

➔ TODAY'S VERSE

Isaiah 59:19 So shall they fear the name of the LORD from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.



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

What makes Logan Campbell smile? "Coming to see my grandparents," said the 20-year-old Noblesville resident, the grandson of Bill and Carrie Prater of Noblesville. He was found earlier this year with his grandparents, who were closing Kirk's Hardware after owning the store for 20 years. "Ever since I can remember, I was coming in here when I was a little kid, for the summers," said the 2020 Noblesville High School graduate, who has enjoyed working part time for his grandparents at the store. Logan said he's learned a lot from his Papaw, including how to fix things. But the biggest thing that Logan credits to his Papaw Prater is learning "respect." He said, "Just treating people respectfully. I've always learned that's very important from him. He's been that idol or role model for me ... He taught me a bunch." The Praters were found Aug. 7 enjoying their last ice-cream desserts at the South 10th Street Dairy Queen, which closed permanently that evening to make room for the new roundabout coming to the intersection of 10th and Pleasant streets. Demolition began Monday on the DQ. Read more in the Betsy Reason column in today's edition of *The Times*.

And Another Few Things...

1. State of the Schools

New Noblesville Schools superintendent Dr. Daniel G. Hile will present his first State of the Schools address at the Noblesville Chamber of Commerce luncheon this Wednesday, Oct. 26 at 11:15 a.m. at the Noblesville Schools Community Center. He will address academics, finances, construction and more. Tickets are still available. Register to attend online at noblesvillechamber.com.

2. Live Exercise

Indiana American Water is joining with several other local organizations and supporting agencies in Noblesville in an emergency services training exercise to test the group's response, communication, management and decontamination capabilities to a mock hazardous materials spill today from 9 a.m. to 12:30 p.m.

Participating agencies are undertaking these efforts to prepare Indiana American Water and its partners for natural or man-made incidents that could potentially impact its Noblesville service area. The exercise will take place at the company's White River North water treatment facility at 909 Edith Ave.

Though there will be an increased amount of emergency response personnel and equipment in the area and at a second water treatment facility at 19841 Allisonville Road, residents have been notified that this is only an exercise and is being conducted to enhance response efficiency and agency coordination in the event of an actual emergency. The exercise will involve a simulated chlorine spill at the company's water treatment facility on Edith Avenue in Noblesville, Ind.

3. Saturday Boo Bash

Boo Bash, presented by Centier Bank, is back! Come out to the Nickel Plate District Amphitheater from 10 a.m. to 1 p.m. this Saturday to celebrate Halloween with Fishers Parks and the Fishers community. Kids can walk the trick-or-treat trail to get free candy and prizes from more than 60 local businesses, organizations and city departments, enjoy food trucks, music and more! This event is free, and no registration is required. All are welcome and costumes are encouraged.

Fishers Parks will also be hosting more than 40 Teal Pumpkin Project booths, offering alternative prize items for those with dietary restrictions. See a list of all participating vendors, including Teal Pumpkin Project booths, online at playfishers.com/572/Vendors.

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The Times photo courtesy of Betsy Reason

The Dairy Queen on South 10th Street in Noblesville is partially demolished on Monday afternoon. The Noblesville DQ has served the community for 68 years, since 1954, and the current location since 1975.

Dairy Queen No Longer



BETSY REASON
The Times Editor

The Noblesville Dairy Queen on South 10th Street is now just a pile of rubble.

A demolition crew on Monday afternoon started demolishing the restaurant that's been there since 1975.

The crew started at about

2:30 p.m. and went until about 4 p.m. Monday, expecting to return today to finish the demolition.

More than two months ago, on Sunday, Aug. 7, I watched Noblesville Dairy Queen manager Cathy McConnell Zeller demonstrate the famous Dairy Queen curl on the top of a vanilla soft-serve ice cream cone before closing the store permanently, to make room for a future Pleasant Street roundabout.

The DQ building has sat there vacant ever since, awaiting demolition. Another six days, on Oct. 31, would be the normal season closing time.

On Sunday, as I drove by the Dairy Queen, I saw excavating equipment parked in front of the restaurant, a sign that the end was near for the 10th Street DQ.

I returned on Monday after-

noon to watch the demolition. As the building was slowly demolished, more passersby slowed to watch, snapping photos from their cell phones while driving.

Yes, it was sad. Zeller wasn't there, but she watched a quick demolition video sent from a neighbor. "Made me sick," said Zeller, a 1972 graduate of Noblesville High School, who started working at the original Dairy Queen across the street in March 1969, at age 15.

"Strange that El Camino and the pizza place are still standing," said Zeller, who is now once again general manager of the Greenfield DQ.

Firehouse Pizza, which closed on June 25 across the street, also due to the demolition, is the former site of the original

➔ See BETSY Page A8

National Drug Take Back Day Event Announced

In honor of National Drug Take Back Day, the Hamilton County Council on Alcohol & Other Drugs (HCCOAO) will host a take-back event this Saturday in the far east parking lot of Riverview Health in Noblesville. The drop off location is directly across from Wendy's on State Road 32.

"Most people who misuse prescription drugs get them from family, friends, and acquaintances," says HCCOAO Executive Director Monica Greer.

"We know prevention starts at home. The simple step of clearing out medications that are no longer needed makes our homes safer, prevents prescription drug misuse, and can help save lives."

The Centers for Disease Control and Prevention estimates 100,306 people died of drug overdoses in the United States last year, marking the largest number of drug-related deaths



HCCOAO Executive Director Monica Greer

ever recorded in a year.

With close to 5,000 collection sites nationwide, the United States Drug Enforcement Administration, along with its law enforcement partners, have removed more than 15.2 million pounds of medication from circulation since the inception of National Drug Take Back Day

➔ See EVENT Page A8

Spending Some Time in the 'Pen'



JOHN O. MARLOWE
With The Grain

I'm a thief! There, I said it. I've been wanting to get that off my chest for some time. It's not easy coming clean after all these years. For a person of high principles, like me, it's difficult admitting that I've often taken something that belongs to someone else without asking.

I steal writing implements. I am a pen pilferer.

Yes. Sad, but it's true. Despite being a weekly churchgoer, I find myself routinely violating one of the Ten Commandments. I grant you, "Thou

➔ See MARLOWE Page A8

Vote411.org Offers Voters Resources for Election Day

Ahead of the Nov. 8 general elections, the League of Women Voters of Hamilton County offers the nonpartisan election resource Vote411.org. This "one-stop shop" for election information provides access to candidate information, polling place locations and ways to check your registration, among other services.

"Our goal with Vote411.org is to empower all citizens," said LVWHC president Lisa Dick. "The personalized voter guide shows you more than a name on your ballot. It gives you the candidate's position on various issues in their own words."

League members have sought information from all candidates running in the upcoming

➔ See VOTERS Page A8

➔ INSIDE TODAY

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➔ HONEST HOOSIER

Seems odd that we are a month into fall already!



➔ TODAY'S QUOTE

"From ghoulish and ghosties and long leggety beasties and things that go bump in the night, Good Lord, deliver us!"

- Scottish saying

➔ TODAY'S HEALTH TIP

Exercise is one of the best ways to treat stress.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Times* and online at www.thetimes24-7.com.



➔ TODAY'S JOKE

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

➔ OBITUARIES

Judith Elaine Belp
James Albert Bellamy
Joann Ruth Conover

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



13 WTHR 7 DAY FORECAST

62/74 P.M. SUN AND STORMS	47/59 A.M. SHOWERS, P.M. SUN	38/58 SUNNY, MUCH COOLER	41/61 MAINLY SUNNY	43/63 MAINLY SUNNY	45/63 PARTLY SUNNY	50/60 CHANCE OF SHOWERS
TUE	WED	THU	FRI	SAT	SUN	MON

OBITUARIES

James Albert Bellamy May 12, 1943-October 21, 2022

James Albert Bellamy, 79, of Cicero, passed away on Friday, Oct. 21, 2022 at his home.

He was born on May 12, 1943 to Samuel and Ruby (Russell) Bellamy in Bonnie Blue, Virginia.

Mr. Bellamy was a proud military veteran. He served in the regular Army in Company A, 709th Battalion as an MP with a sharp-shooter in rifle and expert in pistol. He also served in the National Guard Battery C 2nd Battalion 150th and retired from the U.S. Army Reserve. For over 40 years, Mr. Bellamy worked as a tool & die maker at Steel Parts Corporation, retiring in 2005.

He was an avid fisherman and bowler, and loved nice cars and babies. He had a deep love for his family, including a special relationship with his maternal grandfather, Richard Jackson Russell. Mr. Bellamy provided a special, father-like love to all of his nieces and nephews.

Survivors include his wife of 54 years Gail Arlene Bellamy; two daughters Vanessa (Jesse) Junker and Vivian (John) Pirics; and the lights of his life, his two grandsons Trevor and Henry Pirics.

In addition to his parents, he was preceded in death by his sister Jo Anne Hamilton; and two brothers William R. Bellamy and Samuel Wells Bellamy II.

A celebration of life will be held at a later date. The Bellamy family has entrusted Randall & Roberts Funeral Homes with Mr. Bellamy's care.

Online condolences may be made at randallroberts.com.



Joann Ruth Conover October 3, 1930-October 18, 2022

Joann Ruth Conover, 92, of Westfield, passed away on Tuesday, Oct. 18, 2022.

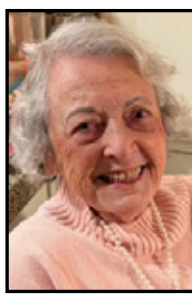
She was born on Oct. 3, 1930, to Ray and Cleta Thornburg, in Williamson, West Virginia.

Mrs. Conover was a homemaker but also held many positions in secretarial, bookkeeping and receptionist capacities throughout her life. She was married to her husband Carl Conover for sixty eight years. The couple spent the first seven years of their marriage in Seattle, Wash., where they enjoyed sailing and skiing, and a fun social life. They then moved to Virginia and lived in several homes near Washington DC where Mr. Conover worked. Following retirement, they moved to Indiana to be closer to family. They eventually moved to Westfield, Indiana to be closer to their daughter, Martessa, where they enjoyed playing bridge in Noblesville Senior Center.

Survivors include her two daughters Pam (Dean) Cantu and Martessa Conover (Danny Young); seven granddaughters; two grandsons-in-law; three great-grandsons; and brother Terry Thornburg and his growing family who were all very dear to her.

She was preceded in death by her husband, Carl Conover.

Online condolences may be made at randallroberts.com.



Judith Elaine Alsop October 19, 1940-October 22, 2022

Judith Elaine Alsop, 82, of Carmel, passed away on Saturday, Oct. 22, 2022 at Wellbrooke of Carmel.

She was born on Oct. 19, 1940 to Walter and Virginia (Evans) Hall in Mays, Indiana.

Mrs. Alsop graduated from Mays High School in 1958, attended Indiana University and worked for Indiana Bell. She loved her family, her book clubs and dinners out.

Survivors include her two daughters Julie (John) Elmer and Jennifer (Joe) Csenar; brother John (Linda) Hall; sister-in-law Ruth Ann Hall; and four grandchildren, Trent Elmer, Gracie Elmer, Nick (Kennedy) Csenar and Kelly Csenar.

In addition to her parents, she was preceded in death by her husband John K. Alsop in 2007; brother Gordon Hall; and sister-in-law Barb Walenga.

Visitation is scheduled to be held from 11 a.m. to 1 p.m., with services scheduled to begin at 1 p.m., on Saturday, Oct. 29, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Burial will follow at Hamilton Memorial Park Cemetery in Westfield.

Online condolences may be made at randallroberts.com.

Meeting Notice

Noblesville Plan Commission

The Noblesville Plan Commission meeting scheduled for Monday,

Oct. 24, 2022 at 6 p.m. has been moved from the Council Chamber to rooms A213-214 at City Hall, 16 South 10th Street.

Meeting Notice

Hamilton County ARPA Committee

Pursuant to IC 5-14-1.5-5 (a) the Hamilton County American Rescue Plan Act (ARPA) Committee will meet on Friday, Oct. 28, 2022 at 1:30 p.m. in Conference Room 1A located in the Hamilton County

Government and Judicial Center, One Hamilton County Square, Noblesville, Indiana 46060. The meeting is to discuss the American Rescue Plan Act and other county business as needed. Meeting may be accessed virtually by dialing 1.219.225.8177 Conference ID 746140532#

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Photo courtesy of Noblesville Schools

Jensen, Hile Greet German Exchange Students

Noblesville mayor Chris Jensen (above, right) and Noblesville Schools superintendent Dr. Daniel G. Hile (above, left) greeted German exchange students visiting Noblesville High School on Monday, Oct. 24.

Approximately 15 German student visitors are being hosted for two weeks by NHS students and are exploring Noblesville's schools, culture, and community. The visit is part of an academic exchange program with the City of Usingen that has been taking place for over 30 years.

The German students shared that they found Noblesville High Schools' modern facilities, large student body, gymnasiums, technology in school, and academic elective programming exciting, as these differed significantly from their school experiences back home.

NHS students are expected to visit Usingen this summer.



Photo courtesy of Indiana House Republicans

(Left to right) Hamilton County natives and former interns Will Smeltzer, Mary Kate Jaworowski and Alec Policka join State Rep. Jerry Torr (R-Carmel), House Speaker Todd Huston (R-Fishers), State Rep. Donna Schaibley (R-Carmel), State Rep. Tony Cook (R-Cicero) and State Rep. Chuck Goodrich (R-Noblesville) during the 2020 legislative session at the Statehouse in Indianapolis. Area lawmakers encourage local college students, recent graduates, and law school and graduate students to apply before Oct. 31 for the 2023 House Republican Internship Program by visiting indianahouserpublicans.com/internship.

Application Deadline Approaching for Paid Statehouse Internship

Hamilton County lawmakers encourage college students and recent graduates to apply for a paid Statehouse internship before the Oct. 31 deadline.

House Speaker Todd Huston (R-Fishers) said college sophomores, juniors and seniors, as well as recent graduates and graduate students of all majors can apply for an internship with the Indiana House of Representatives.

"Interning with Indiana House Republicans is a rewarding learning experience where students build on their skills and make connections with legislators and other professionals from across the state," Huston said. "Whether you're interested in working directly with constituents or the media, or you enjoy research and policy, there's something for everyone in

our internship program."

State Rep. Chuck Goodrich (R-Noblesville) said House interns will be paid \$800 bi-weekly while working at the Indiana Statehouse in downtown Indianapolis during the 2023 legislative session, starting in January and concluding at the end of April.

"This program not only offers a chance to get hands-on experience in a professional work setting, but also earn a paycheck," Goodrich said. "Many of our former staffers have moved into full-time positions within our offices or made personal connections that helped them launch their careers."

State Rep. Chris Jeter (R-Fishers) said interested Hoosiers should visit indianahouserpublicans.com/internship and complete the application before Oct. 31. Intern inter-

views are currently taking place to fill positions in legislative operations, policy, and communications and media relations departments.

"Students with work experience, enter the job market with an edge over their peers," Jeter said. "This is a great setting for young professionals to improve their resume and develop professional connections that could help them in the future."

According to State Rep. Donna Schaibley (R-Carmel), internships are full time, Monday through Friday, and include free parking, career and professional development assistance, enrollment access to an Indiana government class, and opportunities to earn academic credits through the student's college or university. Interns are also eligible to apply for

a competitive \$3,000 scholarship to use toward undergraduate and graduate expenses.

"Internships are a great way for students to build real-world skills on top of what they're learning in the classroom," Schaibley said. "This internship can open doors to numerous opportunities, and I encourage local students to consider applying."

"Interns serve as a valuable resource for lawmakers as they help with meetings, manage schedules, write press releases and more," said State Rep. Jerry Torr. "It's never too late to start looking for an internship, and I hope to see more students from Hamilton County at the Statehouse next session."

To learn more and apply online before the Oct. 31 deadline, visit indianahouserpublicans.com/internship.

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THE TIMES

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Gaylor Named Accredited Quality Contractor by Top Industry Trade Association

Gaylor Electric of yesterday announced that it has again been named an Accredited Quality Contractor (AQC) by Associated Builders and Contractors (ABC) for 2022.

Gaylor has earned the prestigious credential for its commitment to corporate responsibility. Only 450 of the nation's elite merit shop construction contractors earned the credential in 2021.

"Gaylor Electric is committed to excellence in pursuit of industry impact," said President and CEO Chuck Goodrich.

"Along with delivering a quality project to our clients, we remain focused on improving safety standards in the industry, strengthening employee relationships, and initiating personal development."

Launched nearly 30 years ago, ABC's AQC program provides recognition to world-class construction firms that have documented their commitment in five areas:

- Quality
 - Safety performance
 - Talent management, and inclusion, diversity, and equity
 - Craft and management education
 - Community relations
- "Accredited Quality Contractors set the standard in the contracting community in safety, culture, workforce



development, innovation, diversity and quality," said 2022 ABC National Chair of the Board of Directors Stephanie Schmidt, president of Poole Anderson Construction, State College, Pennsylvania.

"Congratulations to this high-performing construction company. Daily, the leaders and employees of Gaylor Electric commit to the highest level of corporate and community achievement, exemplifying the best about ABC membership."

In earning the AQC credential, each member company commits to world-class safety by achieving Gold, Platinum, or Diamond level in ABC's STEP Safety Management System. Gaylor has once again earned the Diamond level.

Founded more than three decades ago, STEP dramatically improves safety performance among construction industry participants, with top performers achieving incident rates more than eight times safer than the U.S. Bureau of Labor Statistics industry average.

AQC members also take the following pledge: As an Accredited

Quality Contractor, our company is committed to providing our clients with the highest quality construction services, and we care deeply about our employees and the communities in which we build. We are proud to be part of the construction industry and are dedicated to the principles of free enterprise. We commit ourselves to serve our communities and provide our employees with the skills they need to work safely and productively in order to meet the needs of our clients.

AQC is recognized by Construction Users Roundtable, an organization founded by leading construction project owners.

About ABC: Associated Builders and Contractors is a national construction industry trade association established in 1950 that represents more than 21,000 members. Founded on the merit shop philosophy, ABC and its 69 chapters help members develop people, win work and deliver that work safely, ethically and profitably for the betterment of the communities in which ABC and its members work. Visit us at abc.org.

Women in Energy Conference This Thursday in Carmel

What began as an idea over lunch in 2017 has evolved into an annual Indiana gathering of more than 200 women leaders in energy who will gather Thursday, Oct. 27 at the 502 Event Centre in Carmel.

Founded by Kelly Snyder of EDP Renewables and Tameka McNair of Microsoft, the two wanted to encourage their female energy colleagues to engage in thoughtful discussions about innovation, leadership, diversity, and technology in the energy industry.

True to the original purpose, this year's Women in Energy Conference features multiple sessions and energetic speakers, including:

- A Chat with Federal Energy Regulatory

Commissioner Allison Clements

• **Together Toward Tomorrow: Our Executives' Perspectives**, featuring panelists Kristina Lund, CEO US Utilities at AES; Kelley Karn, vice president of Regulatory Affairs and Policy at Duke Energy; and Courtney Metzger, CEO, Bartholomew County REMC

• **Fireside Chat: The Power of Digital Transformation**, featuring Keri Glitch, vice president and chief information officer at the Midcontinent Independent System Operator (MISO), and Liang Downey, digital advisor at Microsoft

• **Lindsay Boccardo**, founder of Lindsay Boccardo Training & Coaching

• **Breakout speakers** include: Sara Armstrong,

chief of Energy Transformation with Idea of You Coaching; Michael Jefferson, manager of Diversity and Inclusion at MISO; and Catherine Matthews, senior consultant of Talent and Organization at IUPUI.

The conference is sponsored by: MISO, Duke Energy, AES Indiana, EDP Renewables North America, ACES, Microsoft, CoBank, AHEAD, Parr Richey, Hoosier Energy, National Rural Electric Cooperatives Finance Corporation, Wabash Valley Power Alliance, Barnes & Thornburg, CenterPoint Energy, Indiana Michigan Power, Customized Energy Solutions, and Ice Miller.

Learn more about the event at womeninenergy conference.org.

Letters

Reader Prays for Election

Dear Editor,

My letter is directed toward all religious leaders: ministers, pastors, priests, rabbis, parsons, reverends, Muslim clergy, elders, deacons et al. Are you spreading the message to your congregations about saving the soul of our nation?

As of this writing we have 16 days before Election Day which includes two Sundays, two Saturdays and two

Wednesdays to encourage registered American citizen voters to go to the polls and make an intelligent choice of the candidates on the ballot who will save our nation from disappearing from a way of life of liberty and freedom set forth from the founders of our nation.

Religious leaders, you should also be praying along with your congregations for our country's survival before the election and after the

election. You should be praying for a safe and honest election. You should be praying that the election officials will not defile our election in any way nationwide. Your duty by God is to bring forth the love of Jesus and to save individual souls. Your duty is to also save the soul of our nation.

I pray so and so should you.

Mari Briggs Sheridan

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Photo courtesy of Westfield Welcome

PAWS-itive News!

The Westfield Welcome team donated \$3,200 to the Humane Society for Hamilton County (Indiana) from Barktoberfest, which was held on Saturday, Oct. 8 at Asa Bales Park.

TheTimes24-7.com

Fall Walleye Stocking in Northern Indiana

Nearly 70,000 fingerling walleyes are planned to be stocked by DNR during the next few weeks in 14 northern Indiana lakes.

The fingerlings being stocked average 4 to 7 inches long. Adult walleye typically reach 14 inches in length after two years of growth and 16 inches by their third year.

These walleye were purchased from Gollon Bait and Fish Farm and grown at Fawn River State Fish Hatchery.

Lakes (with county in parentheses) to be stocked include:

- Adams (LaGrange)
- Big Turkey (Steuben)
- Clear Lake (Steuben)
- Crooked Lake (Steuben)

- Dewart (Kosciusko)
- Maxinkuckee (Marshall)
- Pine/Stone Lakes (LaPorte)
- Pretty Lake (LaGrange)
- Shriner Lake (Whitley)
- Simonton (Elkhart)
- Sylvan Lake (Noble)
- Wall Lake (LaGrange)
- Winona Lake (Kosciusko)
- Wolf Lake (Lake)

Many of these locations are stocked with fingerlings every fall to sustain the walleye population because the species' natural reproduction is limited in these waters. A few locations are stocked on alternate years to improve walleye fishing at a broader geographic range.

In addition to the fall walleye stockings, walleye fry (1 inch) and fingerlings (1.5 to 2 inches) were stocked this spring at an additional 15 lakes.

To evaluate the spring and fall walleye stockings, biologists conduct nighttime walleye surveys during October. These surveys evaluate stocking success and growth from previous stockings.

In addition to these lakes, multiple other lakes are stocked with walleyes by privately funded lake associations. A stocking permit from DNR is required to stock fish.

Learn more about Indiana walleye fisheries online at wildlife.IN.gov/fishing/walleye-fishing.



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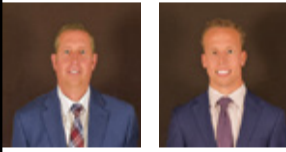
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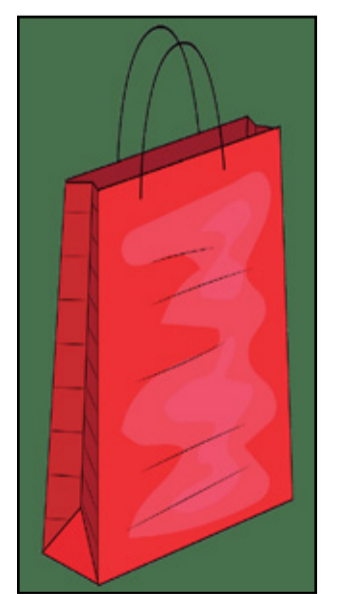
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Photos courtesy of Ford

2022 Ford F-150 Lightning Changes...and Charges...Everything

When we look back on the transition from gas to electric vehicles, this will be the one that changed everything. General Motors gets credit for the first modern electric vehicle with the EV1 a quarter-century ago, and Tesla showed the world a way towards mass adoption, but Ford will get credit for taking them truly mainstream. The 2022 F-150 Lightning changes...and charges...everything.

It's what's not under the hood that first gets your attention. Where past F-150 owners viewed V8 and turbo-charged V6 engines, there's...a frunk. Press a button on the key fob to power open the hood for space to seal and secure golf bags, grocery bags, laundry bags, or just a load of pumpkins my family hauled from the farm. Baskets of apples, camping gear, and construction tools fit too. Plug in with household

outlets. Batteries and motors hide under the skin, which is similar to other F-150s. Though, there's a textured gray panel where air would normally flow to the radiator, and angular LEDs encircle the front, the truck is only further differentiated by a power plug door on the front driver-side fender. Our Lariat trim also came with 20" dark alloy wheels, twin-panel moonroof, Lightning logos, and a power tailgate with flip-out step. Tie down your gear on spray-in bedliner. A panel of household plugs in the bed allows additional connection for camping and work gear.

Interior details and technology continue to gently separate the Lightning from gasoline versions. Sliding inside, you'll first notice the gigantic tablet-style touchscreen and flatscreen gauges. Navigation, B&O audio, and wireless

phone charging are part of it – as are heated and ventilated front seats, heated steering wheel, and a power sliding rear window. A button retracts the shifter so you can flip open the console for a mobile desk – complete with another household plug in the dash. Safety is enhanced with adaptive cruise, automatic emergency braking, lane keep assist, and an in-dash trailer brake controller.

It was a lot of fun taking some of my mother trucking friends for a ride in the Lightning. I know V8 and twin-turbo V6 engines are very cool, but they will not instantly and silently send 580 horsepower and 775 lb.-ft. of torque to their all-wheel-drive systems. Tap down to see 0-60 mph in 4 seconds. Fully charged with the extended-range battery, our Lightning travels 320 miles per charge and can tow 10,000 lbs.

2022 Ford F-150 Lightning Five-passenger, 4x4 Pickup

Powertrain: Li-ion batteries/motor
Output: 580hp/775 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: regen disc/disc
Must-have features: Power, Utility
Driving range: 320 miles
0-60 mph: 4.0s
Economy city/hwy: 78/63 mpg-e
Assembly: Dearborn, Mich.
Base/as-tested price: \$39,974/88,619

But, not at the same time. Larger trailers will suck about half of the range, which can be replenished 15-80% in 41 minutes. Use it for hauling a load of mulch, carrying bicycles, or lumber for weekend projects, and you'll notice little difference. Unlike any other pickup, it can even power your house after a storm.

And, while you're contemplating all that yummy goodness, consider the Lightning is also the best-riding F-150 to date.

All of the battery weight is kept low in the frame, which improves handling – as does an independent rear suspension that keeps the rear from doing the jiggles over rough pavement. Configure the truck's attitude through throttle-altering drive modes including Normal, Sport, Tow/Haul, and Off-road.

Ford nailed the Lightning, an EV that makes traditional truck buyers comfortable while showing them how cool the future will be. Sure,



CASEY WILLIAMS
Auto Reviews

it will require constant charging with a trailer attached, but the truck's acceleration and driving experience puts big points on the board. Still don't want an EV? Go for a drive and we'll see!

The F-150 Lightning starts around \$40,000 for a basic work truck, but this loaded Lariat came to a lofty \$88,619. Competitors will soon include the Rivian R1T, Tesla Cybertruck, Chevy Silverado EV, and Ram EV.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

Sharing Books With A Stranger



CARRIE CLASSON
The Postscript

I love Little Free Libraries.

If you don't have these in your neighborhood, they are little boxes that look like tiny houses—not much larger than a big birdhouse—with a glass door on the front and books inside. People leave books they have read and pick up books they want to read and, somehow, the whole thing seems to work out pretty well most of the time.

During the pandemic, I noticed that some little libraries went empty. The regular libraries were closed, and people ran out of things to read. Then everyone started ordering books, and the little libraries had more than they could hold. I saw some stacked three books deep.

I walk by a free library every day, and I always check the inventory. Most of the time, my little library is modestly full, and the inventory seems to be constantly changing. I find a book I've never heard of before and read the first few pages, standing on the sidewalk, in front of someone's house.

"Well, this looks like a lot of fun!" I'll think. I stick it in my bag and take it home, knowing I could always return it if I don't enjoy it—or even if I do.

But I usually do enjoy it. I discover a lot of books I would never have heard of otherwise. As I'm reading, I wonder who left the book there. I wonder if they enjoyed it as much as I am. I wonder how many people have read it. The free library doesn't tell me. The free library keeps its secrets.

But cooler weather is coming, and people must be reading a little more, because it seems to be kind of slim pickings at my free library.

"Classroom Discipline:

Guiding Adolescents to Responsible Independence" was one new offering the other day. Who is going to want to read that? I wondered.

The only person who would be interested would be a teacher, and do they really want to curl up after a hard day's work and get more information on the topic? Unsurprisingly, when I checked several days later, the book was still there.

Next to it was an enormous tome entitled "The Reformation: A History." The Reformation is certainly interesting, but this book had more than 700 pages. I'm thinking there's a pretty small audience for half a million words on the Reformation.

"Frommer's New England 1991" also seemed unlikely to go anywhere. I think if you're planning a visit to New England, you might want to read something about either 1791, or the present day. It's hard to believe many of the restaurants listed would still be around, and a hotel can change a lot in 31 years.

I started to feel bad for my Little Free Library. So I sorted through my bookshelf. I looked for books I had already read and enjoyed, and I made a small pile. The next day, I brought them to the free library and nestled them next to "New England 1991" and closed the little glass door behind me.

"There!" It felt good to leave some nice surprises for the next person who came to the library. I know there are people who keep every book they've ever read, and even more who keep every book they've especially enjoyed, but I am not one of them.

I like to set my books free after I've read them. I like sharing books with a stranger—and possibly preventing someone from having to learn more than they ever wanted to know about the Reformation.

Till next time,
Carrie

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

My Finger is Stuck Again: Health Tips for Fingers from Dr. Roberts



JOHN R. ROBERTS, M.D.
Hamilton Health

I have often seen patients who presented with problems getting their fingers to move. They all described pain with "catching" or "popping" when trying to flex or extend a finger. They were suffering from trigger finger, a condition also known as trigger digit, or by the medical term stenosing tenosynovitis.

The condition is very common. It is seen two to six times more frequently in women than men and typically starts showing up around 55 to 60 years of age. It is also seen more often in a person's dominant hand. It can affect any of the fingers, most often the thumb, followed by the ring, middle, little and index fingers.

The reasons for developing trigger finger are not completely understood. It seems to be associated with activities that require pressure on the palm during powerful gripping or repetitive forceful flexion of the fingers such as when using heavy shears. Unlike carpal tunnel syndrome, the increased use of keyboards in our society does not seem to have caused an increased incidence of the

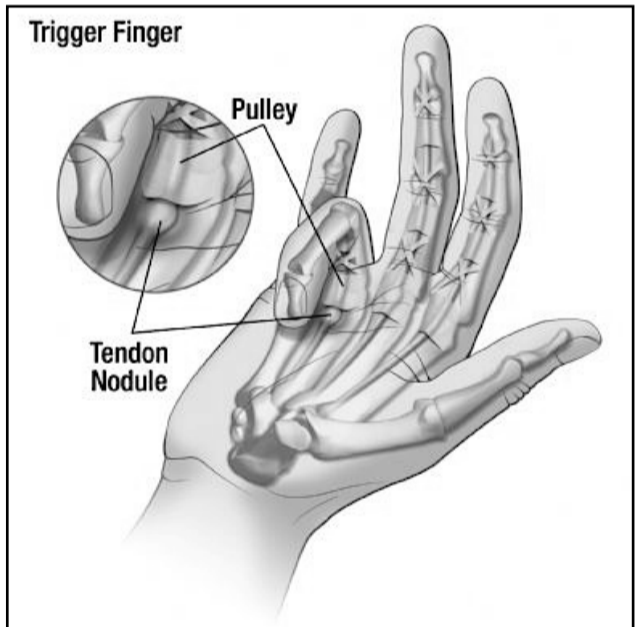


Photo courtesy of Dr. John Roberts

condition.

There are other medical conditions that increase the risk of developing trigger finger. It is more common in those suffering from rheumatoid arthritis and diabetes. People who have psoriatic arthritis, amyloidosis, hypothyroidism and sarcoidosis are also at higher risk.

The symptoms and signs of trigger finger are easy to spot. Patients experience the catching or popping sensation when flexing or extending one or more of their fingers. Some may even experience locking of the finger when it gets stuck, usually in the flexed (finger down) position. Most patients also have pain in the palm near the base of the involved finger.

Trigger finger can be easily understood when one looks at the anatomy involved during finger motion. Finger movement happens when muscles in the forearm contract, pulling on the finger bones. The muscles are attached

to the bones by tendons.

The culprit in trigger finger is one of the flexor tendons on the palm side of the hand, the flexor digitorum superficialis or FDP. In order for these tendons to work properly they have to slide through connective tissue tubes called tendon sheaths and under little tissue bridges called retinacular pulleys. To visualize this, think of a rope that is running through a pulley to pull on an object on the other side.

The anatomic problem that occurs in trigger finger is caused by the development of a swollen area on the FDP tendon that can sometimes be felt. Returning to my rope and pulley analogy, this would be equivalent to having a knot in the rope that can't pass through the pulley so it gets stuck.

If it's a small knot, with a little force you can go ahead and pull it through. A larger knot gets stuck and you can't pull the rope through the pulley. This

is exactly what happens in trigger finger – as the swelling on the tendon gets larger it becomes harder to move it through the retinacular pulley and sometimes it can get permanently stuck on one side.

If the enlargement in the tendon gets stuck on the wrist side of the retinacular pulley, the finger can't be extended and gets stuck in the flexed, or down position. If it gets stuck on the palm side, the finger gets stuck in the extended, or up position and can't be flexed.

Treatment for trigger finger is fairly straightforward. First line therapy is to try and shrink the swelling in the tendon by injecting a steroid solution into the tendon sheath surrounding the FDP tendon. This procedure can be performed in most physician's offices using a small needle.

Steroid injections are successful about 85 percent of the time. They are more successful in women, those who have had symptoms less than four months and who have a single swollen area in the tendon. It is less successful in those who have other conditions such as rheumatoid arthritis and diabetes.

Sometimes a second injection is needed. If a person fails two injections, surgery is usually indicated. It is a simple outpatient procedure that involves cutting the retinacular pulley to allow the tendon to move freely.

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

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Farmers Can Now Make 2023 Crop Year Elections, Enroll in Agriculture Risk Coverage and Price Loss Coverage Programs

Agricultural producers can now change election and enroll in the Agriculture Risk Coverage (ARC) and Price Loss Coverage programs for the 2023 crop year, two key safety net programs offered by the U.S. Department of Agriculture (USDA).

Signup began Monday, and producers have until March 15, 2023, to enroll in these two programs. Additionally, USDA's Farm Service Agency (FSA) has started issuing payments totaling more than \$255 million to producers with 2021 crops that have triggered payments through ARC or PLC.

"It's that time of year for producers to consider all of their risk management options, including safety-net coverage elections through Agriculture Risk Coverage and Price Loss Coverage," said FSA Administrator Zach Ducheneaux. "We recognize that market prices have generally been very good, but if the ongoing COVID-19 pandemic, frequent catastrophic weather events and the Ukraine war have taught us anything, it's that we must prepare for the unexpected. It's through programs like ARC and PLC that FSA can provide producers the economic support and security they need to manage market volatility and disasters."

2023 Elections and Enrollment

Producers can elect coverage and enroll in ARC-County (ARC-CO) or PLC, which provide crop-by-crop protection, or ARC-Individual (ARC-IC), which protects the entire farm. Although election changes for 2023 are optional, producers must enroll through a signed contract each year. Also, if a producer has a multi-year contract on the farm and makes an elec-



tion change for 2023, they must sign a new contract.

If producers do not submit their election by the March 15, 2023 deadline, their election remains the same as their 2022 election for crops on the farm. Farm owners cannot enroll in either program unless they have a share interest in the farm.

Covered commodities include barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium and short grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

Web-Based Decision Tools

In partnership with USDA, the University of Illinois and Texas A&M University offer web-based decision tools to assist producers in making informed, educated decisions using crop data specific to their respective farming operations. Tools include:

- Gardner-farmdoc Payment Calculator, a tool available through the University of Illinois allows producers to estimate payments for farms and counties for ARC-CO and PLC.

- ARC and PLC Decision Tool, a tool available through Texas A&M that allows producers to obtain basic information regarding the decision and factors that should be taken into consideration such as future commodity

prices and historic yields to estimate payments for 2022.

2021 Payments and Contracts

ARC and PLC payments for a given crop year are paid out the following fall to allow actual county yields and the Market Year Average prices to be finalized. This month, FSA processed payments to producers enrolled in 2021 ARC-CO, ARC-IC and PLC for covered commodities that triggered for the crop year.

For ARC-CO, producers can view the 2021 ARC-CO Benchmark Yields and Revenues online database, for payment rates applicable to their county and each covered commodity. For PLC, payments have triggered for rapeseed and peanuts.

For ARC-IC, producers should contact their local FSA office for additional information pertaining to 2021 payment information, which relies on producer-specific yields for the crop and farm to determine benchmark yields and actual year yields when calculating revenues.

By the Numbers

In 2021, producers signed nearly 1.8 million ARC or PLC contracts, and 251 million out of 273 million base acres were enrolled in the programs. For the 2022 crop year signed contracts surpassed 1.8 million, to be paid in the fall of 2023, if a payment triggers.

Since ARC and PLC

were first authorized by the 2014 Farm Bill and reauthorized by the 2018 Farm Bill, these safety-net programs have paid out more than \$34.9 billion to producers of covered commodities.

Crop Insurance Considerations

ARC and PLC are part of a broader safety net provided by USDA, which also includes crop insurance and marketing assistance loans.

Producers are reminded that ARC and PLC elections and enrollments can impact eligibility for some crop insurance products.

Producers on farms with a PLC election have the option of purchasing Supplemental Coverage Option (SCO) through their Approved Insurance Provider; however, producers on farms where ARC is the election are ineligible for SCO on their planted acres for that crop on that farm.

Unlike SCO, the Enhanced Coverage Option (ECO) is unaffected by an ARC election. Producers may add ECO regardless of the farm program election.

Upland cotton farmers who choose to enroll seed cotton base acres in ARC or PLC are ineligible for the stacked income protection plan (STAX) on their planted cotton acres for that farm.

More Information:

For more information on ARC and PLC, visit the ARC and PLC webpage or contact your local USDA Service Center.

USDA Announces Transition to Organic Partnership Program



USDA yesterday announced it is establishing cooperative agreements in six regions across the United States for the Organic Transition Initiative (OTI), Transition to Organic Partnership Program (TOPP). Organizations participating in the partnership network will work together to establish and administer a farmer-to-farmer mentorship program providing direct farmer training, education, and outreach activities.

This effort is part of the larger USDA effort to transform the nation's food system post-pandemic so it is more secure, resilient, fair and equitable.

"The organic community is known for strong local collaboration and providing farmer-to-farmer support," USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt said.

"TOPP will build on this spirit, while bringing organic to new communities of farmers and con-

sumers."

The TOPP partnership network covers six regions: the Mid-Atlantic/Northeast, Southeast, Midwest, Plains, Northwest, and West/Southwest. Organizations in these regions are actively forming partnerships to serve transitioning and existing organic farmers. Partnerships will provide mentoring services, technical assistance, community building, and organic workforce development.

USDA is also announcing an upcoming listening session on November 15, which will gather stakeholder input about another OTI program, the Organic Pinpointed Market Development program.

This initiative will develop new and expanded organic markets by providing more resources and certainty in the organic market for producers and processors transitioning to organic or initiating new organic production and processing capacity.

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MARLOWE

From Page A1

8 on the list -- making stealing ink pens only slightly less abominable than sleeping with your neighbor's wife (No. 7) -- but I still feel like I'm riding the bullet train to hell.

Most of the time, I steal an ink pen without even knowing it. I think they call that "kleptographium."

What usually happens is that I will "borrow" a pen off of someone's desk to sign a document or to fill out a form, and then fail to put it back. Instead, I'll return it to my briefcase, to be discovered later when I dump the contents onto my desk at home.

Sometimes, I'll wear an ink pen home. Without thinking, I will slide the pen into my shirt pocket, or onto a common perch atop my right ear. That's how I acquired the Viagra ink pen that I'm using now. At least I hope that's how I got it. All I remember is people pointing at my right ear and laughing, which I guess is better than the alternative location.

I've been assured that stealing an ink pen with a logo emblazoned on the side isn't really stealing. It's a form of company self-promotion, they say. It's OK. The company wants you to take it.

All I can say is, that sure wasn't the company's attitude when I tried to take the FedEx truck parked at the end of my street.

Bank ink pens seem to be a big part of my collection. Going through my pen holder on my desk, I count 12. It's ironic since that's three more than the total number of dollars

I actually have in bank accounts.

Two of the pens belong to banks that closed. They might have survived had people stopped stealing their pens.

I'm old enough to remember when most banking transactions were held inside the bank, and the banks used to anchor their pens to the counter with a logging chain. I liked that idea. It gave me a sense that the company cared enough about my money to put measures in place to protect it.

Now they give away pens. What does THAT tell you?

I have ink pens from six different insurance agencies. Two of them use invisible ink.

My friend Amy uses an ink pen with pink swirls on the barrel, and a miniature My Little Pony stuck on the top. She claims she's had that pen for 27 years. Amy works in an auto repair shop with 11 men. Did I mention how smart Amy is?

For some reason, I seem to have a lot of pens from funeral homes. I've never understood ink pens from funeral homes. Do they think we are going to use them to fill out our "Things to Do, Tomorrow" list?

Maybe they put them there just for me. If I feel the temperature rising on my way to eternity, I can use that pen to write "I'm sorry that I took your ink pen" one thousand times inside the lid.

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

VOTERS

From Page A1

election. They are contributing this information so that Hamilton County users can see who is running in their areas and learn more about their platforms.

When logging onto Vote411.org, simply enter your address, and all the information on the next page will be tailored to your area. The page includes election dates, links for first-time voters and links to check registrations. Some precincts may have changed due to recent redistricting, so double check your polling locations.

You will see descriptions of the offices, then photos and bios of the candidates who responded to the league's request for info. Dick said each candidate was sent a survey by email or mail, and their responses were entered by their own representatives. The league does not edit candidate responses.

You'll see your precinct and your Nov. 8 voting location, and lists of each race, candidates' responses and other questions on your ballot. You can read about the requirements of each office and compare candidates' statements with a handy selection tool.

Vote411 has been updated in time for early in-person voting, now through Nov. 7 at various locations in Hamilton County. Vote411.org connects you with this information when you are on its Indiana page. From there, you can find links to the Hamilton County early voting dates and locations, or you can go directly to the Hamilton

County election office's website for that info.

On your personalized ballot, you also will see township and school board races and candidates. Westfield voters will be able to review the Westfield-Washington school's operating referendum. They will be asked to vote yes or no on this option.

"There's a lot of attention paid to the federal races, but local township and school boards impact our lives as much, if not more," Dick said.

Her research shows that many voters opt for straight-party tickets. In those cases, voters may not see the referendum question, the school board races or other local options.

However you choose to vote, Dick and the league members encourage you to make a voting plan that includes researching the races and measures before casting a ballot. Vote411.org is a good first step for that, she advised.

Vote411.org is free and nonpartisan in keeping with the League of Women Voters' mission as an organization that encourages informed and active participation in government. Leagues around the nation work to increase understanding of major public policy issues and to influence public policy through education and advocacy.

For more information, visit Vote411.org, the League of Women Voters of Hamilton County website at lwvhcin.org/ or its Facebook page at [facebook.com/LWVofHamiltonCountyIndiana](https://www.facebook.com/LWVofHamiltonCountyIndiana).

EVENT

From Page A1

in 2010.

"The only safe medications are ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist," Greer adds.

"Old and unwanted medicine too often becomes a gateway to addiction. Events like these are a critical effort to curb the historic surge in U.S. overdoses."

Hamilton County residents are encouraged to drop off their expired or unused medications between 9 a.m. and 12 p.m. No liquids, sharps, or needles will be accepted. For those who cannot make it, there are opportunities to safely dispose of unneeded medications at local pharmacies, hospitals, and police departments throughout the year.

BETSY

From Page A1



The Times photo courtesy of Betsy Reason

Excavating equipment on Sunday afternoon is parked in front of the Dairy Queen restaurant on South 10th Street, a sign that the end was near for the restaurant, which closed Aug. 7 for demolition and to make way for the coming Pleasant Street roundabout. Our Noblesville DQ has served the community for 68 years, since 1954.



The Times photo courtesy of Betsy Reason

Schwartz's Bait & Tackle has a for-sale sign recently posted on the property at 118 Cicero Road in Noblesville.

Noblesville Dairy Queen, which opened in 1954 at 807 S. 10th St. The current Dairy Queen at 798 S. 10th St., opened in 1975 in its current location, and a drive-thru was added. The Reasner family (J.D. Restaurants) bought the Noblesville Dairy Queen in 1989 and is still the owner. El Camino Mexican restaurant at 797 S. 10th St., across the street from the Dairy Queen, was vacated Aug. 1, due to its upcoming demolition, also to make room for the Pleasant Street roundabout.

Firehouse Pizza and El Camino are next to be demolished, "probably this week," the Woolldridge Construction crew told me during their last work break before calling it a day on Monday.

Tom Robinson, of Woolldridge, said, "Right now, I got all I want done. Tomorrow (Tuesday) I got to string a hose out and keep the dust down."

The DQ is about the 30th structure that the company has demolished. Robinson said there were still nine or 10 structures to still demolish, including the two restaurants across the street and some more houses.

In other Noblesville news, Allisonville Road has reopened, the \$60 million East Bank project has visible progress, and Schwartz's Bait & Tackle riverfront property is for sale. And here's the skinny on each:

If you drive Allisonville Road between Noblesville and 146th Street daily, you'll be happy to learn that Allisonville Road -- as of Saturday afternoon -- has reopened just north of Wellington Parkway in Noblesville.

I've been cutting through the Wellington Northeast neighborhood about a dozen times over the past couple of weeks on my way home from Conner Prairie in Fishers. I'm sure I'm not the only driver traveling through the neighborhood during the road closure. And I bet Wellington Northeast residents are glad to see the road is open again, too.

The two-week road closure, planned during Noblesville Schools' fall break, was for the construction of a pedestrian bridge foundation and to set the pedestrian bridge over Stony Creek on the new Allisonville Road Trail. The trail is 9/10 of a mile and costs an estimated \$3.6 million; the city received a \$2.2 million federal grant for the project.

The anticipated completion of the 8-foot wide pedestrian trail along the east side of Allisonville Road is expected to be by Thanksgiving, according to the City of Noblesville.

The trail is being constructed from Wellington Parkway north to the 5-point roundabout at Greenfield Avenue in Noblesville. The lanes and shoulders are being narrowed to provide room for the trail and to act as a traffic-calming measure to slow traffic as it enters the downtown area, according to the City of Noblesville. The speed limit will be lowered to 30 mph. The southern half of the trail will have a guardrail between the cars and trail, and the northern half of the trail will have a median curb barrier between the cars and trail.

American Water Co. is replacing an old water



The Times photo courtesy of Betsy Reason

Tom Robinson works the excavator, demolishing the Dairy Queen on South 10th Street in Noblesville on Monday afternoon



Photo provided

There is now visible progress at the \$60 million East Bank river project: a four-story elevator tower standing solo in the middle of the property.



The Times photo courtesy of Betsy Reason

Allisonville Road, just north of Wellington Parkway, which has been closed for two weeks -- for the construction of a pedestrian bridge foundation and to set the pedestrian bridge over Stony Creek on the new Allisonville Road Trail -- re-opened on Saturday afternoon.

main, extending the water main where it didn't exist and improving fire protection ability, as part of the project, according to the City.

In downtown Noblesville, the East Bank river project now has some visible progress: a four-story elevator tower standing solo in the middle of the property. The \$60-million, mixed-use development -- a four-story building with ground-level retail space and 219 apartments -- by J.C. Hart and Republic Development, is being built on the 3.4-acre area that was formerly McMillan's Auto Care & Towing and the Hamilton County employee parking lot. The J.C. Hart Company, a Carmel company that has been developing, building and managing luxury apartment communities since 1976, teamed up with Republic Development of Fishers, and together the two companies are known as East River Partners, for the project, which broke ground on April 14.

Also, just across the way from the East Bank project, also on the White River, a longtime

business is for sale.

Schwartz's Bait & Tackle has a for-sale sign recently posted on the property at 118 Cicero Road in Noblesville.

The 1.39-acre riverfront property overlooks the White River and is listed for sale, by CBRE Indianapolis real-estate firm, with an asking price of \$1.6 million. The property, which received a City of Noblesville Facade Grant in 2019 for paint and improvements, includes a 2,088-square-foot building with a bait and tackle business available for purchase with the property.

The Schwartzes in 2019 celebrated the 40th anniversary of their business, Steve and Lori (Harrison) Schwartz starting the business on Halloween in 1979, the same year that Lori graduated from Noblesville High School, just two years before they married. Steve Schwartz has been a Hamilton County Councilman for District 3 since 2002.

Contact Betsy Reason at betsy@thetimes24-7.com. Got something to share with the community? Drop me a line.



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TUESDAY

In The Kitchen

Tuesday, Oct. 25, 2022

A9

Infuse Holiday Gatherings with Fresh Grape Flavor

FAMILY FEATURES

The elegance of the holidays starts at the table with meals, desserts and drinks shared among loved ones. This year, let grapes add easy elegance to seasonal recipes as a signature ingredient perfect for special occasions.

As a highly versatile addition to appetizers, snacks, main courses, sides and desserts, grapes are an essential ingredient to keep on hand. Thanks to their delicate sweetness and juicy texture, Grapes from California can be the star at the center of the meal in unique and tasty Braised Pork Chops with Spiced Honey and Grapes served with Spiked Grape Cider for a cozy adult beverage.

Finish the celebration by sharing Grape Basque-Style Cheesecake, where delicious, fresh grape juice is used in the cheesecake batter to lend natural sweetness and enhance flavor. Decorate the top with fresh, juicy grapes for a final festive touch.

Find more sweet ideas to celebrate the holidays at GrapesfromCalifornia.com.

Braised Pork Chops with Spiced Honey and Grapes

Servings: 4

- 4 thick pork chops (about 3 pounds)
- 4 tablespoons flour
- 2 tablespoons butter or margarine, melted
- 1 1/2 cups whole red or black Grapes from California
- 1/3 cup honey
- 2 small cinnamon sticks, broken
- 3-5 whole cloves
- 1/2 teaspoon dried ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh mint (optional)

Preheat oven to 325 F.

Heat heavy, lidded saute pan or casserole dish over medium-high heat. Dust pork chops with flour and brown slowly in melted butter. Do not let flour burn.

Remove pan from heat and add grapes, honey, cinnamon, cloves, ginger, salt and pepper. Cover and place in oven. Braise slowly 50-60 minutes, or until pork is tender. Remove pork from pan and keep warm. Skim pan sauce of excess fat. Arrange pork chops on serving platter, spoon with sauce and sprinkle with chopped mint, if desired.

Nutritional information per serving: 569 calories; 54 g protein; 41 g carbohydrates; 21 g fat (33% calories from fat); 9 g saturated fat (14% calories from saturated fat); 33% calories from fat; 165 mg cholesterol; 407 mg sodium; 1.6 g fiber.



A Sweet Party Starter



Set the stage for a delicious get-together by serving an easy, attractive appetizer like this Grape Party Tray with fresh grapes, prosciutto, cheeses, pistachios and more holiday favorites. Grapes are easy to include as they offer variety – different colors, shapes, sizes and textures – which makes them an ideal healthy snack or ingredient in tasty recipes.

Grape Basque-Style Cheesecake

Prep time: 15 minutes, plus cooling and chilling

Bake time: 40 minutes

Servings: 12

- 2 cups green Grapes from California, divided
- 1/4 cup, plus 2/3 cup, granulated sugar, divided
- 2 1/2 tablespoons cornstarch
- 2 large pinches kosher salt
- 21 ounces cream cheese, at room temperature
- 1 cup cold heavy cream
- 4 large eggs, at room temperature
- 2 tablespoons orange-flavored liqueur (optional)

Heat oven to 425 F with rack in center. Use 12-by-16-inch sheet of parchment paper to line 9-inch springform pan in center. Press paper into bottom edge of pan and flatten creases around sides. Place pan on shallow baking sheet.

In mini blender or food processor, blend 1 cup grapes, 1/4 cup sugar, cornstarch and salt on high until smooth, about 1 minute.

In bowl of electric mixer fitted with paddle, beat cream cheese and remaining sugar until fluffy, 1-2 minutes. With mixer on medium speed, gradually pour in heavy cream; scrape down and beat on high speed until mixture resembles soft whipped cream, about 1 minute. Beat in eggs, one at a time, scraping down between additions. At medium speed,

gradually add grape puree mixture; scrape and mix until well blended, 1 minute.

Pour batter into prepared pan, transfer to oven and bake 38-40 minutes until cake is puffed and top is caramel brown. Cracks will appear around edges and cake will be wobbly when touched gently with finger. Set cake pan on baking sheet on rack to cool. Cake will sink to half its height. Cool to room temperature, 1-2 hours, then refrigerate uncovered. Do not unmold cake from pan until well chilled, at least 5 hours or overnight.

Slice remaining grapes in halves or rounds. In small bowl, combine grapes with orange liqueur, if desired, and set aside. When ready to serve, remove side of pan. Carefully pull creased parchment away from side of cheesecake then transfer to serving platter by peeling parchment away from bottom of cake and underneath pan while gently tugging cake toward platter and off parchment.

Garnish top of cheesecake with grape-liqueur mixture, if desired, or fresh grapes. Cut cake into wedges with thin, sharp knife.

Note: Cheesecake can be made up to 2 days ahead. Once cake is well chilled, cover pan with plastic wrap until ready to serve.

Nutritional information per serving: 350 calories; 6 g protein; 25 g carbohydrates; 26 g fat (67% calories from fat); 15 g saturated fat (39% calories from saturated fat); 135 mg cholesterol; 200 mg sodium; 0 g fiber.



Hot Spiked Grape Cider

Hot Spiked Grape Cider

Prep time: 20 minutes

Cook time: about 1 hour

Servings: 4

- 5 cups red Grapes from California, plus additional for garnish, divided
- 3 cups water
- 1 tablespoon honey
- 1 cinnamon stick
- 2 star anise (optional)
- 1 large navel orange
- 6 ounces amber rum

In large saucepan, combine 5 cups grapes with water, honey, cinnamon and star anise, if desired. Bring mixture to boil over medium-high heat, reduce heat to medium-low, cover and simmer

until grapes are tender, 50-60 minutes. Let cool 15 minutes.

Lay medium mesh strainer over bowl and pour grape mixture through. Gently press on solids to remove juice from fruit for about 2 cups grape cider.

With peeler, peel off large strip orange zest and add to warm juice. Let cool, cover and refrigerate.

When ready to serve, gently warm cider over medium heat. Pour 1/2 cup cider into each cup. Add 1 1/2 ounces rum and garnish with twist of orange and small skewer of grapes.

Nutritional information per serving: 170 calories; 0 g protein; 18 g carbohydrates; 0 g fat (0% calories from fat); 0 g saturated fat (0% calories from saturated fat); 0 mg cholesterol; 5 mg sodium; 0 g fiber.



Grape Basque-Style Cheesecake

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TUESDAY

In The Kitchen

Tuesday, Oct. 25, 2022

A10

HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites



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TUESDAY

In The Kitchen

Tuesday, Oct. 25, 2022

A11

Serve Up Smiles with Favorite Holiday Sides

FAMILY FEATURES

Turkey and ham may sit centerstage, but classic holiday sides can make the season truly special. You can bring smiles to your loved ones' faces by dishing out those favorite recipes everyone asks for year after year.

Made with a delicious combination of rice, cheddar cheese, cream of mushroom soup and broccoli florets, this quick and easy version of Broccoli and Cheese Rice Casserole is an ideal one-pot dish to keep the holidays simple. With three easy steps and everyday ingredients, it comes together with minimal effort for traditional casserole taste.

When it comes to feeding a crowd, it's often best to let your oven do the work. This Brussels Sprouts and Ham Rice Gratin recipe allows you to serve up a filling favorite with little effort using pantry staples. Plus, it's a kid-friendly way to encourage veggies at this year's holiday meal with gooey cheese providing tempting taste bud motivation.

These seasonal classics and more are made quick and easy with an option like Success Boil-in-Bag Rice, a pre-measured, mess-free way to make fluffy, high-quality rice. It's cooked by simply dropping a bag of rice in a pot of water or broth then boiling it for 10 minutes. BPA-free and FDA-approved, the bags are safe to use and made to withstand high temperatures.

An added bonus: If you're aiming to achieve a particular flavor, just season the rice by cooking in water infused with herbs, spices, broth, coconut milk or other liquids like juice for sweeter recipes.

Visit SuccessRice.com to find more holiday recipe inspiration.



Brussels Sprouts and Ham Rice Gratin

Broccoli and Cheese Rice Casserole

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 4-6

- 1 bag Success White Rice or Brown Rice nonstick cooking spray
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 2 cups frozen broccoli florets, thawed and drained
- 1 1/2 cups shredded cheddar cheese, divided
- 1/2 cup evaporated milk
- 3 tablespoons butter, melted
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Prepare rice according to package directions. Preheat oven to 350 F.

Coat 2-quart casserole dish with nonstick cooking spray. In medium bowl, combine soup, broccoli, 1 cup cheddar cheese, evaporated milk, butter, onion, salt and pepper. Fold in rice.

Pour mixture into prepared dish and top with remaining cheddar cheese. Bake 20 minutes.



Broccoli and Cheese Rice Casserole

Brussels Sprouts and Ham Rice Gratin

Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4

- 1 bag Success White Rice
- 1/2 pound Brussels sprouts, trimmed and halved
- 1/3 cup diced ham
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 3/4 teaspoon salt, divided
- 3/4 teaspoon black pepper, divided
- 1 cup heavy cream
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons Dijon mustard
- 1 cup shredded sharp cheddar cheese
- 1/2 cup grated Parmesan cheese, divided

- 1/3 cup breadcrumbs
- 2 tablespoons butter, melted

Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper. Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture. Bake 12-15 minutes, or until golden brown and bubbling.

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TUESDAY Health and WELLNESS

Tuesday, Oct. 25, 2022

A12

What You Need to Know About Norovirus

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.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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.

2 Steps to Saving a Life; the Importance of Hands-Only CPR

(Family Features) More than 350,000 sudden cardiac arrests occur annually outside hospital settings. However, a hands-on emergency intervention like cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

According to the American Heart Association, 70% of cardiac arrests – electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs – occur at home, but often family and friends who witness a child, spouse, parent or friend going into cardiac arrest hesitate to perform potentially lifesaving CPR for fear of making the situation worse.

"By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home," said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, the American Heart Association aims to

increase awareness about the importance of bystander CPR and offers these two simple steps:

1. Call 911.
2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

Using the beat of a familiar song with 100-120 beats per minute, such as "Stayin' Alive" by the Bee Gees, can help you stay on pace with the necessary compressions.

"Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone's chance of survival from cardiac arrest," said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. "As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives."

To find more information, watch a livestream video demonstration of Hands-Only CPR or download a first aid smartphone app, visit heart.org/CPR.

What Your Feet Can Tell You About Your Health

(Family Features) If you are living with pain and discomfort in your feet, legs, thighs or butt, it may be a sign of a serious health problem. Many adults in the United States are suffering and may be at risk of amputations of their toes, feet or legs as a result of an undetected disease known as peripheral artery disease (PAD).

PAD affects the blood vessels outside the heart, reducing blood flow to the area with the diseased blood vessel. In the most common type of PAD, lower extremity PAD, blood flow is reduced to your legs and feet.

Learning more about PAD is important for detecting problems and getting early treatment so you can avoid devastating complications such as amputation or even death. Learn more about PAD, including symptoms, risk

factors and treatment, from the experts at the American Heart Association:

Symptoms
The most common symptoms of PAD are burning, aching, numbness, fatigue or discomfort in your leg or hip muscles while walking. The symptoms are caused by your legs not getting the blood they need. This pain usually goes away with rest and returns when you are active again.

"These symptoms can impact a person's quality of life, making it difficult to walk and hard to do usual activities at home and work," said Amy W. Pollak, MD, American Heart Association volunteer expert serving as a leader of the national PAD Collaborative and cardiovascular medicine physician at Mayo Clinic.

"For some, PAD can progress to cause pain when you are resting and even amputation of your toe, foot or leg."

Risk Factors
PAD affects more than 8.5 million people in the U.S., the majority of whom are 65 years and older, according to the American Heart Association. Approximately 46-68% of patients with PAD also have coronary artery disease or cerebrovascular disease.

"We see PAD more commonly in people living with diabetes, people who smoke and people with other common risk factors for heart disease, like high cholesterol, high blood pressure and obesity," Pollak said.

Prevention and Treatment
While some causes of PAD are beyond your control, the best meth-

od to prevent PAD is managing risk factors by making lifestyle changes including quitting smoking, managing diabetes and high blood pressure, staying active and eating a heart-healthy diet.

Working closely with your health care professional at the first sign of PAD is an important step in achieving the best treatment outcomes and avoiding serious complications like amputation.

"PAD is a lifelong medical condition, but people with PAD can lead active and long lives," Pollak said. "If you notice walking is more difficult, keeping up with others is hard or you have pain when you walk, talk with a doctor and describe when it happens and how it feels. Don't be afraid to get a second opinion."

Visit heart.org/PAD to learn more.

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TUESDAY

Health and WELLNESS

Tuesday, Oct. 25, 2022

A13

Support Brain Health

SIMPLE WAYS TO ADD TO YOUR WELLNESS ROUTINE



Photo courtesy of Getty Images

FAMILY FEATURES

When most people think of wellness, diet and exercise are the first things that come to mind. Brain health is another essential element of your overall wellness because it affects your quality of life in many ways.

Brain health is the foundation of your ability to live a productive and successful life by communicating and solving problems. It's the driving force behind your daily function.

Give your brain extra support with these tips:

Stimulate Your Mind

Like any muscle, your brain needs exercise. Your workout equipment for your brain can include activities like puzzles, reading, learning an instrument, taking up a new hobby or learning a new language.

Focus on Brain-Supporting Foods

What you eat doesn't just affect your physical health; it affects your brain health, too. One example is the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, which is the result of more than 20 years of data collected by researchers at Rush University Medical Center and Harvard School of Public Health.

It follows the Mediterranean style of eating whole foods with minimal processing and includes an emphasis on plant-based foods, including leafy greens, whole grains and heart-healthy legumes along with some fish and smaller amounts of poultry. The MIND diet aims to build on these principles and emphasizes antioxidant-rich berries, dark leafy greens and fatty fish like salmon, mackerel, herring or sardines.

A dish like Kale and Quinoa Bowl with Salmon reflects the MIND diet guidelines and is a delicious and smart way to support your brain with good nutrition.

"Fueling your brain starts with your plate," said Melissa Halas, MA, RDN. "This tasty kale, quinoa and salmon recipe by Alton Brown has smart ingredients that match the MIND diet. Plus, the results are delicious. It's so important to support your brain with the right nutrients."

Sleep Well

While you catch up on your rest, your body is hard at work rejuvenating all your systems, and your brain is no exception. Getting plenty of sleep each night gives your brain time to repair itself so you wake feeling sharp and focused.

Add a Supplement to Your Daily Routine

Most people fall short of reaching recommended nutrient levels with their diets alone. Supplements can help fill the gap. An option like Neuriva Plus can help support the key indicators of brain health: reasoning (think and understand things in a logical way), focus (zoom in and filter out distractions), accuracy (react with greater speed and precision), memory (record and recall stored information), learning (retain new information) and concentration (concentrating on tasks for longer periods).*

Available in capsules and gummies, the Neuriva brain health supplements include naturally sourced ingredients like Neurofactor™ (coffee cherry extract) and plant-sourced phosphatidylserine (PS), as well as B vitamins to support brain health.*

"I recently turned 60 and over the past couple of decades, I've been very focused on taking care of my health from the inside out – first with my food, and now taking action to support my brain health," said Alton Brown, award-winning chef and food geek. "Neuriva fits perfectly into my holistic regimen, which for me, is just simple life practices, like exercising, eating a balanced diet and getting a good night's sleep."

Manage Stress

Keeping your stress in check is good for your mental well-being, but it also affects your physical and cognitive health. Practicing yoga, meditation or listening to music are some ways to reduce stress while improving your cognitive function and performance.

Connect with Others

Personal interaction also sharpens your brain, as it encourages you to practice communication and other cognitive skills. You can protect and improve your brain health by creating and nurturing connections with friends and family.

Keep Moving

Your brain needs plenty of oxygen for good function. Physical activity burns calories and builds muscle while increasing oxygen flow and stimulating nerve cell growth.

For more ideas to support brain health and wellness, visit Neuriva.com and download the Neuriva Brain Gym app.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Content courtesy of Neuriva



Photo courtesy of Getty Images

Kale and Quinoa Bowl with Salmon

Recipe courtesy of Alton Brown on behalf of Neuriva

Servings: 4

Kale and Quinoa Bowl:

- 1 bunch lacinato or "dinosaur" kale, stems removed and cut into ribbons (about 4 ounces, stemmed)
- 1 bunch (1 1/2 ounces) flat leaf parsley, stems removed and roughly chopped
- 2 shallots, thinly sliced
- 5 tablespoons extra-virgin olive oil, divided
- 1 lemon, zest and juice only
- 2 large garlic cloves, minced
- 1/2 cup plain, low-fat yogurt
- 4 ounces firm feta cheese, divided
- 1 cup (3 1/2 ounces) walnuts, toasted and lightly crushed, divided
- 1 teaspoon kosher salt
- 2 cups cooked white quinoa
- 1/2 cup dried cherries
- freshly ground black pepper

Salmon:

- 2 skin-on salmon fillets (around 1-inch thick and 5 ounces each)
- 1/2 teaspoon kosher salt
- 2 tablespoons light olive oil

To make kale and quinoa bowls: In large bowl, toss kale, parsley and shallots with 2 tablespoons olive oil; set aside 10 minutes.

In bowl of food processor, puree remaining olive oil, lemon juice and zest, garlic, yogurt, 2 ounces feta, 1/3 of the walnuts and salt.

Pour dressing over greens then fold in quinoa, remaining walnuts, cherries and remaining feta.

Cover and refrigerate at least 1 hour before serving with several grinds of black pepper.

To make salmon: Wrap fillets in paper towels then heat large cast-iron skillet over medium-high heat 5 minutes.

When skillet is hot, season fillets with salt. Add oil to skillet and carefully tilt to evenly cover bottom. When oil shimmers, slide fillets in, skin-side down, pressing each fillet firmly down with spatula.

Reduce heat to medium-low and cook 3 minutes then cover and cook 2 minutes.

Carefully flip fillets, cover and cook 1 minute, or until fillets reach desired doneness or internal temperature of at least 130 F** on thermometer inserted into centers.

To serve, separate kale and quinoa mixture into four bowls. Slice each fillet in half and place on top of kale and quinoa.

**The United States Department of Agriculture recommends a minimum internal temperature of 145 F.



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