

➔ TODAY'S VERSE

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



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Kate Baker smile? "The kindness of others, my nieces and nephew, laughter, my dogs, the ocean. There are so many things that bring me joy." She's "an incredibly proud aunt, the best title I've ever had," and "a proud mom" to her two sweet huskies, Dakota and Dasher. Since coming on to the job as Noblesville Main Street's executive director, Baker feels right at home. The community can find her in the Main Street offices, at 839 Conner St., just above Nickel Plate Arts' NobleMade gift shop, from 9 a.m. to 5 p.m. Monday through Friday. She invites everyone to stop in. "I love hearing about what people value about Noblesville Main Street and, of course, what they'd like to see from us in the future," she said.

And Another Few Things...

1. Trunk-or-Treat

The First Presbyterian Church of Noblesville is inviting the Noblesville community to a free Trunk-or-Treat event in the church parking lot on Oct. 29 from 5-7 p.m. at 1207 Conner Street, Noblesville.

Bring your little ghouls and goblins and enjoy lots of treats, a make-n-take craft, music, and a brown bag hot-dog dinner. In the event of inclement weather, all festivities will be held inside. Call the church at (317) 773-2383 for any questions.

2. Rokita Statement

Late last week, Indiana Attorney General Todd Rokita issued the following statement on U.S. Supreme Court case Marion County Health and Hospital v. Talevski, which will determine whether non-parties to a lawsuit may sue to enforce the terms of a contract.

"Alongside the Marion County Health and Hospital Corporation, our team is preparing to argue important principles of law before the U.S. Supreme Court next month in the case Marion County Health and Hospital v. Talevski.

"At issue is whether someone who is not a party to a contract with the federal government may sue to enforce the terms of that contract. Specifically, this case pertains to grants issued by a federal agency to a state or local government.

"Such lawsuits by non-parties impose significant burdens on state and local governments — and thereby upon individual taxpayers. In the last three years, Indiana alone has litigated over 1,200 civil rights cases.

"Some commentators have construed this case as being principally about the rights of the elderly and their families to use the legal system to advocate for their proper care. And we all want nothing but the best care for our seniors.

"But this case principally concerns the need to hold grant relationships accountable to voters — and the need to respect the authority of Congress. That means that individual beneficiaries who are not parties to the contracts should not be able to sue to enforce grant conditions unless Congress expressly authorizes them to do so.

"When individual beneficiaries bring unauthorized lawsuits to enforce federal grant conditions, they invite unelected federal judges to interfere with how state and federal officials carry out the jobs the public expects them to perform. The proper functioning of democracy requires that such judicial interference not occur unless Congress has expressly authorized it.

"The chaotic state of implied-rights doctrine only exacerbates the litigation burden — and therefore the taxpayer burden — imposed by these kinds of cases. So, the issue of whether federal grant conditions confer enforceable civil rights is a nationally important issue warranting the Court's consideration.

"Our office is proud to fight for the fiscal integrity of the state when administering federal programs. We look forward to combining forces with the Marion County Health and Hospital Corporation to argue this case in the U.S. Supreme Court next month."

# The TIMES

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## Veterans Group Collecting Coats for Veterans, Families



### BETSY REASON The Times Editor

I always like to hear about local organizations doing good for the community.

The Hamilton County Veterans Corp. is one of those groups.

The HCVC is about veterans serving veterans who are members of our American Legions, Veterans of Foreign Wars lodges and other veterans organizations in Hamilton County.

The Hamilton County Veterans, a 501(c)(3) nonprofit, has recently teamed up for the first time with Life Church in Noblesville to collect coats for men, women and children, to be delivered to our veterans and their families.

Ron Wilson, president of the Hamilton County Veterans, asks that the community drop off clean coats through this Sunday at the church, 2200 Sheridan Road, Noblesville. Hours are 9

a.m. to 4 p.m. Tuesday through Friday, and 8 a.m. to 1 p.m. Sunday.

"The coat drive at Life Church is going very well," said Jennifer Morin Young, who is coordinating the coat drive with Wilson and the Hamilton County Veterans. "I have a huge heart for our veterans and our military." She is a liaison between Turning Pointe USA Faith and Life Church, where Micah Beckwith is campus pastor. "I have a committee at the church who is supporting or has supported worthy philanthropic causes like this veteran coat drive."

"Our last coat drive, we had over 100 donated," Wilson said. "We donate them to any veteran in need or veterans' family." After Hamilton County needs, the coats go on to "brothers and sisters" for homeless veterans and families in other Indiana cities and towns, including Indianapolis.

The Hamilton County Veterans coat drive has been going on for at least 10 years, he said.

Wilson, a 1964 Noblesville High School and veteran of the U.S. Navy, served in Vietnam from 1965-71 and is a member of the American Legion Post 45 in Noblesville. He is president of Hamilton County Veterans, past State Commander of Indiana Squadron and is currently Senior Executive Officer of the National Staff of Navy Club USA and, as a past Commander



Ron Wilson

of Hamilton County Navy Club Ship 29, Wilson now serves as a Trustee. He also helped organize the 50th-year rededication of the Hamilton County Vietnam Veterans Memorial in Noblesville in 2021.

Wilson said the Hamilton County Veterans group is thankful to the community for helping with other needs, as well, including walkers, canes and wheelchairs for veterans' medical needs. He said thanks to donations, the Hamilton County Veterans were able to assist several veterans.

The group also assisted veterans in getting transportation to Richard L. Roudebush Hospital during the year as well as helping several veterans receive benefits due them from the Veterans Administration.

Wilson said Hamilton County Veterans also found shelter for veterans who lost their homes due to financial difficulties.

The group also had a bike

➔ See BETSY Page A6



Photo courtesy of the Noblesville Lions

### Noblesville Lions Hole-in-One Fundraiser

This past Friday and Saturday, the Lions set up on the 8th hole of the Central course at Fox Prairie Golf Course. Each golfer was offered a chance to win a Hole-in-One prize for a \$10 donation. If a golfer hit a Hole-in-One, they won \$10,000. If they didn't, and their ball landed on the green, they would be entered in a drawing for a \$100 gift certificate to the Pro Shop. As of Saturday, there were no Holes-in-One, but several shots landed on the green. No final results yet as of publication.

Above are Lions Julia Kozicki, Tim Baker and Jen Carr, just a few of the Lions helping out on Saturday.

### ➔ INSIDE TODAY

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### ➔ HONEST HOOSIER

Seems odd that we are a month into fall already!



### ➔ TODAY'S HEALTH TIP

Keep up-to-date on vaccines that are recommended for your age group. 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

"There is a fifth dimension beyond that which is known to man . . . a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man's fears and the summit of his knowledge. This is the dimension of imagination."

- Rod Serling

### ➔ TODAY'S JOKE

What do you do when you have 100 zombies around you? Hope like heck that it's Halloween!

### ➔ OBITUARIES

Joan Ilene King

The Times appreciates all our customers. Today, we'd like to personally thank **CHRISTINE ALTMAN** for subscribing!



## The Daily Almanac

Sunrise/Sunset  
RISE: 7:57 a.m.  
SET: 6:59 p.m.

High/Low  
Temperatures  
HIGH: 45 °F  
LOW: 31 °F

### Today is....

- Simchat Torah
- Information Overload Awareness Day
- National No Beard Day

### What Happened On This Day

- 1910 President Theodore Roosevelt becomes first U.S. president to fly in an airplane
- 1968 NASA launches Apollo 7, the first successful manned Apollo mission
- 1984 Aboard the Space Shuttle Challenger, astronaut Kathryn D. Sullivan becomes the first American woman to perform a space walk

### Births On This Day

- 1919 Pierre Trudeau Canadian politician and 15th Prime Minister of Canada
- 1987 Zac Efron American actor and singer

### Deaths On This Day

- 1931 Thomas Edison American businessman who invented the light bulb and phonograph
- 1973 Leo Strauss German/American philosopher

## Let the 'Whistle-Pig' Run Free!



### JOHN O. MARLOWE With The Grain

When I was finally old enough to go get the mail on my own -- shortly after overcoming the dread of being shredded to pieces by Laddie, the mean collie dog living next door -- I still made it a point to run to the

➔ See MARLOWE Page A6

13 WTHR 7 DAY FORECAST

31/45 ANOTHER COLD DAY TUE	30/49 A.M. FREEZE, SUNNY WED	30/56 WARMER THU	39/68 PLEASANT FRI	50/72 BREEZY & WARMER SAT	51/74 SUNNY & MILD SUN	58/75 BREEZY MON
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## ⇒ OBITUARIES

### Joan Ilene King

September 16, 1932-October 16, 2022

Joan Ilene King, 90, of Noblesville, passed away on Sunday, Oct. 16, 2022 at Riverview Health in Noblesville after a lingering illness. She was born on Sept. 16, 1932 to John and Bertha Guthrie in Mitchell, Indiana.



Mrs. King was a member of Westfield First United Methodist Church. She loved to water ski, play cards, square dance and fly with her husband. She played the organ and cello, and loved to sing with the Sweet Adelines. Most of all, Mrs. King loved spending time with her family, especially at the holidays.

Survivors include her four children Michael (Lou Ann) King, Joetta (William) Ruble, Lee Ann Stevens and Mark King; six grandchildren Jessica (Josh) Kunze, Beth King, Monica (Matt) Baird, Robert (Karin) DeVol, April King and Melanie King (L.E. Stratton); 16 great-grandchildren; and one great-great-grandchild.

In addition to her parents, she was preceded in death by her husband Robert King; two sons Patrick King and Timothy Dale Stevens; and members of the Guthrie family.

Private family services will be scheduled with burial at Summit Lawn Cemetery in Westfield.

Memorial contributions may be made to American Heart Association, PO Box 840692, Dallas, Texas 75284-0692 (heart.org); or American Diabetes Association, PO Box 7023, Merrifield, Va. 22116-7023 (diabetes.org/donate).

Online condolences may be made at [www.randallroberts.com](http://www.randallroberts.com).

## Fishers Author Publishes Novel of Magic Realism

*The Eyes of Horace Hollow*, a new book by Nancy Hartmann, has been released by RoseDog Books.

No one would imagine that a mangy, one-eyed cat could completely change the life of Jasper Yates. A master craftsman of leaded stained-glass windows, Jasper lives in the small village of Horace Hollow in the mid-19th century. Tired of ridicule due to several birth defects and a stutter, he chooses a life of isolation until he adopts the cat. Jasper names the cat Noir due to his coal black fur and mysterious golden eye.

When Horace Hollow places an exorbitant tax on stained-glass windows, it is Noir who leads Jasper to a stranger living deep in the nearby forest. This stranger offers a possible solution,

but is the proposition a curse or blessing? Jasper must discover the truth before time runs out.

About the Author:

Nancy Hartmann lives in the Midwest where she enjoys the tapestry of all four seasons. She has a husband, two grown children and a dog named Riley. *The Eyes of Horace Hollow* is Nancy's first novel.

*The Eyes of Horace Hollow* is a 158-page paperback with a retail price of \$16.00 (eBook \$7.00). The ISBN is 979-8-88527-564-4. It was published by RoseDog Books of Pittsburgh, Pennsylvania.

For more information, or to request a review copy, visit [dorrancepressroom.com/the-eyes-of-horace-hollow/](http://dorrancepressroom.com/the-eyes-of-horace-hollow/). To purchase copies, visit [rosedogbookstore.com/the-eyes-of-horace-hollow/](http://rosedogbookstore.com/the-eyes-of-horace-hollow/).

**Obituary deadline**  
The Times publishes obituaries daily at [www.thetimes24-7.com](http://www.thetimes24-7.com), and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG. Daily obituary deadline is 4 p.m. for the following day's print publication. To read more obituaries, visit [www.thetimes24-7.com](http://www.thetimes24-7.com).

## Drop-Off Sites to Open for Operation Christmas Child



More than 4,500 locations will open to collect Operation Christmas Child shoebox gifts for the Samaritan's Purse project. Volunteers are preparing to collect shoebox gifts during National Collection Week, Nov. 14-21. Local locations include Crossroads Church of Westfield and Grace Church in Fishers.

Operation Christmas Child has been collecting and delivering shoebox gifts—filled with school supplies, hygiene items and fun toys—to children worldwide since 1993. Anyone can pack a shoebox! In 2022, Operation Christmas Child hopes to collect enough shoeboxes to reach another 11

million children. Individuals, families, and groups still have time to transform empty shoeboxes into fun gifts. The project partners with local churches across the globe to deliver these tangible expressions of God's love to children in need. Find a step-by-step guide on the How to Pack a Shoebox webpage at [samaritanspurse.org/operation-christmas-child/pack-a-shoe-box/](http://samaritanspurse.org/operation-christmas-child/pack-a-shoe-box/)

"Now more than ever, children around the world need to know that God loves them and there is hope," said Franklin Graham, president of Samaritan's Purse. "A simple shoebox gift opens the door to share about the true hope that can only be found in Jesus Christ."

Participants can find the nearest drop-off location and hours of operation as they make plans to drop off their shoebox gifts. The online lookup tool is searchable by City or ZIP code. Signs at each location will identify the drop-off.

For drop-off locations serving your community, visit the drop-off

locator online at [samaritanspurse.org/operation-christmas-child/drop-off-locations/](http://samaritanspurse.org/operation-christmas-child/drop-off-locations/)

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 198 million gift-filled shoeboxes to children in more than 170 countries and territories. This year, Operation Christmas Child will collect its 200-millionth shoebox.



Photo courtesy of the Noblesville Lions

### Dr. Chuck Bragg Entertains Noblesville Lions

On Wednesday evening Dr. Chuck Bragg (above, right) treated the local Lions to an interesting presentation. He told the Lions about his past 4 Lion Club memberships over the years; and about the leadership training and services he learned from Lions Clubs. He also discussed the Society of Indiana Pioneers, and how his family has contributed in the past. He also went over how one of the Noblesville Lion members, Dave Marsh, is related to the Bragg family from a few years back!

Posing with Dr. Bragg in the photograph above is Lion Dave Marsh (left) thanking Dr. Bragg. Lion Dave is holding his family history chart, which was a surprise gift from Dr. Bragg.

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# What You Need to Know About Norovirus



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

Stomach flu has been making the rounds lately. I have to start by dispelling a common misconception people have that all types of “flu” are the same. “Stomach flu” is not caused by the same viruses that cause respiratory illnesses. Flu shots, given this time of year to help prevent respiratory influenza, will not protect you against viruses affecting the gastrointestinal tract.

Noroviruses are the number one cause of acute viral gastroenteritis in the United States with an estimated 21 million cases per year. These annual infections lead to 70,000 hospitalizations and 800 deaths. The name norovirus is derived from a virus that was first identified as the cause of an outbreak of illness in a school in Norwalk, Ohio in 1968.

Noroviruses are a very sturdy group of viruses,

able to withstand freezing and temperatures as high as 140 degrees Fahrenheit. They can survive steaming when cooking shellfish and are even resistant to the levels of chlorine found in municipal drinking water.

Typical symptoms of norovirus infection include the sudden onset of nausea, vomiting, diarrhea, and abdominal pain/cramping. Diarrhea is particularly common in children. These symptoms can lead to dehydration, especially in the young and elderly.

Noroviruses are the most common pathogen responsible for outbreaks of gastrointestinal illness on cruise ships. The viruses are highly contagious and spread rapidly in close quarters such as day cares, schools, nursing homes, hospitals, restaurants and ships. The vomit and diarrhea of norovirus sufferers can contain billions of viruses. Ingesting as few as 100 of these viruses can result in illness.

The virus is spread through exposure to the vomit and stool of an infected person and also through contact with contaminated surfaces or clothing/linens. Contaminated food (particularly shellfish) and water can also cause infection. Spread of the virus in schools and daycares is particularly

common through shared toys, books, and utensils. Infected persons who prepare food also frequently spread the virus.

The incubation period from exposure to symptoms is between 24 and 48 hours. Most people are ill for one to two days, but they are contagious from the time they fall ill until at least three days after their symptoms subside and sometimes up to two weeks later. It is therefore very important to keep children out of school for at least three days following their improvement and for anyone doing food preparation to avoid work for that time period as well.

Treatment of norovirus infection is symptomatic – avoid dehydration and take medication for fever. Usually water is adequate the first day or so, but if the illness persists, we usually recommend taking an oral rehydration solution like Pedialyte. A simple recipe for rehydration solution is to add two level teaspoons of salt and eight heaping teaspoons of sugar to a two-liter bottle of water. Intake should be monitored, especially in children, who should take small sips rather than allowing them to gulp the fluid down.

The key to preventing

the spread of norovirus is proper hygiene, particularly hand washing (which we all should be doing anyway). Anyone who has norovirus-like symptoms or is taking care of someone with suspected illness should wash their hands regularly for 20 seconds using warm water & soap. This is especially important after using the toilet or changing diapers as well as prior to preparing food. Vegetables, fruits, and shellfish should be thoroughly washed before cooking.

Any surfaces or items that have been in contact with an infected person should be cleaned with bleach water made by mixing one part bleach with nine parts water. The solution should be left in place for 10 – 20 minutes. Clothing or linens that have been in contact with an infected person should be washed in hot water for the maximum cycle length and dried in a dryer.

Most people get over norovirus illness without complications. If a person appears dehydrated, lethargic, or complains of severe abdominal pain, he or she should contact their doctor.

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

# Planning an Ag Career? High School Seniors Can Apply for Soy Scholarship

If you or someone you know is an outstanding high school senior interested in pursuing a career in agriculture, we have an opportunity for you! Future ag leaders are vital to the sustainability and growth of our industry, and the American Soybean Association wants to provide one of these students a college scholarship as they begin their agriculture education.

The Soy Scholarship is a \$7,000, one-time award presented to a high school senior who plans to pursue agriculture as an area of study at any accredited college or university in the 2023-24 academic year. The scholarship is managed by ASA and made possible through a grant by BASF Corporation.

“Whether its combating climate change, finding new sustainable uses for our crops and byproducts, or testing innovative technology in the fields, we’re embarking on a new age of agriculture. It’s an exciting time with numerous career opportunities for future ag leaders, and we’re thrilled to support this next generation,” ASA President Brad Doyle (AR) said.

“ASA is grateful for its longstanding partnership with BASF and proud to invest in the future farmers, scientists, teachers, and other ag careers that will drive the industry forward.” ASA and BASF have

recognized and rewarded students for their hard work and interest in agriculture through the Soy Scholarship since 2008.

“The needs of our rapidly changing planet are growing at a speed that requires a tenacious pool of scholars, poised to meet its demands,” said Scott Kay, vice president, U.S. Crop, BASF Agricultural Solutions North America. “BASF is thrilled to support the students, learning, leading and meeting these challenges head-on at ground level.”

The scholarship is awarded in \$3,500 increments (one per semester) for the 2023-24-school year. The student must be a child or grandchild of a current ASA member, maintain successful academic progress and be in good standing with the college or university to receive the full amount of the scholarship. High school seniors may apply online Oct. 17-Dec. 31, 2022. Visit [americansoybean.wufoo.com/forms/asa-soy-scholarship-application-202324/](http://americansoybean.wufoo.com/forms/asa-soy-scholarship-application-202324/) to Apply online.

The final selection will be made at the beginning of January by a select committee of soybean grower leaders. The student will be notified by mid-January, with an official announcement to follow. Head to [soygrowers.com/about/awards/soy-scholarship/](http://soygrowers.com/about/awards/soy-scholarship/) here for more details.

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# CPA Welcomes Six New Board Members

Six Indiana business and civic leaders have joined the Board of Directors of the nonprofit Center for the Performing Arts in Carmel. Board members serve three-year terms on a volunteer basis.

**Elaine Bedel** of Indianapolis is the chief executive officer of the Indiana Destination Development Corp., as well as owner and president of Bedel Financial Consulting. She graduated from Hanover College and earned an MBA from Butler University.

**Michael L. Kubacki** of Westfield is the executive chairman of Lake City Bank and its holding company, Lakeland Financial Corp. He holds a bachelor's degree in business from Indiana University and an MBA from the University of Chicago.

**Ronald G. Mencias** of Carmel is a wealth management advisor and managing director of the Payne & Mencias Group. He holds degrees from Notre Dame University and Butler University.

**Soomin Park** of Carmel is associate vice president, Clinical Research Systems, Processes and Information, at Eli Lilly and Co. She holds a Ph.D. in statistics from the University of



Wisconsin at Madison and an MBA from Indiana University's Kelley School of Business.

**Minti Ray** of Indianapolis is a partner at McKinsey & Company in Chicago. She graduated from Duke University and earned an MBA from The Wharton School at the University of Pennsylvania.

**Tom Urick** of Carmel is Senior Vice President/Chief Client Officer with The National Bank of Indianapolis. He graduated from Butler University and holds an MBA from DePaul University.

"We look forward to the contributions these new members will make to the Center's board," President/CEO Jeffrey C. McDermott said. "We are fortunate to have such talented leaders in the community who are willing to lend their unique perspectives and expertise to our mission."

The board officers elected this year are Barbara Branich, Chair; Kathleen Krusie, Vice Chair; Shane Hageman, Secretary; and Sam Muse, Treasurer.

About the Center for the Performing Arts:

The mission of the nonprofit Center for the Performing Arts is to engage and inspire the Indiana community through enriching arts experiences. Its campus in Carmel, Indiana, includes the 1,500-seat Palladium concert hall, the 500-seat Tarkington proscenium theater and the black-box Studio Theater.

The Center presents and hosts hundreds of events each year, including the Center Presents performance series, featuring the best in classical, jazz, pop, rock, country, comedy and other genres. Educational and experiential programming for all ages includes children's concerts and camps, book clubs, lectures, and classes in music and dance.

The Center is home to the affiliated Great American Songbook Foundation and provides space and support services for six resident arts companies.

More information is available online at [TheCenterPresents.org](http://TheCenterPresents.org).



Photo courtesy of the Noblesville Lions

## Noblesville Lions Help Clean the Streets

This past Saturday, the Noblesville Lions cleaned streets in Noblesville. They cleaned Field Drive from 16th to Cumberland Road and Cumberland Road from Monument Street to Conner Street. This is a yearly (or semi-yearly) event of the Lions, depending on weather.

Photographed from left to right are Lions Dale Unger, Ron Williamson, Steve Morgan, Gene Beck, Duke Miller and Steve Shaw. Also assisting with the clean-up (but not pictured) were Lions Ed Shea and Jeff Kozicki.

## \$10K CollegeChoice 529 Sweepstakes Goes to McCordsville Student

State Treasurer Kelly Mitchell is pleased to announce that Jayde from McCordsville is the winner of the \$10,000 CollegeChoice 529 Education Sweepstakes.

"I am shocked beyond belief to be the recipient of this generous gift," said Jayde, a high school student. "I am hoping to attend Purdue University after I graduate to study dental hygiene. The blessing this is to our family is unexplainable! Receiving this gift will take a lot of financial pressure off of me."

"We are incredibly excited for Jayde and her family," said Kelly Mitchell, Indiana Treasurer of State. "She was selected from more than 13,000 entries and we're simply stunned by

the amazing response to the sweepstakes. Knowing that you can use a 529 plan for tech or trade schools, registered apprenticeships, and 4-year degrees made the contest incredibly attractive to Hoosiers."

CollegeChoice 529 provides account owners and gift contributors flexibility when it comes to saving for education after high school. Funds can be used at any eligible school or registered apprenticeship program, both in- and out-of-state. Accounts grow tax-deferred and distributions are tax-free as long as the money is withdrawn to pay for qualified education expenses like tuition, books, computers, equipment, and fees.

Indiana taxpayers may also be eligible for an

annual state income tax credit of 20 percent of contributions to their CollegeChoice 529 accounts, worth up to \$1,000 each year (\$500 for married couples filing separately).

"We are excited for Jayde and are grateful this account deposit will reduce the financial pressure on her," said Marissa Rowe, executive director of the program.

"That's why 529s exist. Not everyone will win a contest, but savers win by borrowing less in student loans that have to be repaid with interest. It's never too late to start saving."

For more information about CollegeChoice 529 Savings Plans, visit [www.collegechoicedirect.com/plans](http://www.collegechoicedirect.com/plans).

### Meeting Notes

#### Hamilton County Redevelopment Commission

Meeting Agenda  
Oct. 18 at 8:30 a.m.  
Hamilton County Government and Judicial Center, Commissioners Conference Room 1A

1. Call to Order.
2. Notice of Quorum.
3. Election of Officers
4. Consideration of Resolution No. RC-10-18-22, a Declaratory Resolution of the Hamilton County Redevelopment Commission concerning the US 31 North Economic Development

Area, including Factual Report and Economic Development Plan. Creating an economic development area and creating allocation areas for the project.

4. Any other information to come before the Commission.
5. Adjournment.

Thanks for reading The Times, Hamilton County!

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Photos courtesy of Ford

# 2022 Ford Escape PHEV Makes EVS Normal

This year will go down as the year during which electric vehicles hit critical mass and became normal. Auto buyers are engaged in all they offer, but many are not quite ready to throw away normalcy for an advanced all-electric future. They might like an EV that still cradles a gasoline engine for longer drives – all that and in a body that won't cause a stir in the neighborhood. I suspect they'll like the 2022 Ford Escape PHEV Titanium.

PHEV means it's a plug-in hybrid electric vehicle. And, that means it can be plugged in for some electric driving, but can also fire up its gasoline engine to drive coast-to-coast without touching a plug.

The only indicator you get of this wonderous transformation is a little door on the driver's side

front fender where one connects to the grid. The rest of the Escape's design will cause absolutely no eyebrows to twitch in the neighborhood. Escapes are handsome enough with their Aston Martin-inspired chrome grille, rounded roofline, muscular fenders, and 18" wheels. Titanium levels add more chrome and gleaming LED lighting all-around. Check the long glass "vista roof" too.

I spent nearly 700 miles behind the wheel over two days and had little of complaint inside. There's a lot of black rubber, but also light woodgrain, metallic finishes, and contrasting color leather seats. Add to that heated front seats and steering wheel, B&O audio system, dual-zone automatic climate control, and navigation. Devices hum with wireless charging and

Apple/Android connectivity. I like the flatscreen gauge cluster and intuitive infotainment system with touchscreen supported by proper volume and tuning knobs.

Safety is of little concern. Ford stoked with fuel sipper with adaptive cruise, automatic emergency braking, blind spot warning, and lane keep assist systems. There are also rear cross traffic alert, rear seat child reminder, and a forward pedestrian alert. Not good at parallel parking? The Escape can automate that too. All good stuff.

So, here's how the powertrain works. Plug it in for 37 miles of all-electric driving. For many of us, that's enough for our daily commute to work and back. After that's depleted, the 2.5-liter gas engine fires up to send power to

## 2022 Ford Escape PHEV Five-passenger, FWD Crossover

**Powertrain:** 2.5-liter I4, CVT, Batteries

**Output:** 200hp

**Suspension f/r:** Ind/Ind

**Brakes f/r:** Regen disc/disc

**Must-have features:** Luxury, MPGs

**Fuel economy:** 40-MPG combined

**EV range:** 37 miles

**Assembly:** Louisville, Ky.

**Base/As-tested price:** \$35,455/\$43,025

the front-wheels through a continuously-variable transmission. Fuel economy is rated a combined 40-MPG. During my trip, hammering the left lane at something above legal limits, I saw nearly 35-MPG. Ford rates the total system output at 200 horsepower, which is sprightly for an Escape.

Out on the road, the chassis is tuned for comfort over performance.

Forget track days, but the four-wheel independent suspension just floats over rough pavement and steering feels calm over hours of travel. There's nothing particularly engaging about it, but the Escape moves young families and friends comfortably. That, it does well.

Until time inevitably makes electric vehicles seem normal, the Ford Escape PHEV is a good



**CASEY WILLIAMS**  
Auto Reviews

compromise. It's roomy, comfortable, luxuriously equipped, safety focused, and still delivers 37 miles without disturbing liquefied dinosaurs. And, even when toasting the remains of ancient reptiles, it's still pretty efficient. All that for a starting price of \$35,455 or \$43,025 as-tested.

Storm Forward!

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

## Shelley's Beautiful Hats



**CARRIE CLASSON**  
The Postscript

This past week we attended the memorial for my husband Peter's oldest sister, Shelley.

Shelley went through a long battle with cancer, and Peter lost his second sister in two years. The pandemic had just started, her husband had just died, and Shelley moved 900 miles across the country to live near her kids.

Then, almost immediately, she discovered she was gravely ill. She moved in with her son, Joel, and daughter-in-law, Dani, and never left.

Shelley had several operations that did not go well, then chemo, which did not make her feel better, and finally she died peacefully, surrounded by the family who loved her so much. Meanwhile, all the things she packed up in the moving van remained in a storage unit.

Shelley was a woman of style. She was a striking beauty all her life. She dressed in bright colors and coordinated every outfit with care and, whenever the occasion called for it, she wore a hat. So I thought I'd wear a hat to Shelley's memorial.

I am not generally a hat-wearing person. But I like to dress up, and a day dedicated to remembering Shelley seemed like an occasion that called for it. So I ordered a fancy black hat.

Peter liked the idea, and emailed Dani.

"Did Shelley have some other hats you could bring to the service that people could wear if they wanted?" he wrote.

He got no response.

This was unlike Dani. Dani has the biggest heart of anyone I know. When Shelley was in the nursing home for several months, Dani organized it so that Shelley had a visitor every

single day she was there. Dani planned parties for Shelley's birthday, took her to all of her doctor appointments and cooked for her every day.

"I screwed up," Peter said. "I didn't mean to make more work for Dani!"

I decided to wear my hat, regardless. I knew Peter's ex-wife planned to attend, which caused me a twinge of concern. She is a reserved and sensible person, two adjectives rarely applied to me, and was unlikely to show up in headgear the size of a hula hoop. No matter, I thought. Shelley would have liked it.

On the day of the memorial, we walked into the funeral home and saw Dani, wearing a hat. Next to her was her daughter, also in a hat. As I entered the lobby, I saw hats on the back of the chairs, over the lamps, sitting on the tables. They were everywhere, and they were all Shelley's hats.

"I wasn't sure I was going to do it," Dani confessed. "That's why I didn't answer you. They were all in storage. But one day, I had a couple of hours, and I said, 'what the heck!' I had to empty about a third of the storage unit until I got to this huge washing-machine box. It was filled with hats and hatboxes. I started to empty it, but I couldn't reach the bottom. So I climbed in and kept emptying it. Then I couldn't get out!"

Dani didn't tell us how she eventually got out of the washer box. It was apparently not dignified.

But the result was magnificent. Every woman wore a hat. Everyone took their hat home as a memory of Shelley, and I can only imagine how delighted she would have been.

Funerals tend to end up looking alike, and we all go to too many of them. But no one will ever forget the sea of colorful hats, a little bit of Shelley in every one.

Till next time,  
Carrie

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

## What Happened to That \$200M Senate Race?



**BRIAN HOWEY**  
Howey Political Report

Once upon a time if you ran a U.S. Senate race in Indiana, you would spend between \$4 million and \$5 million, like Evan Bayh did in 1998. By the time Republican Dan Coats sought his return to the Senate in 2010, the number grew to about \$6 million.

That was the year of the Citizen's United U.S. Supreme Court decision, which restored some of the 1st Amendment rights of corporations and unions that had been restricted under the Bipartisan Campaign Reform Act of 2002.

In 2012, U.S. Sen. Richard Lugar, his victorious GOP primary challenger Richard Mourdock and Democrat Joe Donnelly (the general election victor) saw more than \$51 million in spending by and on behalf of their candidates, including \$32 million spent by outside groups.

In 2016, when Todd Young fended off two primary opponents and then thwarted a comeback by Evan Bayh, the total rose to \$75 million. In 2018, when Republican Mike Braun upset Sen. Donnelly, it was \$110 million, including \$20 million from a billionaire. Donnelly told me about, though he declined to say

who. "Campaigns are increasingly funded by tens of millions of dollars. Anonymous dark money interests (are) really doing damage to this country," Donnelly said in his Senate farewell address. "People ought to have the right to know who's talking to them, who's standing up for what they have to say. I've always believed that if you have something to say, you ought to put your name on it."

This past week the two major party contenders for this year's Senate race - Republican incumbent Todd Young and Hammond Mayor Thomas McDermott Jr., - both were finally running TV ads for the first time in a race that some of us in the pundit class figured might crest above \$200 million.

Except that it won't come even close to that. McDermott made an extremely modest TV ad buy at \$56,000 earlier this week, according to AdImpact, then announced on Thursday another \$250,000 "that will keep us on TV, in multiple Hoosier markets, thru Election 2022."

The McDermott buy pales compared to Young, which was at 1,600 gross rating points last week in the Indianapolis and Fort Wayne media markets, ramping up from there through Election Day. Young announced on Wednesday that his campaign raised \$1.2 million in the third quarter for a total of \$14.7 million, and had \$5.5 million cash on hand. At this writing, McDermott had yet to raise above \$1 million, though his third quarter FEC

report will be filed within hours of this column filing.

What's going on here? With the current Senate tied at 50/50, how is it that this race will fall about \$185 million short? McDermott is a successful five-term mayor of Hammond, the largest city in Lake County. He was seen as an ambitious rising star, though he lost a 1st Congressional District primary race to Frank Mrvan in 2020.

First of all, Young has been a fundraising juggernaut since he was elected to the U.S. House in 2010. Along the way he has significantly out-raised all of his opponents that have included former U.S. Reps. Mike Sodrel, Baron Hill, Marlin Stutzman and Evan Bayh, a Democrat who was once considered unbeatable and was edged out at the 11th hour to be Barack Obama's 2008 running mate by ... Joe Biden.

Second, Indiana has essentially become a one-party state, with Republicans holding General Assembly super majorities, nine of 11 federal seats, all of the Statehouse constitutional offices, a majority of city halls and more than 80% of all county offices. Like Ohio, which has seen national Democrats pass on Tim Ryan's Senate race against Republican J.D. Vance, if a state's red hue becomes strong enough, it chases the way the notion that it is competitive.

Last week, Indy Politics released an ARW Poll showing Young with just a 39-37% lead over McDermott. But the fact that national money isn't

spilling into the race, Young hasn't gone negative against the Hammond mayor, and McDermott using his ad to ramp up fundraising, is telling.

The other factor - the first mid-term race under a Democratic president - had many pundits predicting a GOP tsunami. Thursday's federal announcement that inflation was still galloping at an 8.2% rate was bad news for Democrats, while President Biden's approval hovered around 42%.

The one beacon McDermott is still hoping for is a massive turnout of female voters angered by the U.S. Supreme Court's Dobbs ruling in June that overturned Roe v. Wade. McDermott said on WJOB Tuesday that abortion rights are expected to ramp up female turnout and that the 2014 Obergefell Supreme Court decision that paved the way for same sex marriage is probably next.

"We'll find out," the Hammond mayor said in response to a question about female turnout on Election Day. "That's what Nov. 8 is all about. Todd Young confirmed three of the justices that overturned Roe v. Wade. If women don't punish the GOP for their overreach, and they overreached, what's next? Same sex marriage. Obergefell is next. That's going to be the next right the Supreme Court takes away from same-sex couples. It's not far away, it's not a scare tactic, it's a fact."

The columnist is publisher of *Howey Politics Indiana* at [www.howeypolitics.com](http://www.howeypolitics.com).

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# Senate Debate: Young Hammers on Inflation, McDermott Bets on Abortion

By Leslie Bonilla Muñoz

U.S. Sen. Todd Young, a Republican, centered his reelection bid on fighting inflation and spending in a debate Sunday night while his primary challenger, Democrat Tom McDermott, focused his message on abortion rights and attacked Young's votes for spending bills.

The nonpartisan, nonprofit Indiana Debate Commission hosted Sunday's event, which also featured Libertarian challenger James Sceniak. He struggled to answer several questions during the debate.

## Inflation, inflation, inflation

Young accused U.S. President Joe Biden and Vice President Kamala Harris, both Democrats, of fumbling a healthy Republican economic set-up, blaming stubborn inflation on the nearly \$2 trillion American Rescue Plan Act approved in March 2021.

"When the Biden-Harris administration came into office, we were poised for 5% to 6% economic growth — that's incredibly robust economic growth," Young said. "And we

were poised for that sort of economic growth because of the tax and regulatory policies we saw when Republicans were in control. Unfortunately, the first thing they did when they came into office is rush through a stimulus bill."

Longtime Hammond Mayor McDermott attacked Young's voting history, accusing him of similar spending. He said Young supported a 2017 tax cut — which added nearly \$8 trillion to the debt — and championed \$280 billion semiconductor subsidy legislation, which Biden signed into law in August.

"When Sen. Young supports spending, that's good inflation, but when Sen. Young doesn't support it, that's bad inflation," McDermott said. "The CHIPS [and Science] Act that he voted for is a spending bill proposed by President Biden. Todd Young stood side by side with him, took pictures with him and helped add to our nation's inflation problem."

## Pinning blame on abortion

McDermott also criticized Young for voting

to confirm three conservative U.S. Supreme Court justices — Neil Gorsuch, Brett Kavanaugh and Amy Coney Barrett — who were among the five-justice majority that overturned Roe v. Wade and its federal abortion allowances in June.

In Dobbs v. Jackson, the court sent the question of abortion back to the states. Indiana has since almost completely banned abortion — with narrow exceptions — though Senate Bill 1 faces multiple court challenges and has been blocked by courts.

"Todd Young and his radical GOP agenda voted to confirm three of the justices to the U.S. Supreme Court that didn't respect 50 years of precedent, and they threw America into turmoil," McDermott said. "Right now, women in Indiana don't even know what the current status of the abortion law in our state is. It's because it's confusing."

Young said he agreed with the late, liberal Justice Ruth Bader Ginsburg, who considered Roe v. Wade weak.

"The people of Indiana and 49 other states are

in the process, consistent with our values and ideas, of trying to get this right. I don't pretend — I don't think anyone pretends — that we've gotten it right," Young said. "I do accept exceptions and I'll accept whatever the people of Indiana decide."

Young also said he doesn't support South Carolina Republican Sen. Lindsey Graham's proposed federal 15-week abortion ban in a media availability after the debate. He said there would not be enough votes for McDermott's vision of codifying protections, nor Graham's ban.

"I don't think the federal government should be involved in this," Young said. "I think it ought to be up to the states, which is the process we're in right now."

## Same-sex marriage next on the chopping block?

Like abortion and Roe v. Wade, legal same-sex marriage rests on its own landmark SCOTUS case: 2015's Obergefell v. Hodges. Asked about the potential for the court to overturn that case, and federal versus states roles

in addressing same-sex marriage, Young said Obergefell was "an issue of settled law."

He said the majority of SCOTUS justices agreed, and that there were no current legal challenges against the ruling.

Roe v. Wade was settled law for almost 50 years. And Justice Clarence Thomas argued in his Dobbs' concurring opinion that the court should reconsider its past rulings codifying rights to contraception access, same-sex relationships and same-sex marriage.

"[Senate Majority Leader] Chuck Schumer is looking for an election-year issue to distract voters' attention away from the things that are most on their mind, like inflation," Young said.

He went on to question the government's role in marriage, asking, "Why does big government regulate marriage altogether? They certainly don't regulate baptisms and other religious sacraments."

McDermott said he would also fight to codify the Obergefell legalization of same-sex marriage into law.

While McDermott went out on attack, saying that he had to make the most of the single hour of debate, Young touted his bipartisanship multiple times.

Both Young and McDermott said the U.S. should continue supporting Ukraine monetarily and militarily in its defense against Russia, and agreed the Social Security program needs rescuing.

Laura Merrifield Wilson, associate professor of political science at the University of Indianapolis and a board member of the debate commission, moderated the debate. She also moderated last week's Secretary of State debate, hosted by the League of Women Voters Indiana.

Election Day is Nov. 8. Early voting has already begun.

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## MARLOWE From Page A1

end of the long driveway as fast as I could.

Running for a well-padded whelp like me was not something that happened naturally. The usual stimulus was either terror or the promise of dessert. In the case of mail, it was anticipating the discovery of something in the mailbox addressed to me.

Most days I came away empty-handed. There were bills for Dad and magazines for Mother. My brother, Todd, was too young to get mail, but even he frequently got baby product coupons sent to the house in his name.

I was certain that I deserved to get mail. I just believed that people in charge of sending mail forgot that I lived here, too — which is what my Mother said "Occupant" meant.

Occupant mail was fine reading, but it didn't have a lot of staying power. Once I read the front address line, and flipped it over to learn how tree root killer made our septic tank run smoother, the drama was over.

So my Mother signed me up for a monthly book club. It might have been the greatest single thing she ever did for me outside of shoving me out the birth canal while screaming something about "not in a million years!" to my Father.

On days a book was expected, I'd sprint to the end of the drive, sometimes catching mailman Don before he even had a chance to open the mailbox door. I'd rip the cardboard box open, pull out the book, shove the rest of the mail back into the empty box, and read my way

back up the driveway.

I no longer was running to escape FROM something. I was running to escape TO something.

My favorite books without question belonged to The Happy Hollisters series. Written by Andrew E. Svenson (as Jerry West), 33 books chronicled the adventures of the always optimistic sleuthing siblings — Pete, Pam, Ricky, Holly and Sue; plus their dog (Zip), six cats (White Nose and her kittens) and later a donkey (Domingo).

Solving mysteries is exactly what I knew my family would do, if we owned a donkey.

My favorite book in the series I easily remember. The Happy Hollisters and the Whistle-Pig Mystery had all the drama an early reader could muster. Plus, it had a strange new word right there in the title.

No one in my circle of family and friends had a clue what a whistle-pig was. So Mother and I looked it up in the Encyclopedia Britannica — which to you younger readers was, in those days, Google with leather binding.

We learned that a whistle-pig is a smallish, pudgy burrowing animal — a groundhog, gopher, or marmot. Think Caddyshack (1980) minus Bill Murray.

Sure enough, with the help of their old German woodcarver friend, Fritz, the Hollisters solved the mystery. That's the moment — at age 5 or 6 — when I knew I wanted to be a writer!

Then something happened to my dreams. Despite winning a story con-

test in seventh grade, the self-doubt of high school, the split up of my parents (John and Elaine Hollister would never do that!), the rigors of college, and the lack of early career confidence, the writing dream became buried beneath several layers of "I'm not good enough."

I did write. I even co-published a sports magazine. However, I mostly put words on paper as a copywriter. I became that guy writing about making your septic tank run smoother.

Hardly Tolstoy.

All these years later, there's rumbling in my nuckles. The embers of a dream smolders inside. I still feel the same urge to write the Great American Novel. I still have a whistle-pig deep within — I have a story to tell!

I've decided that it's time to do something about that. I'm dusting off the 35,000 words of a novel I started a year ago, and I'm going to finish it! I'm telling you, because I want to be held accountable.

Maybe it's time that you dusted off an old dream, too. Tell a friend or two, and just go for it!

The Germans have a saying, "Lass das Schwein raus!" . . . Let the pig out! Basically, it means to let yourself go! Be free! Don't let anyone stop you!

If nothing else, letting your inner pig out might be a fun way to climb out of a rut, and the odds of success are a lot higher than finding a donkey in your mailbox.

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

## BETSY From Page A1



Photo courtesy of Jennifer Morin Young

**Donated coats pile up in a container for Hamilton County Veterans at the Noblesville Life Church, where coat donations are being taken through Sunday for veterans.**

drive in 2021, donating 51 bikes. While the group did not do a bike drive this year, there are plans for a bike drive in 2023.

"Veterans helping veterans, because we care. That's what we do," he said.

Hamilton County Veterans also made a donation to the Gold Star Mothers Memorial erected in Indianapolis, as well as taking part in the Veterans Legislative Day at the State House in January ... We are also active in the Indiana Military Veterans Coalition assisting in getting Legislation passed to help all Hoosier Veterans, as well as serving on

the selection Committee of the Indiana Military Veterans Hall of Fame," Wilson said.

He said 100 percent of all donations go to the support of our veterans.

Membership in the Hamilton County Veterans Corp is open to any active U.S. Armed Forces member of any veteran of the U.S. Armed Forces who has received a DD214 with other than a dishonorable discharge. The current fee for joining is \$25 annually. All first-time members will receive a 4-inch HCV patch. Go to hamilton-countyveterans.com to complete a form and mail

ton Hamilton County Veterans Corp., P.O. Box 503, Noblesville, IN 46061-0503. Membership runs from Jan. 1-Dec. 31 regardless of when one joins the HCV.

Hamilton County Veterans Service Officer is Lisa Charles and may be reached at (317) 776-9610 or lisa.charles@hamilton-county.in.gov. Her office is in the Hamilton County Government & Judicial Center in downtown Noblesville. To reach wilson, email president@hamiltoncountyveterans.com.

Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

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# TUESDAY

## In The Kitchen

Tuesday, Oct. 18, 2022

A7

# A Savory Solution to Stretch Your Grocery Budget



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

### FAMILY FEATURES

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

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

### Save Money

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

### Savor the Flavor

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

### One Carton, Multiple Dishes

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

### Serve Up Nutrition

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

Find more recipe ideas and ways to make the most of your grocery store dollars at [MushroomCouncil.com](http://MushroomCouncil.com).

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

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

#### Chicken:

- 8 boneless, skinless chicken thighs
- 1/2 cup white wine
- 1/3 cup shredded Parmesan cheese
- 6 tablespoons unsalted butter, to taste
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

#### Orzo:

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

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

To make chicken: Preheat oven to 450 F.

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

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

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

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

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

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

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

### Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

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

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

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

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

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

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



Creamy Spinach, Mushroom and Lasagna Soup

### Creamy Spinach, Mushroom and Lasagna Soup

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

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

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

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

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

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

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

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# TUESDAY

## In The Kitchen

Tuesday, Oct. 18, 2022

A8

# Cooler Weather Means Cozy Family Food

### FAMILY FEATURES

After families across the country began cooking more at home during the pandemic, that trend has continued as loved ones seek comfort in the kitchen in the form of their favorite recipes and time spent together.

In fact, according to the “Hunter Food News Study,” cooking continues to change as more Americans come together at the dining table with recipe usage up 21% and dinners cooked from scratch up 14%. Around half (54%) of Americans are cooking more than they were before the pandemic, and 35% said they “enjoy cooking now more than ever,” according to “Harvard Business Review.”

If those closest to you are looking for home-cooked comfort, you can turn to satisfying family meals like Plant-Based Meatloaf Sandwiches or Chicken Soupe. These hearty recipes make it easy for loved ones to involve everyone in the cooking process from preparing vegetables and hand-mixing meatloaf to seasoning chicken and simmering ingredients.

With 65% of consumers saying they’re most likely to purchase a whole week’s worth of groceries when shopping, according to research from Datassential, opportunities abound for families to enjoy delicious, comforting dishes together.

Find more family meal inspiration by visiting Aramark’s Feed Your Potential website, fyp365.com.

### Chicken Soupe

Recipe courtesy of Aramark

Servings: 6

- 8 ounces boneless, skinless chicken thighs, cut into 1-inch pieces
- 1/8 teaspoon ground black pepper, plus additional, to taste, divided
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 tablespoon vegetable oil
- 1/4 cup diced onion
- 1/4 cup diced celery
- 2 teaspoons minced garlic
- 2 cups chicken broth
- 1 cup peeled potatoes, cut into 1/2-inch pieces
- 2/3 cup canned diced tomatoes, undrained
- 1/4 cup tomato paste
- 3 tablespoons cider vinegar
- 2 tablespoons minced, seeded jalapeno pepper
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons minced, peeled ginger root

- 1 teaspoon kosher salt, plus additional, to taste, divided
- 2 pinches dried thyme leaves
- 1 small bay leaf
- 1 1/2 cups thawed mixed vegetables, drained

Season chicken with 1/8 teaspoon black pepper, garlic powder and onion powder. Cover and chill 2 hours, or overnight.

In saucepan over medium-high heat, heat oil. Add onion and celery; saute 2 minutes, or until tender-crisp. Add garlic and saute 30 seconds.

Add chicken and saute until browned.

Stir in broth, potatoes, tomatoes, tomato paste, vinegar, jalapeno pepper, lemon juice, ginger, 1 teaspoon salt, thyme and bay leaf; heat to boil. Reduce heat. Cover and simmer 1 hour, or until potatoes are tender.

Stir in mixed vegetables and simmer 10 minutes. Remove and discard bay leaf. Season with additional salt and pepper, to taste.

Tips: Serve soupe with griddled corn cakes and saltine crackers. Make vegetarian by replacing chicken with canned drained and rinsed black-eyed peas or red or white beans.



Plant-Based Meatloaf Sandwiches

### Plant-Based Meatloaf Sandwiches

Recipe courtesy of Aramark

Servings: 6

- Nonstick cooking spray
- 1 1/2 pounds plant-based ground burger, thawed
- 1 1/2 cups cooked wild rice, chilled
- 1 cup diced onion
- 1 cup diced red bell pepper
- 2 teaspoons paprika
- 1 teaspoon granulated garlic
- 1 teaspoon rubbed sage
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 2/3 cup barbecue sauce
- bread

### vegan cheddar cheese sauteed onions

Heat oven to 375 F. Spray rimmed baking sheet with nonstick cooking spray.

In bowl, thoroughly mix ground burger, cooked rice, onion, bell pepper, paprika, garlic, sage, thyme, salt and white pepper until well blended without overmixing. Shape mixture into loaf on baking sheet. Spread barbecue sauce over meatloaf.

Bake 1 hour, or until internal temperature reaches 160 F.

Slice meatloaf into six pieces and place each piece on bread. Top each meatloaf slice with vegan cheddar cheese and sauteed onions then close sandwiches with top bread slices. Using panini press, griddle or frying pan, cook sandwiches until golden brown and cheese is melted.

Tip: Pairs well with potato salad.



Chicken Soupe

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# TUESDAY Health and WELLNESS

Tuesday, Oct. 18, 2022

A9

## Dine With A Doc on Oct. 24

Senior Education Ministries, Inc. has scheduled Dine with a Doc- Greencastle: the 4th Monday of every month from 10 a.m. – 12 p.m. to take place at the Putnam County Hospital located at 1542 S. Bloomington St. Greencastle, Ind.

Dine with a Doc is a FREE community-based program that welcomes the local senior public to get to hear an educational topic while enjoying a complimentary lunch.

This program is a community effort of a doctor, a lunch sponsor, the senior citizens, local churches and area businesses coming together for the good of all to serve the senior citizens.

Each doctor has graciously donated this time in effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

The Dine with a Doc program was designed to allow the seniors to get out of their homes, fellowship with their peers, extend their available financial resources, promote enhanced living, and educate them (from a preventative

standpoint) with the goal of improving their quality of life and providing them with the resources and information to make an informed choice about their healthcare.

This month we are excited to present Hannah Cline-Registered Dietitian Putnam County Hospital 1542 S Bloomington St. Greencastle, IN 46135 765-653-5121

Hanna was born and raised in Putnam County. She graduated from South Putnam High School in 2010. Hannah has a bachelor's degree from Indiana State University in Dietetics. Her first position after college was with WIC- a supplemental nutrition program- in Terre Haute doing nutrition assessments and education for women, infants, and children. Since June 2015, she has worked at Putnam County Hospital as the dietitian in the clinical and community wellness capacity. Pursuing a career as a dietitian was not a tough choice for her. She spent the better part of her childhood and adolescence struggling with weight. Her junior year of high school she wrote her own diet and exercise plan and lost 65 pounds. After that, she knew she wanted to help people achieve that same goal and better their life. They say if you love

your job, you will never work a day in your life. Hannah believes this to be true and thanks God every day for the path she has chosen.

A complimentary Lunch will be courtesy of Mill Pond Health Campus 1014 Mill Pond Lane Greencastle, IN 46135 Phone: (765) 653-4397

Mill Pond Health Campus is located in historic Greencastle, Indiana. Rolling hills, picturesque farmland and the beauty of the De Pauw University Campus make this small community an ideal town to call home. Conveniently located just minutes from historic downtown Greencastle, Mill Pond offers residents the ability to get involved in community events and activities. Residents who love the outdoors are close to beautiful nature trails and many recreational areas and parks. They are also convenient to medical facilities and doctors offices. The ambiance of their campus is second only to the smiling faces and customer-service attitude of their staff.

Selecting the right healthcare option to meet your individual needs is important. That's why with Mill Pond Health Campus you'll find a complete continuum of care and services so you

can select the level of care that most closely matches your needs and preferences. Care and support services are carefully coordinated from level to level, setting to setting, as care needs increase or decrease. From adult day health and assisted living services in our elegant residential facility to skilled nursing and memory care services in our state-of-the-art health center, that's what the Mill Pond Health Campus continuum of care is all about. Whether for a few days, a few weeks, or for as long as you need us... It's comforting to know that there is a source in Greencastle you can turn to for help and guidance.

There will be an opening prayer and Veterans in attendance will be recognized for their service and dedication to our country followed by the Pledge of Allegiance to start off the program. There will be various Health Care Providers present to share information about their services and provide Door prizes for participants to win.

If you'd like more information about this event, or to schedule an interview with Lori Aplin RN, please call to Senior Education Ministries, Inc. 812-917-4970 or email to [loriaplin@gmail.com](mailto:loriaplin@gmail.com).

## New Process Provides Antimicrobial Defense to Titanium Orthopedic Devices

A patent-pending process developed by Purdue University engineers could improve the quality of life for the more than 6 million people who undergo orthopedic and trauma surgery annually, according to a paper published in Langmuir: The ACS Journal of Fundamental Interface Science.

Infection is a major complication when rods, plates, screws and other devices are embedded into people during procedures like joint replacement surgery and spinal fusion surgery. Most infections occur because the devices' titanium implant surfaces have poor antibacterial and osteoinductive properties; osteoinduction is the process that prompts bone formation.

Rahim Rahimi, a Purdue University assistant professor in the School of Materials Engineering, has created a process that immobilizes silver onto the implant surfaces of titanium orthopedic devices to improve antibacterial properties and cellular integration. The process can be implemented onto many currently utilized metal implant surfaces.

The antibacterial efficacy of laser-nanotextured titanium surfaces with laser-immobilized silver was tested against both gram-positive (Staphylococcus aureus) and gram-negative (Escherichia coli) bacteria. The surfaces were observed to have efficient and stable antimicrobial properties for more than six days.

The laser-nanotextured titanium surfaces also provided a 2.5-fold increase in osseointegration properties as compared to the pristine titanium implant surface.

"The first step of the two-step process creates a hierarchical nanostructure onto the titanium implant surface to enhance the bone cells' attachment," Rahimi said. "The second step immobilizes silver with antibacterial prop-

erties onto the titanium implant surface.

"The technology allows us to not only immobilize antibacterial silver compounds onto the surface of the titanium implants but also provide a unique surface nanotexturing that allows better settle attachment mineralization.

"These unique characteristics will allow improving implant outcomes, including less risk of infection and fewer complications like device failure."

Rahimi said the traditional method to address infections caused by implanted orthopedic devices often utilizes antibiotics or other surface modifications that have their own associated complications.

"Long-term antibacterial protection is not possible with these traditional drug coatings because a large portion of the loaded drug is released in a short time," Rahimi said. "There also is often a mixture of microbes that are found in implant-associated infection; it is essential to choose a bactericidal agent that covers a broad spectrum."

Rahimi disclosed the innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for a patent on the intellectual property. Industry partners seeking to further develop this innovation should contact Patrick Finnerty, [pwfinnerty@prf.org](mailto:pwfinnerty@prf.org), about reference number 2022-RAHI-69768.

Rahimi said the next steps to develop the laser process to texturize and immobilize silver onto orthopedic devices are to implement it onto standard orthopedic fixtures, validate the technology to get approval from the U.S. Food and Drug Administration, and license it to companies working in the orthopedic sector.

Rahimi's research was funded by Purdue's School of Materials Engineering.

## Opioid Overdose Detection and Response Startup Receives Four-Year, \$2.8M Fast-Track SBIR Grant from NIH

Rescue Biomedical has received a Fast-Track Small Business Innovation Research, or SBIR, grant from the National Institutes of Health to develop its technology that detects when a person is overdosing on an opioid and delivers naloxone to reverse the action.

Hyowon "Hugh" Lee, Rescue Biomedical CEO, said the company looks to partner with recovery clinics and clinicians to identify and work with opioid use disorder (OUD) patients at high risk of overdosing again.

"OUD patients who recently undergo treatment are at a higher risk of accidentally overdosing again due to their lowered tolerance," said Lee, who also is a Purdue University associate professor from the Weldon School of Biomedical Engineering, director of the Center for Implantable Devices at Purdue, and Purdue Faculty Champion in Mental Health and Substance Misuse. "Our device is a closed-loop drug delivery system that automatically detects when someone is overdosing and immediately provides life-saving naloxone to prevent long-

term neurological damage or death."

The four-year, \$2.82 million grant is an expedited award. It requires administrative approval at the end of what would be a traditional Phase I period to continue to Phase II with no required additional scientific review.

Lee said Rescue Biomedical seeks to complete specific milestones through the lifetime of the grant.

"In Phase I, our goal is to better understand customer needs and identify a regulatory pathway for an approval from the U.S. Food and Drug Administration," he said. "In Phase II, we aim to perform more usability evaluations and demonstrate functionality as we move toward regulatory approval.

"After the successful conclusion of these milestones, we will need to raise additional funds to scale up our manufacturing and to go through clinical trials to obtain regulatory approval."

Lee said federal SBIR and Small Business Technology Transfer (STTR) grants are lifelines for small businesses like Res-

cue Biomedical.

"They provide us with a substantial, non-dilutive launchpad to further develop our ideas to bring to the market," Lee said. "It gives us more visibility and credibility to other potential investors and stakeholders since we have gone through the rigors of federal review panels. We are trying to work on solving real-life problems that affect hundreds of thousands of people across the country, and the SBIR program from the NIH is enabling it."

Rescue Biomedical's team includes Purdue researchers Craig Goergen, the Leslie A. Geddes Associate Professor of Biomedical Engineering; Chi Hwan Lee, the Leslie A. Geddes Associate Professor of Biomedical Engineering and associate professor of mechanical engineering; and Jacqueline Linnes, the Marta E. Gross Associate Professor of Biomedical Engineering. Vy Le, a former student of Hugh Lee, also is involved with the company while also pursuing an MBA from Rice University. The company collaborates with MED Institute

and Drs. Matthew Aalsma and Allyson Dir of the Indiana University School of Medicine.

Dir said medical professionals are seeing record rates of opioid overdoses. The Centers for Disease Control and Prevention reported there were 91,799 overdose deaths in the United States in 2020, an increase of 31% from 2019.

"The development of the Rescue Biomedical technology is really exciting and comes at a critical time," Dir said. "Harm reduction is meant to save lives, and this potential technology will be a great addition to that toolkit of strategies and interventions. The more resources that are available, the more opportunities there are to improve outcomes and save lives."

Rescue Biomedical licenses its technology through the Purdue Research Foundation Office of Technology Commercialization. It also is a client of the Purdue Foundry, an entrepreneurship and commercialization hub whose professionals help Purdue innovators create startups.

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