenterPoint Energy. “With this expanded program from HomeServe, CenterPoint Energy customers in Indiana and Ohio can opt into a repair service plan that will make an unexpected home repair less stressful with skilled local technicians ready to serve. This is another way that we are always looking out for our customers.”

Through HomeServe, a leading provider of utility sponsored home service solutions, the program is designed to help provide homeowners with protection against the expense and inconvenience of covered repairs to customer-owned natural gas lines and exterior electrical components that connect to CenterPoint Energy’s electric grid and natural gas systems.

Due to normal wear and tear, these repairs

to customer-owned equipment can be costly and are not typically covered by basic homeowners’ insurance. Plan holders have access to a HomeServe Repair Hotline that is accessible 24-hours-a-day, 365-days-a-year to schedule local, licensed and insured contractors right to their home for repairs. With covered repairs, there are no deductibles or trip charges, and multiple service calls are available up to the benefit amount.

“HomeServe and CenterPoint Energy share a commitment to providing exceptional customer service,” said Tom Rusin, CEO of HomeServe North America. “These plans are custom-designed for worry-free home repairs for CenterPoint Energy’s customers.”

CenterPoint Energy customers will soon receive information in the mail about the new service program from HomeServe. There is no obligation to sign up for it and program participation is voluntary. The mailings will include the CenterPoint Energy logo to indicate that the mailing is legitimate and that there is a program relationship in place between CenterPoint and HomeServe.

For more information about this program please go to www.homeserve.com or midwest.centerpointenergy.com/homeservices or call HomeServe toll-free at (833) 397-0314 in Indiana and (833) 397-0313 in Ohio.

➤ BETSY From Page A1

a bond (loan) without the use of referendum dollars or an increase to the tax rate, said Marnie Cooke, the district’s spokesperson. This type of funding cannot be used for education or staffing.

The property was previously home to the First Church of God, which disbanded before the district purchased the land. This journalist attended a special gathering with former congregants prior to the construction of this tennis facility.

Currently, the NHS boy’s tennis team has 29 players, “which is a lot but it is one of the smaller teams in the area, especially in our conference,” Pyle said. The girl’s tennis team has about 25 players.

The new tennis facility has received much attention from school families.

“There is a big demand,” said Pyle, who has already gotten a lot of requests from parents of elementary and middle school students interested in tennis.

“Because of that, I’m just glad we have this facility.”

Pyle said, “Now we’re going to have more kids playing tennis, and we’re going to have more chances that we’re going to develop really, really good players who can go on to the college level. Any tennis parents moving into the area, they’re going to see this (facility), and they’re going to want their kids to play tennis.”

The new facility, which was dedicated on Sept. 16, will be used for dual matches, up to eight-team tournaments and invites, “and we’ll be able to host sectionals, regionals and even state finals. They can all be done here. It’s going to be really cool,” he said.

The tennis players will also practice at the new facility. Plus, the facility has a coach’s office, and training room. Pyle expects to get “real-time quick response for injuries” and “get players ready, physically, for matches.” He has an



The Times photo courtesy of Betsy Reason

Noblesville High School’s new 12-court lighted tennis facility opened in September to a crowd of guests.

office there at the new facility, along with a stringing machine to restring tennis rackets, and restrooms in the locker rooms.

He hasn’t seen such a nice facility anywhere in the state.

Before this facility opened, the NHS tennis players practiced and played matches at Noblesville East Middle School tennis courts across the street from the new tennis facility. The middle school boys and girls teams will still be able to practice there at NEMS. The NEMS courts are also open to the public when not in use by schools.

“We split those courts, so right now, we only have six (tennis courts) to play on and to practice on,” he said. “And now, we have 12, and if the weekend is open and they’re using those courts, we have 24,” he said. “It’s really cool to see.”

Pyle grew up in Schererville, Ind., near the Region, and graduated in 2011 from Lake Central High School. He attended the University of Dayton in Ohio for his bachelor’s degree and graduated in 2015 and then earned his master’s degree at Ball State University. His

sister, Randi Neukam, is a seventh-grade math teacher at NEMS. “She loved it; she raved about it. That kind of got me into wanting to be here,” he said.

Pyle was hired by the Noblesville school district over the summer, in June. He was the head coach at Speedway High School for a year. Before that, he was a teacher at IPS for seven years. He got a job teaching Project Lead the Way (with the STEM program) for Grades 6-8, at NEMS, and he lives 10 minutes away, in Cicero with his wife and kids.

“Everything kind of fell into place,” he said. Pyle started playing tennis at age 9. He grew up in his high school’s tennis program. He was a second-team all-state doubles player his senior year. He also coached little kids camp, played club tennis in Dayton and got really into coaching along with getting his teaching degree. He moved here in 2015.

When the job opened, he thought, “I gotta go for it.”

Pyle said, “They took a chance on me, and I’m just hoping to bring them a top state program in a couple of years.”

His wife, Rachel, is a cheerleader, growing up,

who’s just getting into tennis, he said. “I taught her how to string a racket. That’s fun.”

The couple have two children, twins, a boy, Holden, and a girl, Stevie, born in April in Noblesville. “We’re hoping they go through the same system and play (tennis) for me in a couple of years,” he said.

He’s also in the U.S. Army, a veteran in the National Guard.

“I have a lot going on, but I’m really excited to be here,” he said.

Pyle likes tennis, cooking, gardening and planting. He and his family have three dogs and a cat, all rescue animals. “We like spending time with them and our family.”

What makes Pyle smile? He said, “Watching when a kid or a player or a student has an “aha” moment, like either on the court, or something they discover they can do, or something they’ve learned. That’s the best part about coaching.”

He said, “I think the best moments are when you build relationships with kids, and they get something that you taught them.”

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

➤ MARLOWE From Page A1

just down the road, or who like me, had disobeyed his Mother and let his car’s gas tank drain cavernously empty — we were quickly rewarded for not trying to reach the next gas station 20 miles down the road.

One by one, I watched my fellow wayfarers gas up, then pull away from the pumps, continuing their journeys to parts unknown.

I preferred being last, because I knew Skinny Edwards.

Skinny, who delivered fuel oil when I was a kid, always told his customers not to restart their furnaces immediately after a fill. “There are foreign bodies floating around in there now,” Skinny explained. “You must let them settle or they’ll get sucked into your motor.”

I remember opening the lid to the fuel tank after Skinny pulled away, hoping to catch sight of a real cadaver bobbing in the murk. I never did. I also never forgot Skinny’s lesson. It explains why they never serve Pinot Noir with Brussel Sprouts.

It was a particularly quiet morning at the gas station, as my fellow travelers pulled away. For some reason the falsetto yelp of automatic transmissions shifting into the next gear caught my attention. Then it dawned on me.

There’s the answer, I thought! We should all go back to standard transmissions. What this world needs is a good clutch!

I first learned to drive in a car with a standard transmission, and lest you believe that Henry Ford was my neighbor then, let me remind you that vehicles with manual clutches still exist today. There’s just not very many.

The idea of a clutch

is simple. Its job is to interrupt the power coming from the engine long enough for the gears in the gearbox to be selected while the car is moving. Today’s vehicles with automatic transmissions use computers to engage the clutch and select gears. In my early driving days, cars with standard transmissions had a third pedal coming through the floorboard that we stomped on to make gear selections manually.

What was neat was that when you manually engaged the clutch — pushed in the pedal — the car coasted.

Many a time I eked out extra miles on an empty gas tank by strategically coasting down steep hills, then releasing the clutch in time for the engine to power the car up the next grade. Repeating the process, I saved hundreds of dollars annually, although to register a real profit, I had to include the cost of a burned clutch or two.

Think of the millions of gallons we could save, today, if everyone was required to step on a clutch!

There are side benefits, too. Road rage declines. We all will be too busy learning again to shift the car manually to be bothered by what anyone else is doing. And we’d get a great workout! Pumping that third pedal will be like taking a spin class on your way to work.

Perhaps I’ve oversimplified. Yet often the best solutions are not complicated. Adding a clutch to our lives might just be the easiest way to reinvigorate this shiftless society.

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

➤ VETERANS From Page A1

Class on Nov. 4, 2022.

The non-profit organization honors veterans for their military service achievements and community contributions. To learn more about the IMVHOF or to make a tax deductible donation, visit imvhof.com.

The remaining inductees for this year

- Woodrow A. Abbott (deceased) of Bainbridge
 - Mary Lou Aurtrey of Indianapolis
 - Cladie A. Bailey (deceased) of Heltonville
 - James W. Coe (deceased) of Richmond
 - Paul G. Gentrup of Lawrenceburg
 - William D. Jeffries (deceased) of Mitchell
 - Louis Kalil (deceased) of Mishawaka
 - Everett C. McGriff of Zionsville
 - Clair L. Miller (deceased) of Marion
 - Dorothy M. Simpson-Taylor of Indianapolis
- 2022 marks the IMVHOF’s eighth year of induction, bringing the number of total inductees to 128. The IMVHOF received 44 nominations this year. Veterans from all branches of the U.S. Armed Forces, living or deceased, were considered

equally.

The induction ceremony will be held Nov. 4 at The Garrison on Old Fort Harrison 6002 North Post Road, Lawrence. Tickets to this year’s ceremony can be purchased by visiting imvhof.com/events-2/.

About the IMVHOF: The Indiana Military Veterans Hall of Fame is a 501(c)3 organization that was founded in 2013. Formed by representatives from government, business, and retired military, the organization strives to publically emphasize the honor brought to the state of Indiana and the nation by the sacrifice of Indiana military veterans and their families.

Indiana follows only a handful of other states who have established similar organizations. Visit www.imvhof.com for more information about the organization.



➤ FESTIVITIES From Page A1

in a collaboration with the Noblesville Lions Club. Attendees and a panel of judges will award their favorites.

• **Trick-or-Treating:** Downtown Businesses will open their doors to any trick-or-treaters ready to test out their costumes and get a head start on Halloween.

• **Costume Contest:** Along with Trick-Or-Treating, we will offer an early Halloween costume contest. Have your photo taken for a chance to win.

• **Spooky Trolley Rides:** Family-friendly spooky trolley rides will be offered throughout the evening.

• **Magic in the East Alley:** Josh Cecil will host live shows bring his mind-blowing magic to the downtown Square.



• **Pumpkin Carving Contest & Demonstration:** Bring your pre-carved pumpkins for judging and a professional carving demonstration.

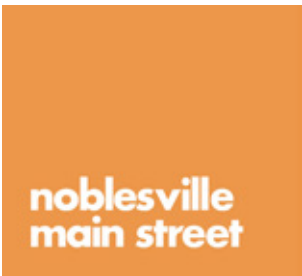
• **Children Fall Games:** Games, face painting, and more will be offered!

• **Scarecrow Contest:** Don’t miss the Scarecrows on the Square — and find out who won the best scarecrow contest.

• **Music & All That Jazz:** For our final Music & All That Jazz we are having two performances. The NHS Jazz

Ensemble will perform from 5pm-7pm and The FlannelTones will perform from 7-9 p.m. Music & All That Jazz is sponsored by Gordon Insurance Partners.

Kate Baker, Executive Director of Noblesville Main Street, said, “Our First Fridays has been an impactful addition to our community this year thanks in part to the generous support from Duke Energy. We’re grateful for their financial partnership with our organization to better our community!”



About Noblesville Main Street:

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 noblesvillemainstreet.org/.

TUESDAY

In The **Kitchen**

Tuesday, Oct. 4, 2022

A8

Spooky Snacks

that Make Halloween Pop



Spooky Popcorn Spider Web

FAMILY FEATURES

From watching scary movies to dressing up as ghouls and goblins, spooky season means it's time to pop up your loved ones' favorite snacks for a ghostly good time. Before heading out to trick-or-treat, gather your minions in the kitchen for some family-friendly fun crafting these haunting yet tasty treats.

Throughout October, you can honor National Popcorn Poppin' Month with eerie, delicious eats like Spooky Popcorn Spider Web, Green Halloween Zombies and Witchy Popcorn Balls that add festive fun to the Halloween excitement.

As a perfect ingredient in treats of all types, popcorn is beloved for its seed-to-snack simplicity as a non-GMO, vegan, gluten-free, sugar-free snack that's naturally low in fat and calories. Add in its irresistible smell, taste and versatility, and it's easy to see why it pairs so well with spooky celebrations.

Find more Halloween treats at popcorn.org.

Spooky Popcorn Spider Web

Yield: 1 spider web

- 1/4 cup butter**
- 8 cups mini marshmallows, divided**
- 1 tablespoon vanilla extract**
- 9 cups popped popcorn, divided**
- 1 cup semisweet chocolate chips, divided**
- black string licorice candy eyes**

Line round pizza pan with parchment paper; set aside. In large saucepan over low heat, melt butter; stir in 5 cups marshmallows, stirring constantly, 3-4 minutes, or until completely melted. Stir in vanilla. Remove from heat. Stir in 8 cups popcorn until coated. Spread onto prepared pizza pan in irregular round shape, about 1-inch thick, to resemble spider web.

Refrigerate about 15 minutes, or until firm.

In microwave, melt remaining marshmallows about 20 seconds, or until melted. Using spatula, string strands of melted marshmallow over popcorn spider web to create cobweb effect.

In heatproof bowl set over saucepan of hot (not boiling) water, melt 3/4 cup chocolate chips; cool slightly. In large bowl of remaining popcorn, pour chocolate over popcorn, folding gently to coat. Spread mixture on waxed paper-lined baking sheet, separating into eight small clusters. Affix two candy eyes to each popcorn cluster. Refrigerate 10-15 minutes, or until set.

Melt remaining chocolate chips. Cut licorice into 1-inch lengths. Using small spoon, dab circles of chocolate onto spider web. Affix chocolate-coated popcorn onto chocolate circles. Affix licorice lengths to chocolate popcorn clusters to resemble spider legs.

Refrigerate 15 minutes, or until set. To serve, cut into smaller pieces.



Witchy Popcorn Balls

Green Halloween Zombies

Yield: about 7 pieces

- 2 1/2 quarts popped popcorn**
- 6 tablespoons butter or margarine**
- 3 cups mini marshmallows**
- 4 tablespoons lime gelatin powder**
- red gum balls**
- candy corn**
- flat green candy strips or fruit leather**
- green sugar sprinkles**

Place popcorn in large bowl; set aside. In medium saucepan over medium heat, melt butter. Stir marshmallows into butter until melted. Stir in gelatin powder until evenly colored.

Pour melted mixture over popcorn and stir until evenly coated. With buttered hands, shape popcorn into seven ovals.

Flatten one oval slightly and squeeze one end to form "skull" shape. Place on parchment-lined baking sheet. Repeat with remaining ovals.

To decorate: Press two gum balls into each skull to form "eyes." Press candy corn into skull to form "teeth." Use scissors to trim candy strips and press into top for "hair." Sprinkle with sugar sprinkles.

Allow "zombies" to set about 20 minutes before wrapping individually in plastic wrap or serve immediately.



Green Halloween Zombies

Witchy Popcorn Balls

Yield: 8 popcorn balls

- 16 chocolate wafer cookies**
- nonstick cooking spray**
- 3 quarts popped popcorn**
- 4 tablespoons (1/2 stick) butter or margarine**
- 3 cups miniature marshmallows**
- 3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix**
- green food color (optional)**
- 1/4 cup chocolate chips**
- licorice strings**
- 8 chocolate ice cream cones**

- orange sugar sprinkles, placed in small dish**
- jelly beans**
- candy corns**

Spread sheet of waxed or parchment paper over work surface and place wafer cookies on it.

Spray large mixing bowl with nonstick cooking spray and place popcorn inside.

In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin powder until marshmallows are melted and mixture is smooth. Adjust color with 1-2 drops food color, if desired. Pour mixture over popcorn and mix until coated.

Spray hands with nonstick cooking spray and press firmly to form into eight balls. Place balls on eight wafer cookies. Press candy decorations into popcorn balls to form "eyes," "nose" and "mouth."

In small, microwave-safe bowl, heat chocolate chips, covered, 10 seconds. Stir to aid melting. Repeat as needed until chocolate is melted and smooth.

Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair." Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form "witches' hats." Place hats on popcorn balls. Allow chocolate to set about 45 minutes before serving. Serve or seal individually in plastic wrap.

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TUESDAY

In The Kitchen

Tuesday, Oct. 4, 2022

A9

Warm Up Fall with Filling Family Meals

FAMILY FEATURES

Cooler fall months call for comforting, hearty meals that taste just as delicious as they look. Filling recipes like chili and pasta make the season a special time for spending quality moments with those you love.

This fall, turn to a time-saving ingredient like Newman's Own Sockarooni Pasta Sauce with its blend of tomatoes, mushrooms and bell peppers plus a few signature spices. This versatile sauce made with high-quality ingredients is ready to be a new favorite at your home in recipes like Chili Con Carne, a satisfying dish that can simmer on the stove while you help little ones with homework.

If your family and friends love sharing pasta on those cool, crisp evenings, Lasagna a la Sockarooni can help you impress guests as a quick, easy recipe elevated by creamy and buttery bechamel sauce.

Along with comforting foods, fall is also a time for giving. You can put tasty food on your own table while helping nourish and transform the lives of children who face adversity with Newman's Own's radically good commitment to "giving it all away." As with all of its products, 100% of profits from Sockarooni Pasta Sauce is donated to organizations that help kids.

Learn more about supporting that commitment and find additional autumn recipes by visiting [NewmansOwn.com](https://www.newmansown.com).

Lasagna a la Sockarooni

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 9

- Salted water
- 1 package lasagna noodles
- 1 jar Newman's Own Sockarooni Pasta Sauce
- 2 cups Parmigiano Reggiano cheese, grated

Bechamel Sauce:

- 4 tablespoons butter
- 1/2 cup all-purpose flour
- 1 1/2 cups whole milk

Over high heat, boil large pot of heavily salted water. Once boiling, add lasagna noodles and cook until al dente then drain and set aside.

To make bechamel sauce: In saucepan over medium-low heat, melt butter. Add flour and stir with wooden spoon until paste forms. Add small amount of milk and stir until mixture loosens. Gradually add remaining milk and continue stirring with whisk. Cook sauce over low heat until thickened, about 10 minutes.

Preheat oven to 375 F.

In large, deep, oven-proof casserole dish, ladle small amount of pasta sauce followed by small amount of bechamel sauce. Sprinkle some Parmigiano Reggiano cheese over sauces and layer with three lasagna noodles. Continue pattern until dish is complete. Top final layer of noodles with remaining bechamel sauce and grated Parmigiano Reggiano.

Bake 25-30 minutes until golden brown and bubbling. Cool prior to serving.



Lasagna a la Sockarooni



Chili Con Carne

Chili Con Carne

Prep time: 20 minutes
Cook time: 2 hours
Servings: 8

- 2 cups diced onion
- 3 cloves garlic, minced
- 1 green pepper, seeded and chopped
- 2 tablespoons cooking oil
- 2 pounds coarsely ground lean beef
- 2 cups kidney beans, soaked overnight
- 1 jar Newman's Own Sockarooni or Marinara Pasta Sauce
- 2-3 cups water
- 2-3 tablespoons chili powder

- 1 teaspoon ground cumin
- salt, to taste
- pepper, to taste
- 1 cup chopped celery
- 1 can (8 ounces) corn
- sour cream, for garnish
- lime wedges, for garnish

Saute onion, garlic and green pepper in oil until soft. Add beef and brown. Add kidney beans, pasta sauce, water, chili powder, cumin and salt and pepper, to taste. Simmer, uncovered, 1 hour, stirring frequently. Add celery and corn; simmer 1 hour. Garnish with sour cream and lime wedges.

Substitution: Use 3 cups cooked rice for meat to make vegetarian chili.



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TUESDAY

Health *and* WELLNESS

Tuesday, Oct. 4, 2022

A10

Highlighting Importance of Pregnancy and Infant Loss Awareness Month

By Dr. Cameual Wright,
CareSource Vice President
and Market Chief Medical
Officer

The month of October sheds light on issues related to infant mortality as we recognize National Pregnancy and Infant Loss Month. In Indiana, the infant mortality rate (IMR) is 20% higher than the national average, according to Indiana University School of Medicine. Factors that contribute to this are socioeconomic background, income, race, geographic location and many others. While rates have improved from past years, Indiana and the rest of the U.S. have work to do in order to get IMR rates down significantly.

To highlight the importance of this month, Dr. Cameual Wright, vice president and market chief medical officer of CareSource, a nationally recognized nonprofit health plan, is sharing information to raise awareness for and promote healthy pregnancies across the state of Indiana and beyond.

Raising awareness
It is no question that infant mortality is an issue plaguing the health



Dr. Cameual Wright

care system in the U.S. According to the Centers for Disease Control and Prevention (CDC), almost 20,000 babies died before their first birthday in 2020. The causes of this range from Sudden Infant Death Syndrome (SIDS) to prenatal risks and preterm birth, all of which Indiana University School of Medicine reports as the causes for half of infant mortalities in Indiana and nationally.

Not only are these statistics concerning, but how this disproportionately affects race shows a need for improvement within the health care system. For example, the Indiana Department of Health (IDOH) reports that the IMR for white infants was 5.5 per 1,000 live births in 2020, while the IMR for Black infants was 13.2 per 1,000 live

births. We need to raise awareness around these disparities and ultimately address them by creating additional social services that handle these concerns. Accessibility to proper providers needs to be considered, as well as adequate representation among providers, so mothers feel comfortable with a medical professional who understands their culture and their needs.

Emphasis on prenatal care According to the IDOH's Maternal Mortality Review Committee (MMRC), for pregnancy-associated deaths in 2020 in Indiana, only 50% of the women accessed prenatal care starting in the first trimester of their pregnancy. This shows the significance of adequate prenatal care as it encourages pregnant women to monitor their health, become informed of steps they can take to protect both their infant and themselves and ultimately identify high-risk pregnancies that require more care early on. Barriers that may prevent women from receiving prenatal care are high health care costs, transportation, quality care availability, lack of

child care and other social factors. The same IDOH committee and the Indiana Hospital Association (IHA) reported that in 2020, there were 34 counties in Indiana categorized as maternal care deserts, meaning they lack a hospital with inpatient delivery services.

As stated, there are many factors that prevent mothers from accessing proper prenatal care starting in their first trimester. However, placing an emphasis on quality care during pregnancy can save lives – these doctor visits have the ability to catch the signs and symptoms of high-risk pregnancies early on to prevent further complications. Talk with your health care provider about prenatal care options as well as appointment times to ensure a safe and healthy pregnancy for both infant and mother.

Looking ahead: Importance of advocating for health

These statistics reflect the realities of pregnancy and infant loss in Indiana and across the U.S. However, combating this with awareness of the issue and how it impacts a wide range of demo-

graphics differently within the health care system is one step towards change. Along with this, prenatal care plays an enormous role in catching the signs and symptoms of high-risk pregnancies early on before complications arise. These preventative measures, along with advocating for one's health at all times, are a few ways to ensure healthy moms and babies during pregnancy and post-birth.

As Indiana and the U.S. push for change to lower the numbers relating to pregnancy and infant loss, there is hope in the fact that there are steps to take to prevent maternal mortality, just like infant mortality. The Indiana MMRC reports 79.3% of pregnancy-associated deaths were deemed preventable in 2020. Lowering the rates of both maternal and infant mortality are goals that are in reach.

At CareSource, we encourage all mothers to connect with our case managers who work side by side with them through their pregnancy to provide education and coordinate care. Our Babies First Program provides incentives for

obtaining recommended prenatal care, well-child care, immunizations and lead testing. We also recently partnered with the Indiana University Richard M. Fairbanks School of Public Health at IUPUI on a five-year grant to launch a housing equity initiative to work to reduce Indianapolis' infant mortality rate by addressing housing, a key social determinant of poor infant health.

Additionally, we are partnering with the state of Indiana on the My Healthy Baby Program, which connects women early in pregnancy with an OB Navigator, who provides them with personalized support during pregnancy and post-partum. Along with this, we are supporting the Indiana Pregnancy Promise Program to promote recovery from opioid use by providing maternal and infant support. By taking preventative steps to ensure healthy pregnancies in Indiana and beyond as well as being a strong advocate for your health, CareSource believes we can all work together to keep moms and babies healthy this year and moving forward.

What You Should Know About Eating Disorders During the College Years

(Family Features)

Sending kids off to college can be anxiety-inducing for students and parents alike. Between newfound freedom, increased workloads, reduced structure, academic competition, increased social comparison and the miles away from home, life as an undergrad is often largely uncharted territory.

Even before COVID-19 and the surge of associated mental health challenges, researchers revealed some startling insight on college students' mental health. One study, led by researchers at the University of Oxford, found one-third of college freshmen are coping with anxiety and depression at the start of the school year, and those numbers increase as the year progresses.

As if that weren't enough, the college years also tend to intersect with the onset of most mental health conditions. Half of all cases begin by the age of 14 while 75% of lifetime mental illnesses present by the age of 24, according to research published in the "Archives of General Psychiatry," with some of the most dangerous and prevalent mental health conditions

on college campuses being eating disorders.

Navigating Mental Health Disorders

Trying to help young adults navigate their first real taste of "independence" – especially if you're miles apart – can be a daunting task for parents. While the COVID-19 pandemic exacerbated many mental health conditions, it also helped make mental health awareness more of a household topic. Now, there are helpful resources for parents and students and less stigma attached to mental health diagnoses, so neither those with eating disorders nor their loved ones have to struggle alone.

Additionally, most people with eating disorders also struggle with other mental health conditions, such as anxiety, depression or ADHD. Managing a mental health condition is rarely easy and doing so in an unfamiliar environment – often without a proper diagnosis – can be especially difficult. By becoming familiar with the early behavioral, emotional and physical warning signs of eating disorders, parents may be better able to spot students'

problematic relationships with food and make early intervention a priority before symptoms spiral out of control.

Eating Disorders on the Rise

The unique convergence of environmental triggers, academic stress and neurological development during the college years makes students a high-risk population for the development of mental health conditions with eating disorders being some of the most common. The prevalence of eating disorders among college students was stable from 2009-2018, but increased sharply in 2021 for both women and men, according to a study published in "Nutrients."

Signs of Trouble

Recognizing a college student's eating disorder can be particularly difficult, especially when students are away from home attending school. Until it has progressed significantly, someone with an eating disorder may be quite effective at hiding it from others.

While different eating disorders present different symptoms, some common overarching signs that may suggest a problem

include:

- * Increased interest in dieting
- * Excessive monitoring of food intake or weight
- * Frequent negative comments about body image
- * Poor eating habits, such as skipping meals or bingeing
- * Rigid or excessive exercise schedules
- * Significant changes in weight (loss or gain)
- * Social withdrawal
- * Changes in mood or behavior

Early Intervention

Early intervention can play a critical role in effective treatment of an eating disorder, but many families struggle with finding a treatment program that allows a college student to continue coursework while taking steps to improve health.

"A delay in eating disorder treatment can negatively impact the likelihood of recovery and increase the duration of the condition, needlessly prolonging suffering," said Heather Russo, chief clinical officer for Alsana, a national eating recovery community that serves adult clients of all genders through in-person and virtual programs. "Parents

of college students must be aware of the risks and triggers young adults face during these vulnerable years so they can help address issues and early warning signs as they arise."

An option like Alsana's Adaptive Care Model is a holistic approach to treatment that strives to create an inspiring healing experience and focuses on the patient's total health through five core areas, including medical treatment, nutrition, movement, therapy and developing a stronger sense of self-purpose.

This customized approach to treatment is available to students who seek flexible scheduling options, allowing them to get help remotely or on an outpatient basis.

"Because eating disorders touch so many facets of a person's life, treatment must address healing for the whole person in order for it to be effective, sustainable and nourishing," Russo said.

Learn more about eating disorder treatment options that can help your student develop a healthier relationship with food at alsana.com.

Evaluating an Eating

Disorder

If you've noticed some changes in your college student but can't put your finger on exactly what's wrong, an eating disorder could be to blame. Pinpointing a problem is the first step toward effective treatment.

If you're concerned your college student might have an eating disorder, considering the answers to these questions, discussing them together and talking with a doctor can help put your loved one on a path toward recovery. Or, if your student tends to be more private, ask them to take a survey to learn more about the likelihood of an eating disorder at alsana.com/survey.

1. Do you attempt to restrict calories or foods?
2. Do you make yourself sick because you feel uncomfortably full?
3. Do you worry you have lost control over how much you eat?
4. Have you recently lost more than 14 pounds in a three-month period?
5. Do you believe yourself to be "fat" when others say you are too thin?
6. Would you say food dominates your life?



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