

➔ **TODAY'S VERSE**

Matthew 11:28 – 30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.



➔ **FACES OF HAMILTON COUNTY**

People who call our community their own.

What makes Linda Roberts smile? "My grandkids," said the 74-year-old Noblesville resident, who has lived in Noblesville all of her life. She has seven grandchildren, the majority of them living here, with three living in Montana, "a lovely place to visit." She and husband, Tony, of 54 years, were found enjoying the chicken livers special at Ginger's Cafe on South 10th Street. The 1965 graduate of Noblesville High School has three children. She worked in accounting for many years in downtown Indianapolis and for several years now as part time as an assistant for F.C. Tucker Co. Realtor Peggy Deakyne in Noblesville. When she's not working? "I love crafts." Knitting is one of her favorites. "My mother taught me.... I've tried to teach my grandchildren...." What else? She's always wanted to learn crocheting. She loves reading. She volunteers with Noblesville First United Methodist Church and loves to go see shows at The Belfry Theatre in Noblesville. Interesting tidbit? Her side of the family, the Hairs, moved from Ohio to settle in Wayne Township in 1823. Ginger's Cafe is open 4 p.m. to 7 p.m. today for a special Taco Tuesday fundraiser being served up by Noblesville Kiwanis Sunrisers. Tickets are \$15 and are available from any Sunriser Kiwanian or at the door.

And Another Few Things...

1. Championess!

This past Saturday, the Indiana Association of School Principals (IASP) hosted the 2022 Indiana Cheer Championship for Junior High and Junior Varsity teams at North Central High School. Noblesville High School took home first place in the Junior Varsity Division, with HSE High School taking third. In the Junior High Time-Out Division, Fall Creek Junior High School in Fishers finished third. And in the Junior High Small Division, Fall Creek JHS and Westfield Middle School shared second place due to a technical scoring error. What a weekend for Noblesville and Hamilton County schools!

The Indiana Association of School Principals, Department of Student Programs, sponsors the Indiana Cheer Championship, a series of competitions exclusively for Indiana school cheerleaders. The competition featured 43 Junior High and 11 Junior Varsity cheerleading teams from around the State of Indiana. The teams competed in this one-day event that concluded with a first-place winner for each of the 4 divisions.

2. Brand New Park

Geist Waterfront Park isn't set to open to the public until Spring 2023, but as major construction on Phase 1 of the city's newest park wraps up for the year, Fishers Parks and the Fishers Parks Foundation are hosting a Geist Waterfront Park Preview Night on Nov. 19, from 4 to 6 p.m. Get an early look at the park property, beach, and cove while enjoying food trucks, Fishers Parks games and activities, music and more.

The previously advertised Duck Drop portion of this event has moved to grand opening festivities in spring 2023. Stay tuned for more information on the grand opening.

For more information about the park preview night, and to find out about future events, visit playfishers.com/659/Geist-Waterfront-Park-Preview-Night.

3. Networking Lunch

Once a year, the Westfield Chamber and Zionsville Chamber hold a joint networking event. This year's event will take place tomorrow at The Bridgewater Club with business and community leaders from Zionsville and Westfield.

The \$25 ticket per person includes a hot breakfast buffet. There is no non-member pricing for this event. Visit westfieldchamberofcommerce.growthzoneapp.com/ap/Events/register/nPe5G8xP?mode=Attendee to register online.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

Ginger's Cafe owner Mikki Perrine (middle) has partnered with Noblesville Kiwanis Sunrisers Chuck Crow (from left), Jeff Demasie, Noblesville Mayor Chris Jensen, Barb Purvis, Greg Ayers, Jim Grabowski and Tom Gang, to serve Taco Tuesday fundraisers the first Tuesday of the month, October through December, with the next fundraiser from 4 p.m. to 7 p.m. today at Ginger's Cafe in Noblesville.

Kiwanis Sunrisers' to Host Taco Tuesday Tonight



BETSY REASON
The Times Editor

Enjoy dinner out tonight at a family-owned restaurant while helping community youth needs.

Noblesville Kiwanis Sunrisers are serving tacos, rice and beans at Ginger's Cafe tonight during Taco Tuesday, a fundraiser for Boys & Girls Club, Riley Children's Health and other youth needs.

It's 4 p.m. to 7 p.m. today at the 10th Street eatery owned by Noblesville High School graduate Mikki Perrine.

When you dine in, you get Kiwanis Sunrisers as your servers. Carry-out is also available

It's the second of three

Kiwanis Sunrisers Taco Tuesday fundraisers this fall, the first being Oct. 4 (which was actually National Taco Day) and the third being Dec. 6 at the restaurant. Tickets are \$15 and are available from a Kiwanian or today at the door.

"We've tried to, No. 1, help the businesses in town, like Ginger's," while helping the Kiwanis causes, that include the Boys & Girls Club and the sponsorship of the Noblesville High School Key Club, plus bean-bag chairs for North

➔ See BETSY Page A6



Photo courtesy of Noblesville Schools

NHS Students Bring Home State Journalism Award

Noblesville wins state competitions in academics too! Congratulations to the Noblesville High School broadcast journalism staff who won a prestigious Hoosier Star award from the Indiana High School Press Association for their newsmagazine "Around the County". Pictured above are (from left to right) Mason Mundy, Maya McDonald, Sayne Jeong, Liz Myers, and Alexis Gleim.

➔ **INSIDE TODAY**

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➔ **OBITUARIES**

Michael James Brown
Terry Alan Crago
...and more on Page A2.

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

MIKE LEWIS
for subscribing!



➔ **HONEST HOOSIER**

Welcome to the penultimate month of the year!



➔ **TODAY'S HEALTH TIP**

Read to your child every day instead of sitting her in front of the TV. 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**

"The road to freedom - here and everywhere on earth - begins in the classroom."

- Hubert Humphrey

➔ **TODAY'S JOKE**

Two bosses were in the car and heading for Disneyland. As they got close they saw a sign that said "Disneyland Left." They broke out in tears and drove back home.

The Daily Almanac

Sunrise/Sunset
RISE: 8:13 a.m.
SET: 6:41 p.m.

High/Low Temperatures
HIGH: 68 °F
LOW: 51 °F

Today is....

- All Saints' Day
- National Author's Day
- Prime Meridian Day

What Happened On This Day

- 1604 William Shakespeare's tragedy *Othello* is performed for the first time at Whitehall Palace in London
- 1897 The first Library of Congress building opens its doors to the public
- 1957 The Mackinac Bridge opens to traffic connecting Michigan's upper and lower peninsulas

Births On This Day

- 1871 Stephen Crane American journalist, author and poet
- 1972 Jenny McCarthy American model, actress and author

Deaths On This Day

- 1972 Ezra Pound American poet
- 1999 Walter Payton American football player

The True Story of 'Hi When'



JOHN O. MARLOWE
With The Grain

Not terribly long ago, I had the opportunity to walk around the campus of my alma mater. I wasn't expecting to meet anyone.

It was the middle of summer, and the whole place was deserted. The likelihood of a chance encounter in this academic ghost town was implausible.

So when I walked by the tennis facilities, and found the main

➔ See MARLOWE Page A6



➔ OBITUARIES

Michael James Brown

May 5, 1984-October 26, 2022

Michael James Brown, J.D., 38, of Fishers, passed away unexpectedly on Wednesday, Oct. 26, 2022 in Fishers.

He was born on May 5, 1984 in Fort Wayne, Ind.

Mr. Brown was the Director of Operations for IDEM. He also served as the Legislative Affairs Director for Indiana Department of Education and as an assistant in the Indiana State Legislature. He was a Realtor for FC Tucker and Company. Mr. Brown enjoyed golfing, being with family and friends, and cooking. HE liked to travel with his wife and family, especially to his favorite spot St. John, USVI. He was a huge Colts and Notre Dame fan, whether they were winning or losing. He was a wonderful, supportive father whose daughter, Aviana, was his pride and joy. Kirsten and Aviana, his "girls", were the loves of his life. He was an extraordinary father to his fur babies, Lucky and Nellie.

Survivors include his wife Kirsten Brown; daughter Aviana Brown; mother Terra Brown; 2 siblings Brett Brown and Krista Vanarman; parents-in-law Donna and John Wray; sister-in-law Natalie (Max) Huck; brother-in-law Bobby Wray; 4 nieces and nephews Haley Brown, Tristen Vanarman, Bailey Vanarman and Chase Vanarman; and grandparents Nancy Peconge and Twi Wray.

He was preceded in death by his father Gary Brown; sister-in-law Emily Wray; and fur baby Peyton.

A celebration of life will be held at a later date.

Memorial contributions may be made to Aviana's education fund (more info to come).

Online condolences may be made at randallroberts.com.



Terry Alan Crago

June 5, 1949-October 27, 2022

Terry Alan Crago, 73, of Noblesville, passed away on Thursday, Oct. 27, 2022 at his home.

He was born on June 5, 1949 to Robert and Betty (White) Crago in Muncie, Ind.

Mr. Crago proudly served in the United States Air Force. He worked as a system electrical engineer for 36 years before retiring. He enjoyed golfing, reading and learning new things that would challenge him. He believed and saw the good in people, no matter their circumstances. Mr. Crago liked to help people, was always willing to share his wisdom, and volunteered at the Humane Society of Hamilton County and Mended Hearts. Most of all, he loved his family and he will be dearly missed.

Survivors include his wife of 23 years Susan Crago; 6 children Amy (Martin) Combs, Lee Crago, Gabrielle (Jim) Lutton, Teresa (Chris) Whiteley, Carl (Chasity) Schmidt and John (Michelle) Schmidt; 2 sisters Kathy (Jim) Lauck and Janis Ashburn; sister-in-law Linda Gressette; mother-in-law Linda Gressette; 12 grandchildren Tommy Crago, Jack Crago, Kassandra (Kyle) Clark, Karson Lutton, Blake Whiteley, Micah Whiteley, Alexis Schmidt, Madyson Schmidt, Callie Schmidt, Taylor Schmidt, Olivia Schmidt and Sophia Schmidt; 2 great-grandchildren Oaklynn Clark and Quincy Davis; and 4 nieces Lindsey (Brandon) Wolf, Allison (Chris) Gaafar, Jennifer (Kevin) Woehler and Stephanie Ashburn.

He was preceded in death by his parents.

Services are scheduled to be held at 2 p.m. on Wednesday, Nov. 2, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville, with Pastor Patrick Propst officiating. Visitation is scheduled to run from 12 p.m., noon to the time of service at the funeral home. Burial will be at Riverside Cemetery in Noblesville.

Memorial contributions may be made to Humane Society for Hamilton County 10501 Hague Road, Fishers, Ind. 46038 (hamiltonhumane.com).

Online condolences may be made at randallroberts.com.



Sam Gibbons

January 29, 1945-October 29, 2022

Sam Gibbons, 77, of Noblesville, passed away on Saturday, Oct. 29, 2022 at Franciscan St. Francis Health in Indianapolis.

He was born on Jan. 29, 1945 to Carl and Mary Ann (Roe) Gibbons in Putnam County, Ind.

Mr. Gibbons proudly served in the United States Army and Indiana National Guard. He worked for Chrysler for 36 years before retiring and also volunteered for the White River Fire Department for 50 years. He was a member of the Horseshoe League in Sheridan and Bowl 32 in Noblesville. Mr. Gibbons enjoyed painting and working on cars, especially hot rods. In his earlier years, he participated in tractor pulls.

Survivors include his wife of 44 years Nancy (Stone) Gibbons; 4 children Stacey Artl, Gwenn (Tom) Brown, Jason (Natalie) Gibbons and Jill Browning; brother Bill Gibbons; 4 brothers-in-law Bill, Steve, Jim and Chris Stone; 6 grandchildren Josie Artl, Jack Artl, Kevin Brown, Conor Brown, Claire Brown and Jordan Davis; 2 cousins Richard Gibbons and Nancy Gibbons Tijunini; and several nieces and nephews.

In addition to his parents, he was preceded in death by his brother Tom Gibbons.

Services are scheduled to be held at 1 p.m. on Friday, Nov. 4, 2022 at First Christian Church of Noblesville, 16377 Herriman Blvd. in Noblesville. Visitation is scheduled to run from 11 a.m. to the time of service at the church. Burial will be at Oaklawn Memorial Gardens in Indianapolis.

Memorial contributions may be made to Hamilton County Professional Fire Fighter Foundation, 399 S. 14th Street, Noblesville, Ind. 46060.

Online condolences may be made at randallroberts.com.



Donald Ray Gilliatt

August 24, 1946-October 28, 2022

Donald Ray Gilliatt, 76, of Pendleton, passed away peacefully at his residence on Oct. 28, 2022.

He was born on Aug. 24, 1946, in Bedford, Ind., and resided most of his life in Noblesville.

Mr. Gilliatt graduated from Westfield High School and had an apprenticeship in metalworking and fabrication.

He owned and operated his own structural engineering business for more than 20 years.

He was a member of Noblesville Masonic Lodge #57, F. & A.M. Mr. Gilliatt had a passion for cars since a young man, and worked on them until he could pass that knowledge on to his children.

Survivors include his loving wife of 17 years Grace Gilliatt; 2 children Janet Myers (John Butcher) and Danny (Jennifer) Gilliatt; Melissa (Brian) Rusler, and Shelly (Steve) Fosnot; 7 grandchildren, Jordan, Tony, Brianna, Ciara, Aaron, Logan and Colton; and eight great-grandchildren.

He was preceded in death by his parents Ray and Deloris Gilliatt; and granddaughter Aubrey Myers.

Visitation is scheduled to be held Wednesday, Nov. 2, 2022 from 11 a.m.-1 p.m. at Loose Funeral Homes & Crematory, 200 W. 53rd St. Anderson, Ind..

Services are scheduled to follow visitation at 1 p.m. at the funeral home with Pastor Joshawa Epperly officiating.

Burial will take place in the Grovelawn Cemetery, Pendleton.

Online condolences may be made at loosecares.com.



Donna Belle Eason Prater

July 8, 1936-October 21, 2022

Donna Belle Eason Prater, 86, of Indianapolis, Indiana gained her Angel wings Friday, Oct. 21, 2022 surrounded by all her children, during a short stay in NEA Baptist Hospital in Jonesboro, Arkansas.

She was born on July 8, 1936 to the late Theodore & Thelma (Butts) Eason of Ash Flat, Ark.

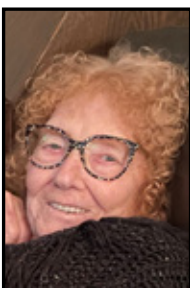
Ms. Prater graduated high school from Highland High School in Ash Flat, Ark. She obtained a masters in Cosmetology, then owned and operated beauty shops: Spanish Salon in Noblesville and Village Hair in Zionsville. She sold real estate and was an accountant for Hartmans. Ms. Prater loved sports and played softball and basketball. She loved her family and friends, serving at Church of Christ, westerns, country music, campfires, driving around the countryside and looking for little out-of-the-way cafés with good food, great coffee, and of course custard pie. She loved attending her boys' sports games, watching and playing all sports.

She was the proud sister of the late Tibble Eason of Noblesville. They owned & operated Fishers Cafe together.

Survivors include her children Austa Ramer of Franklin, Samuel T. Prater of Indianapolis and Lori Prater of Dora, Missouri; Yorkie Gemma/Lil Girl; 4 grandchildren Amber Baker of Indianapolis, Heather Sampson of Franklin, Elijah Prater of Tucson, Arizona and Jacob Pardo of Dora, Mo.; 4 great-grandchildren Kourtney, Eric, Mileena and Katie; 9 great-great-grandchildren Jynsyn, Annabelle, Riley, Lawson, Lyric, RJ, Benton, Gracie and Maklin; blessed with seventeen Grands and many nieces and nephews.

Visitation is scheduled to be held from 12-1 p.m. on Wednesday Nov. 2, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with services scheduled to begin at 1 p.m. Burial will follow at Oaklawn Memorial Gardens, 9700 Allisonville Road in Fishers.

Online condolences may be made at randallroberts.com.



Frederick C. Thatcher

December 11, 1940-October 27, 2022

Frederick C. Thatcher, 81, of Fishers, passed away on Thursday, Oct. 27, 2022 at his home.

He was born on Dec. 11, 1940 to Harold and Emma (Groh) Thatcher in Chicago, Illinois.

Dr. Thatcher earned a Bachelor's Degree and Master's Degree from the University of Chicago. He then earned his PhD in Physics from the University of California State in San Bernardino. He was a physics professor at IUPUI for 34 years before retiring. Dr. Thatcher also worked and retired from Naval Avionics Center. He enjoyed reading, computer gaming, and spending time with his family. He was a son, brother, father and lover of any and all kinds of cookies.

Survivors include his 3 children John Thatcher, Karen (John) Waterman and Sonia Walton; 5 grandchildren; and 1 great-grandchild.

In addition to his parents, he was preceded in death by his brother Harold L. Thatcher.

Visitation is scheduled to be held from 10-11 a.m. on Thursday, Nov. 3, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers. A graveside service will be at Oaklawn Memorial Cemetery in Indianapolis.

Memorial contributions may be made to Salvation Army, 6060 Castlesway West Drive, Indianapolis, Ind. 46250 (centralusa.salvationarmy.org/Indiana).

Online condolences may be made at randallroberts.com.



➔ Meeting Notice

Hamilton County Community Corrections Advisory Board

Pursuant to IC 5-14-1.5-5(a), the Hamilton County Community Corrections

Advisory Board will meet at 12 p.m., noon this Thursday, Nov. 3, 2022 at Hamilton County Community Corrections, 18104 Cumberland Road, Noblesville. The purpose of the meeting is to discuss agency business.

Meals on Wheels and Duke Energy Help Launch New Breakfast Program



After a successful pilot program, Meals on Wheels of Hamilton County has officially launched a new frozen breakfast option for its clients, furthering the organization's mission of enhancing the quality of life of homebound individuals and seniors in Hamilton County by providing nutritious meals, personal interactions, and independence.

Beth Gehlhausen, Meals on Wheels of Hamilton County Executive Director, notes the response to the breakfast option has been overwhelmingly positive. During the pilot program, a \$2,800 grant from Duke Energy made breakfast meals possible five days a week for eight weeks for 12 clients.

The frozen breakfasts are delivered Friday mornings and can come in quantities from two up to seven. "Because the breakfasts are frozen, it gives our clients greater flexibility to enjoy their meals on days and times that work for them," said Gehlhausen.

By introducing the frozen breakfast option to their meal offerings, Meals on Wheels has seen their monthly orders increase from an average of 634 meals monthly to 1,700 meals last month.

"Duke Energy was proud to support Meals on Wheels of Hamilton County through their pilot process," said Duke Energy Community Relations

Liaison Dagny Zupin.

"This option is another great way for Meals on Wheels of Hamilton County to continue feeding their clients who may be struggling with health and mobility barriers."

About Meals on Wheels of Hamilton County:

Established in 1975, Meals on Wheels of Hamilton County enhances the quality of life of homebound individuals and seniors in Hamilton County by providing nutritious meals, personal interactions and independence.

Meals are prepared in state-approved healthcare facilities and designed by a certified registered dietitian under a physician's prescribed supervision according to the client's specific dietary needs. Over 200 meals are delivered daily by volunteers to enable our clients to remain independently living within the community in their own homes for as long as possible.

For more information on receiving services or to volunteer, contact Meals on Wheels at (317) 776-7159.

About Duke Energy Indiana:

Duke Energy Indiana, a subsidiary of Duke Energy, provides about 6,300 megawatts of owned electric capacity to approximately 870,000 customers in a 23,000-square-mile service area, making it Indiana's largest electric supplier.

Westfield Library Foundation Recruits New Board Member

OneZone Chamber of Commerce President Jack Russell has joined the Westfield Library Foundation as a new board member. He started his term this month.

The Westfield Library Foundation is a 501(c)(3) non-profit organization whose focus is building proactive community partnerships and driving financial support for the Westfield Washington Public Library through major gifts, bequests, corporate sponsorships, naming rights, and private donations.

"Jack is a devoted advocate for Westfield businesses," said Foundation Executive Director Erin Downey. "His networking and leadership skills will help connect our business community to the opportunities that await them at the library as it expands to meet the changing needs of our growing community."



OneZone President Jack Russell

OneZone was created as a result of a 2015 merger between the Fishers and Carmel Chambers of Commerce. A Hamilton County native, Russell acts as a business advocate for the membership organization's 1,300 members.

"The Westfield Washington Library holds a special place in my heart," Russell said.

"It's a place my wife and two boys visit each week. We love the Westfield community, and I am honored to be a part of the Foundation's board."

Milan '54 Museum Endowment Fund to Match Donations Through Friday

All donations made to the Milan '54 Museum, Inc. Endowment Fund through the Ripley County Community Foundation (RCCF) between now and this Friday will be matched by the RCCF 50% on the dollar.

To make a gift, call the Ripley County Community Foundation at (812) 933-1098 between 8 a.m. and 4 p.m., Monday through Friday and tell them that you wish to make a "Day of Giving"

donation to the Milan '54 Museum, Inc. Fund #284. Debit and credit cards are accepted.

Checks can be mailed to the Ripley County Community Foundation, 13 East George Street Suite B, Batesville, IN 47006. Make your check out to Ripley County Community Foundation and in the memo line put "Milan '54 Museum, Inc. Fund #284." Checks must arrive by Friday to be eligible for the 50% match.

Addressing Our State’s Pressing Health Challenges



REP. DONNA SCHAIBLEY
Guest Column

It is clear Indiana needs to do more to address our greatest health challenges, especially with the high prevalence of obesity, smoking and other chronic conditions. That’s why the state is partnering with local organizations to tackle issues head on through the Health Issues and Challenges Grant program.

Funding is available to local and statewide service providers and planning organizations, and I encourage them to apply. Grants can be used to prevent or reduce mental and physical health issues for Hoosiers, including in the areas of tobacco use, food insecurity, obesity, lead exposure, hepatitis C, and chronic diseases such as diabetes, cardiovascular disease, asthma and cancer. Applications must be completed online at in.gov/health/grant-opportunities by Nov. 18. In 2021, I co-authored legislation to create the grant program so local providers like Aspire Indiana Health can apply for and receive funding to help improve outcomes. In June, Indiana released its first round of grant

funding totaling more than \$35 million. In this first round, Aspire received funds to implement an at-home cardiovascular monitoring program for at-risk individuals. Other local providers like the Heart and Soul Clinic, the Hamilton County Health Department and Teter Organic Farm also received funds. Statewide organizations that serve our local communities received grants, including the National Kidney Foundation of Indiana, the Indiana Rural Health Association, the Health Foundation of Greater Indianapolis, Health By Design and the Indiana Breastfeeding Coalition. Hoosiers facing health challenges need access to resources to live happy, healthy lives. As a member of the House Public Health Committee, I will continue to look for new and innovative ways to improve our state’s overall health. To learn more about Health Issues and Challenges Grants and to apply for funding, visit in.gov/health/grant-opportunities and click on "Health Issues and Challenges Grant." If you need additional help or have an idea on how we can work better together to address health issues, please contact me at (317) 232-9863 or email H24@iga.in.gov.

State Rep. Donna Schaibley (R-Carmel) represents House District 24, which includes portions of Boone and Hamilton counties.

IDDC Wins Four Awards for New IN Indiana Campaign



MarCom Awards announced Visit Indiana/Indiana Destination Development Corporation as a 2022 winner in the international creative competition for marketing and communication professionals. MarCom Awards recognizes outstanding achievement by creative professionals involved in the concept, direction, design and production of marketing and communication materials and programs. Visit Indiana received two Platinum awards, the highest honor bestowed by MarCom. One was in the Advertising Campaign category of Print Media/Marketing/Ads and the other in the Branding category of Strategic Communications/Marketing/Promotion Campaign for IN Indiana open-source campaign. Visit Indiana also took home a Gold award in the Marketing category of Digital Media/Web Video for the 'There is More to Discover IN Indiana' tourism video. On June 8, 2022, Visit Indiana and the Indiana Destination Development Corporation launched the IN Indiana marketing campaign as an effort to tell the Hoosier State’s authentic story. Visit Indiana developed an extensive customizable toolkit of resources available free of charge to every business, small town, big city and destination in the state. "The IN Indiana campaign is an easily adaptable message communities, businesses and universities, large and small, can utilize as creatively as they want," Lt. Gov. Suzanne Crouch said. "The IDDC staff worked incredibly hard on this campaign, and it is gratifying to see Visit Indiana’s efforts

being rewarded through multiple MarCom awards." Visit Indiana received another Platinum award in the Social Campaign category of Digital Media/Social Media for the Pie Day-to-Pi Day campaign. From Jan. 23 (National Pie Day) through February (National Pie Month) to Mar. 14 (Pi Day), Visit Indiana teamed up with the Indiana Foodways Alliance to reward anyone who checked in at two restaurants on the Hoosier Pie Trail with a custom "Pie-oneer" T-shirt. There were over 6,000 MarCom entries from throughout the United States, Canada and 43 other countries. Each entry is judged based on its own merits, not in comparison to other entries. "Our team at Visit Indiana and WeCreate Media has put a lot of hard work and dedication into the implementation of all new state tourism campaigns," said Elaine Bedel, Secretary and CEO of IDDC. "Platinum is the highest award anyone can receive and is very challenging to earn. The fact that we got three platinum and a gold award just goes to show the passion we have for these campaigns and our state." MarCom is sponsored and judged by the Association of Marketing and Communication Professionals (AMCP). For more information about the IN Indiana campaign, visit visitindiana.com/articles/post/indiana-destination-development-corporation-and-visit-indiana-launches-tourism-marketing-campaign/. To learn more about the MarCom Awards or to see the winners, go to marcomawards.com.

Diego and the Press



BRIAN HOWEY
Howey Political Report

This much is clear less than two weeks before the Nov. 8 election: Republican secretary of state nominee Diego Morales is getting historic bad press. You’d have to go back to 2012 to find a statewide candidate – Republican U.S. Senate nominee Richard Mourdock – who has gathered as much negative press as Morales, who upset Secretary of State Holli Sullivan at the June convention. The good news for Diego Morales is that if there is an entity less popular than himself, it’s the press. And while Democrat nominee Destiny Wells is an impressive candidate, she hasn’t been able to raise the kind of money that would keep the baseline Republican vote from pulling in Morales on Election Day, unless a female voter surge develops (and there are 360,000 new voter registrations). Morales’s problem is that he isn’t playing by the normal “showing up” rules. He won’t appear at debates or joint appearances, in part due to his early pronouncement that the 2020 presidential election was a “scam,” something he has backtracked on since he won the nomination, telling Howey Politics Indiana and the Washington Post that President Biden was legitimately elected in 2020. His interviews are grudging and sheltered. I first interviewed Morales when he ran for the 4th Congressional District in 2018: he was likable, but not well-versed on the relevant issues of the office he sought. After he lost in the GOP primary to Jim Baird, I know of campaign staff who insisted they would never work with him again due to candidate rudeness, obstinance and tantrums. When it comes to campaigns, that is hardly an isolated phenomenon. Since his upset of Sec. Sullivan, Morales has faced a reckoning: Tom Davies of AP: “Ex-Pence aide shrugs off doubts in Indiana election post bid.” Davies writes, “A former Mike Pence aide is sidestepping previous support for tighter voting restrictions and doubts about the 2020 presidential vote as he tries to avoid turbulence in his campaign for what would typically be a little-noticed election win by a Republican seeking Indiana’s top elections office.” James Briggs of the IndyStar: “Indiana Republicans should dump Diego Morales.” Briggs writes, “Diego Morales is one of the worst statewide general election candidates in Indiana history. Imagine someone comes to you and asks you to be a reference on a job application. But you know some things: This person has already been fired from the organization he wants to work for; he’s misrepresented his business ownership; his big pitch is that he’s a military veteran, but the actual experience amounts to three months and 18 days of basic training and some drills; a few other spots on his resume seem exaggerated; and two women who worked with him have accused him of sexual misconduct.” In another column, Briggs writes, “So we find the brain-broken Indiana Republican Party, a morally desolate institution, standing firm behind Diego Morales ... with a record of failure that only a partisan fanatic could love.” WIBC’s Kendall &

Casey: “Diego Flip-Flops on early voting.” They write, “Republican Secretary of State Candidate Diego Morales appears to be flip-flopping on a key campaign issue to try and win votes. Morales seems to be backpedaling on the issue of limiting early voting to make up for several months of bad publicity.” IBJ’s Jim Shella: “Diego Morales is unfit to serve as secretary of state.” Shella continues, “Morales now faces questions about sexual harassment, his work history and his military record. Morales could not meet (former Secretary of State Charlie) White’s standards. White could not meet the legal standards required to hold office. Voters should reject Morales.” IndyStar: “Diego Morales is surrounded by controversy. Democrats hope to capitalize on it.” Reporter Kaitlin Lange writes: “The Indiana secretary of state race is shaping up to be a referendum on the character of the Republican candidate, opening up one of the Democrats’ few shots at a statewide office in the past decade.” IndyStar: “Republican woman feels betrayed by GOP over Diego Morales sexual assault allegations.” Lange writes on Wednesday: “A Republican woman told several prominent Indiana Republicans that secretary of state candidate Diego Morales sexually assaulted her 15 years ago, she has told IndyStar, but none withdrew their support of his candidacy.” Morales has denied the sexual harassment allegations made by two females. All this negative press has yet to open a financial windfall for Wells. She out-raised Morales \$328,000 to \$311,000 in the third quarter, but Morales maintained a \$482,000 to \$299,000 cash-on-hand advantage. Wells has made a small statewide TV buy (AdWatch puts it at \$207,000), hoping a sprout of TV money will gin up female turnout, following the 2012 playbook of Glenda Ritz, who upset Republican Supt. Tony Bennett. Ritz used a little late TV money and a social media campaign to ignite wide support from educators. Wells’s pronouncement that “Indiana isn’t a red state, it’s a purple state with a turnout problem” will be tested Nov. 8. Indiana Republican Chairman Kyle Hupfer expects the secretary of state race to “be a baseline vote” adding, “No candidate in any of these races is going to get more than 10% to 15% name ID across the state. The party will bring those three races home.” If Hupfer’s right, the payoff for Democrats may come next year and beyond, when a “Secretary of State Morales” begins his performance in office.

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

Creative Director, Chief Brand Officer of Mackenzie-Childs to Visit Carmel City Center



Addendum will celebrate the opening of their second location within Carmel City Center this Thursday by hosting Rebecca Proctor, creative director and chief brand officer of the iconic MacKenzie-Childs brand. The public is invited to shop and visit with Proctor from 3-7 p.m. while she shares design inspiration, company lore and much more. Addendum, a luxury lifestyle concept store known for specializing in tabletop, crystal and entertaining pieces, focusing on designer jewelry and home fragrances added their second location within Carmel City Center earlier this spring. The new second location is a standalone MacKenzie-Childs shop featuring an extensive selection of their renowned courtly check tabletop, kitchen, décor, lighting and furniture pieces with many hand-made and hand-painted in upstate New York. During the event, guests can enjoy light refreshments and Addendum will be offering a MacKenzie-Childs spoon rest (valued at \$55) with a \$250 or more purchase on MacKenzie-Childs items. Proctor will be signing copies of Celebrating MacKenzie-Childs during the event. Copies of the book are available for pre-order by calling Addendum at (317) 253-3400.



Rebecca Proctor The Addendum MacKenzie-Childs shop is located on the interior plaza at 751 Hanover Place. Parking is available along the street and surface parking is available on plaza level (accessible from City Center Drive) and in the underground garage (accessible from Range Line Road as well as City Center Drive) and in the Veterans Way garage. About Carmel City Center: Carmel City Center is a one million square foot, \$300 million, mixed-use development located in the heart of Carmel, Indiana. A destination like no other in central Indiana, the project offers the appeal of a neighborhood and the vibrancy of a downtown. Carmel City Center features luxurious residences, specialty retail and restaurants and premier office space. Phase One includes 62,427 square feet of commercial space. For more information, visit carmelcitycenter.com.

Want TO GO?

Aspire Indiana Health will hold a ribbon cutting and open house of its expanded Noblesville health center tomorrow.

Last year Aspire began the expansion of its Noblesville health center that will roughly double its size to 27,000 square feet. The \$6.9 million project also includes renovation of the existing space and the addition of an in-house pharmacy at the clinic.

The enhanced facility will allow Aspire to deliver its model of nonprofit comprehensive healthcare including family medicine, behavioral healthcare, addiction services and programs addressing social drivers of health.

When: 10:30 a.m. to 1 p.m., Wednesday, Nov. 2 (Ceremony begins at 11 a.m.).

Where: Aspire Indiana Health, 17840 Cumberland Road, Noblesville.

What else: Among the dignitaries expected to attend are U.S. Representative Victoria Spartz, State Senator Michael Crider, Hamilton County Commissioner Steve Dillinger, Aspire President & CEO Barbara Scott and other local/state officials and community partners.

More info: For more information, visit aspireindiana.org.

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FOR NOBLESVILLE SCHOOL BOARD ON NOV 8

Joe Forgey

Chuck Haberman



Photos courtesy of Kia

2023 Genesis GV60 is an EV Fan Favorite

One of my favorite test cars this year was the Kia EV6. While driving it, I realized the world had changed. It’s everything we expected in a future-think EV, but there’s always room for more style, more technology, and a total upscale makeover. For that, we get the 2023 Genesis GV60 from Hyundai/Kia’s luxury brand.

It sports twin strips of LED lights on each side of its fascia echoing other Genesis models, but the GV60 adds a hint of Porsche in its curvy hood, arching roofline, and wrap-around taillamps. Accentuated fenders cosset 21” wheels for that concept car look. I especially like how the lower body appears to fold over the rocker panel and the rear glass tabs around to the side glass – all very nicely

rendered.

When the car was delivered, the driver asked if I needed help setting up the facial recognition and fingerprint systems. I said, “The what?” Yep, there’s a camera in the door pillar and sensor on the starter that allows owners to enter and start the vehicle without keys. He should also have mentioned how the car can back into a garage while its owner stands outside with the key fob. That’s an indicator of more technology that takes luxury beyond Nappa leather seats with lime green stitching, aluminum trim, and microfiber headliner.

A big touchscreen accesses devices connected via Apple CarPlay or Android Auto and are wirelessly charged. Bang & Olufsen audio, heated/ventilated front seats, heat-

ed rear seats, and a heated steering wheel soothe travelers. Safety systems abound. Automatic emergency braking, blind spot warning with steering assist, and rear passenger alerts are a start. There’s also Safe Exit Assist that prevents passengers from stepping into traffic. Drivers will appreciate adaptive cruise and a head-up display too.

Beneath the skin, the GV60 shares much of its advanced architecture with the EV6 and Hyundai IONIQ5. That means the battery pack send power to all four wheels for 235 miles all-electric range and can rapid recharge 10-80% in just 18 minutes. It will take about 7 hours on a 240v home charger or 68 hours from a wall socket. I’d install a charger or scope out the local DC fast chargers.

2023 Genesis GV60 Perf.
Five-passenger, AWD Crossover
Powertrain: Li-Polymer batteries/motor
Output: 429hp/516 lb.-ft.
Suspension f/r: Elect. Ind/Ind
Wheels f/r: 21”/21” alloy
Brakes f/r: regen disc/disc
Must-have features: Style, Tech
Driving range: 235 miles
0-60 mph: 4.0s
Recharge (10-80%): 18m
Economy city/hwy: 97/82 mpg-e
Assembly: Ulsan, Korea
Base/as-tested price: \$58,890/69,560

Beyond quick recharge, the GV60 is a delight to drive with 429 horsepower and 516 lb.-ft. of torque underfoot. Step down for instantaneous response: 0-60 mph in a scant 4 seconds. You may not need that to get the kids to school or your friends to dinner, but it sure is fun to set grandma back in her seat. Heavy batteries

sit low in the chassis and work with the electronic suspension for both a heavy driving feel on the highway and quick reflexes when requested.

Genesis is quickly developing its own brand of luxury for today’s upscale buyers. The vehicles are artfully styled, lavishly equipped, and perform like they were born in



CASEY WILLIAMS
Auto Reviews

Europe. They can also be a lot of fun and remind you the future is going to be an extraordinary place where this may be my new favorite car.

A base price of \$58,890, or \$69,560 as-tested, puts the GV60 against the Volvo XC40 Recharge, Mercedes-Benz EQB, Jaguar I-PACE, and Lexus RZ 450e.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

The State of Illinois

A few weeks before Halloween and many years ago, when I was still married to my former husband, he and I and a couple we knew all decided we would celebrate Halloween dressed as the Midwest.

At the time, it seemed like a clever idea. I was from Minnesota, my former husband was from Wisconsin, our friend, Becky, was from Iowa, and her husband, John, was from Illinois. We were all in our early twenties, all living in Oregon, and, as we imagined ourselves dressed as our home states, it seemed like the best idea ever.

We were no longer all living in the same city. And we didn’t see Becky and John again until Halloween. Honestly, I forgot all about the idea. I had time on my hands and so I designed and sewed elaborate costumes. I went as Medusa, with posable snakes bobbing up and down on my head. My former husband was Poseidon; he had a staff wrapped in fishing net and filled with seashells, and a crown on his head that lit up in the dark. Before LEDs, this was an accomplishment.

I was rather proud of our costumes, and we went to meet John and Becky. Becky was costumed as a striking geisha, and John arrived... dressed as the State of Illinois.

“I thought we were going as the Midwest!” John complained.

I had so completely forgotten about the idea that I was startled to see John outfitted in an enormous sheet of bright yellow corrugated cardboard shaped like the Land of Lincoln, his face popping out somewhere near Peoria.

I couldn’t feel too guilty if his own wife had not alerted him to a change in plans. It struck me that this did not bode well for the marriage (and, in fact, they were divorced a short while later). But John was stuck as the sole representative of the Midwest, and he was mightily embarrassed as we headed out to enjoy Halloween.

You can probably guess what happened next

John was the hit of the evening. There were an



CARRIE CLASSON
The Postscript

astounding number of Illinois transplants in this small Oregon town, and every single one felt a special bond with John, who was, by nature, a shy and bookish guy. Slightly inebriated women came flying at him from across the street.

“Illinois! It’s Illinois!” they screamed, as if he was a visiting rock star.

They scrutinized the carefully detailed Illinois road system searching for their hometowns. I felt as if I was witnessing the reunion of long-lost siblings.

“Quincy! I found Quincy!” a woman shrieked. It looked as if she might cry. I was not sure she was going to let John go.

The snakes bouncing on my head and my former husband’s illuminated crown could not hold a candle to Quincy, Illinois.

This all happened many years ago, and yet I remember John, and I feel like him on many occasions. I tend to stick to the plan. I keep working away on my little projects, and I feel foolish when I realize that, not only has everyone I know moved on to something new, they probably think I’m a little daft not to have done the same. I frequently feel a little naïve, a little embarrassed, still puttering away.

But I’ve learned that staying the course has benefits, even if they are not the ones I imagined.

After whatever group I was a part of has evaporated, interest disappeared, momentum vanished, I think of John, proudly representing the State of Illinois—for no obvious reason and all on his own.

Till next time,
Carrie

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

Exercise is Not Just for the Young

“All parts of the body if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed, and age slowly; but if unused and left idle, they become liable to disease, defective in growth, and age quickly.”

Hippocrates

Few things benefit the body more than maintaining physical fitness (anyone remember Jack LaLanne)? While doctors routinely recommend exercise for younger patients, we’re realizing how critical it is for our older patients as well. Regular exercise, even in one’s senior years, can still reduce your risk of a number of health conditions, particularly heart attacks, strokes, and falls. It also may be one of the few things that helps slow the onset of dementia.

Most communities are blessed to have many options available to seniors for exercise, especially programs that are supervised. I prefer supervised activities because a trained professional typically leads the individual or a group. This person can make recommendations to get the most out of a program in the safest way possible.

Why is regular exercise so important for seniors? You may have noticed that as our bodies age a number of physiologic changes occur. We lose muscle



JOHN R. ROBERTS, M.D.
Hamilton Health

mass and tone that leads to weakness and difficulty with balance. Flexibility becomes an issue (the most common cause of night time leg cramps). Our bones become weaker from reduced weight-bearing activity. Balance problems along with poor flexibility and weak muscles often lead to falls and fractures. Our hearts and lungs can also get out of condition resulting in reduced stamina and difficulty breathing with activity. This can lead to a reduced level of confidence and independence.

Regular exercise can go a long way to delay or even reverse some of these effects of aging. Exercise is a critical component in the treatment and prevention of conditions such as arthritis, diabetes, high blood pressure, obesity, elevated cholesterol, heart disease, stroke, dementia, depression, and anxiety.

Exercising in the water is one of the best and

safest ways for seniors to work on their fitness. Aquatic programs are excellent for people with painful arthritic joints, particularly the knees, hips and back. Water buoys up the body, reducing stress on the joints. The natural resistance of the water helps build and tone muscles and also improves balance. I had one patient a few years ago who faithfully attended his aquatics classes and was able to graduate from his wheelchair to using a walker.

Exercising on dry land is certainly acceptable. Again, I usually recommend supervised programs such as Silver Sneakers®. This is a program that is available to all seniors. Many Medicare Advantage plans even pay for memberships at a partnered exercise facility because they know that regular exercise greatly reduces hospitalizations and medical expenses. More information on the program can be found at www.silversneakers.com. Simple things like gardening, yard work, or walking are certainly better than sitting all day. Walking should always be done in a safe area that is flat and well lighted.

Another benefit of regular exercise that most seniors don’t consider is socialization. Seniors often become socially isolated either through the death of a spouse and/or loss of

friends. This has certainly been exacerbated with COVID-19. Organized exercise programs provide a way for seniors to get out and interact with people. Most of my patients who have joined one of these programs can’t wait to get back for the next session. Regular exercise is also very good for improving mental health and keeping the mind sharp.

Many seniors simply don’t want to be bothered with a formal exercise program. Any exercise is better than no exercise, but seniors need to be careful not to do too much too fast. Certain medical conditions may preclude doing certain types of activities.

If you are considering starting an exercise program, it’s always a good idea to discuss it with your physician. This is true especially if you suffer from obesity, diabetes, hypertension, heart disease, lung disease, have had a stroke or smoke. Your doctor may even provide you with an “exercise prescription” that outlines what he or she wants you to do or avoid. “A great set of basic exercises for seniors can be found at bit.ly/3zmEhtJ. “Just Do It” – it’s not just for the young!

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



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MARLOWE

From Page A1

doors open, I became unsettled.

I managed to go through an entire college career without seeing one tennis match. This seemed like the perfect opportunity to survey a building I had never been in before. Plus, I should investigate why the doors were not shut — even though of all the sports, tennis might be the least attractive to thieves wanting to cash in on a robbery.

I walked through the steel double-door entry, and into the vestibule that separates the cozy atmosphere of the tennis courts from the usually chilly outdoor spring air during tennis season.

I had long since abandoned the idea that anyone was actually playing tennis. The familiar “thwack” sound of a tennis ball meeting a tennis racquet was conspicuous in its absence. Instead, the only sound was the low hum of the air handlers circulating the indoor air on the balmy summer day.

As I stood in the center of the expanse, and gazed down its length to the other end of the Quonset-style metal building — some 75 yards or so — I expected to see a maintenance employee replacing lighting or perhaps a team manager repairing equipment.

There was no one — no one at least, until the rustling of papers behind me uncloaked a young man hidden in the shadows.

He had short, straight black hair, cropped in a practical style just above the eyebrows. He was not tall, although maybe a bit taller than what I expected for a young man of Asian ancestry. He sat at the end of a long row of tables, and had his head buried deep into the paperback he cradled in his hands.

“Hi!,” I blurted, somewhat startled by finding him behind me.

Immediately, the young man snapped to attention. He shoved his book onto the table, face down, creasing the page he was reading, bookmarking it to finish later. He rose abruptly, tossing his shoulders back.

“Yes, sir!” he replied sharply. His comportment was rigid, almost

military. Had it not been for a bright, teeth-filled smile broadening his face, I might have ended the conversation there.

“No, Hi,” I returned, hoping I hadn’t frightened him. I waved my hands at arm’s length, fingers spread, palms toward him, in what I hoped was the universal sign of “you don’t have to fear me”.

“Yes, Hi,” he said.

“Hi,” I said.

“Yes, Hi.” This awkward exchange convinced me the young man — Vietnamese, I thought — struggled with the English language. So, like most Americans, I decided I’d help translate by shouting at him.

“I’m John. John Marlowe. Pleased to meet you,” I yawned. I exaggerated the movement of my mouth, as if spanning the US / Southeast Asia cultural gap could be achieved by lip-reading.

“When,” he said.

My whole life. At least that’s what I wanted to say. But, if this guy does understand English, he’ll be offended by my chippy answer. The smile never left the young man’s face, but I could feel the furrows in mine deepening by the second.

“No, Marlowe,” I repeated.

“Yes, when.”

I reached into my shirt pocket, hoping to grab a stray Tylenol, but in finding none, I said, “When what?”

“No. Not when what,” he said. “Hi when.”

“Who?”

“Not who. When. Hi when.”

Back and forth we went, just as if we were volleying adverbs on the court behind us. At last, with an energetic flailing of his arms, he motioned me over. He picked up the paperback book on the table. With that same big grin, he tapped rapidly, pointing to the words written inside the cover.

“This book belongs to Hai Nguyen. Please return it if found.”

I’m just grateful the young man’s named wasn’t Hu. Wait a minute! He’s on first.

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

BETSY

From Page A1



The Times photo courtesy of Betsy Reason

Noblesville Kiwanis Sunrisers is serving tacos, rice and beans at Ginger’s Cafe tonight during Taco Tuesday, a fundraiser for Boys & Girls Club, Riley Children’s Health and other youth needs.

and Stony Creek elementary schools, books to schools, pajama projects and more, said Kiwanis Sunriser past president Jim Grabowski.

He said Kiwanis Sunrisers have had a paper airplane contest and collect toys for kids, and have also made breakfast -- pancakes, sausages and juice -- for about 45 kids at the Boys & Girls Club’s Camp Crosser during fall break. The Kiwanians also served supper recently at the Boys & Girls Club.

How does Taco Tuesday work? A third of the money raised goes back to the Kiwanians.

“We provide the food and donate a portion of the proceeds to them. The members help us by greeting the guests, getting their drinks and salsa and chips and bus-

sing the tables,” Perrine said. “October was good; hoping for an even better November and December event.”

Perrine said, “Ginger’s does their best to support local as much as possible, and working with a group like Kiwanis is an honor for sure.”

Grabowski said, “It’s the first time we’ve tried this.” Before the first Taco Tuesday in October, the Kiwanis Sunrisers sold 120 of 200 books each containing four tickets for Taco Tuesday at \$60 per book (\$15 per person x four guests). The tickets can be used for any of the three Taco Tuesday fundraisers.

Kiwanis Sunrisers meet at 7 a.m. every Tuesday at Ginger’s Cafe. Recently Michelle Corrao, director of O’Connor

House, made a presentation to the club. The O’Connor House was founded in 2005 and is a home for eight pregnant, homeless women participating in an 18-month program with the goal for each girl to complete high school, if they haven’t, and to have a healthy baby and become independent. Other recent programs have included Deputy Mayor Matt Light and Noblesville Youth Sports Alliance Dave Leyda.

Grabowski said the club always has interesting speakers sharing information about Noblesville, ‘because there is a lot of stuff in town that people don’t know about.”

Also, by the way, Greg Ayers of Kiwanis Sunrisers is the Sycamore South Lt. Governor for

Want **TO GO?**

What: Noblesville Kiwanis Sunrisers Taco Tuesdays in support of the Boys & Girls Club of Noblesville, Riley Children’s Health and community youth needs.

When: 4 p.m. to 7 p.m. today (Nov. 1) and Dec. 6.

Where: Ginger’s Cafe, 1111 S. 10th St., Noblesville.

How much: \$15.

Info: Buy tickets from a Sunriser Kiwanian or at Ginger’s Cafe at the door. Sponsor: Horizon Bank in Noblesville.

What else: Sunrisers meet at 7 a.m. Tuesdays at Ginger’s Cafe, with a speaker each Tuesday.

the 2022-23 fiscal year, and Ted Mahnensmith is the Kiwanis Sunrisers club president for 2022-23. At Ginger’s, there is a place where all of the Sunrisers’ plaques are displayed, including the recently awarded Bob and Maureen Anderson Community Service award, which was awarded in October to Del and Maxine Burtner.

Today, during Kiwanis Sunrisers’ Taco Tuesday, guest server Hamilton County Commissioner Mark Heirbrandt will be joining the Kiwanians and waiting on customers at Ginger’s Cafe from 4 p.m. to 7 p.m.

So, come on out today to support the Kiwanis Sunrisers’ fundraising efforts and enjoy some tacos on Taco Tuesday. If you can’t attend today, there’s one more Taco Tuesday on Dec. 6.

Contact Betsy Reason at betsy@thetimes24-7.com

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TUESDAY

In The Kitchen

Tuesday, Nov. 1, 2022

A7

Show Your Love with a Naturally Sweet, Delicious Gift

FAMILY FEATURES

Whether you're celebrating a special occasion, saying "I love you" to a faraway relative or offering a kind gesture to a friend or neighbor, sending a gift is a thoughtful way to share your appreciation. A handwritten note goes a long way, and you can take that token of gratitude one step further by pairing it with an authentic fruit basket.

When it's time to give a gift to a friend or loved one, consider sending fresh Florida Citrus boxes, which contain premium citrus hand-selected at the peak of ripeness. Available in a variety of sizes to fit your budget and filled with your choice of oranges, grapefruit, tangerines and unique jams, jellies and candies, the baskets arrive fresh at the door of your recipient.

With naturally sweet taste from the Sunshine State, the unique climate with subtropical temperatures, abundant sunshine, distinctive sandy soil and ample rainfall help grow juicy citrus. Plus, the delicious fruits are equally nutritious as they're loaded with vitamin C and provide a combination of nutrients to support overall health to help adults and children alike meet intake recommendations for certain key nutrients.

On top of their taste as appetizing snacks, they're perfect for cooking in recipes like Citrus Marinated Flatiron Steak Salad or Citrus Cherry Cobbler that take advantage of their natural sweetness and allow for mouthwatering meals, sides, desserts and more.

To choose a premium, hand-selected basket and send to your friends, neighbors, coworkers and loved ones, visit gifts.floridacitrus.org.

Citrus Cherry Cobbler

- Cobbler:**
- 4 cups cherries, pitted, juice reserved
 - 1/2 cup Florida Orange Juice
 - 1 1/2 cups sugar
 - 1 tablespoon lemon juice
 - 3 tablespoons cornstarch
 - 2 tablespoons unsalted butter
 - 2 cups Florida Orange segments, seeded
 - 1/2 cup Florida Grapefruit segments, seeded



- Topping:**
- 1 cup all-purpose flour
 - 6 tablespoons light brown sugar
 - 1 teaspoon baking powder
 - 1/2 teaspoon cinnamon
 - 3 tablespoons unsalted butter
 - 1 large egg, beaten
 - 3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.



Citrus Cherry Cobbler



Citrus Marinated Flatiron Steak Salad

Citrus Marinated Flatiron Steak Salad

- Citrus Balsamic Vinaigrette:**
- 1/4 cup Florida Orange Juice
 - 1/4 cup Florida Tangerine Juice
 - 2 teaspoons Florida Orange zest
 - 1/4 cup lemon juice
 - 1/2 cup balsamic vinegar
 - 2 tablespoons honey
 - 2 teaspoons garlic, minced
 - 1 tablespoon Dijon mustard
 - salt, to taste
 - pepper, to taste
 - 1 1/2 cups olive oil
- Flatiron Steak Salad:**
- 1 1/2 pounds flatiron steak
 - 2 cups Citrus Balsamic Vinaigrette, divided
 - 1/2 cup Florida Orange segments
 - 1/2 cup Florida Grapefruit segments
 - 2 quarts baby spinach
 - 1/2 cup red onion, thinly sliced
 - 1/2 cup cherry tomatoes, halved

- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

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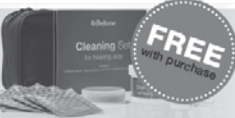
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Spooky Snacks

that Make Halloween Pop



Spooky Popcorn Spider Web

FAMILY FEATURES

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

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

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

Find more Halloween treats at popcorn.org.

Spooky Popcorn Spider Web

Yield: 1 spider web

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

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

Refrigerate about 15 minutes, or until firm.

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

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

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

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



Witchy Popcorn Balls

Green Halloween Zombies

Yield: about 7 pieces

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

Place popcorn in large bowl; set aside.

In medium saucepan over medium heat, melt butter. Stir marshmallows into butter until melted. Stir in gelatin powder until evenly colored.

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

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

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

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



Green Halloween Zombies

Witchy Popcorn Balls

Yield: 8 popcorn balls

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

orange sugar sprinkles, placed in small dish

jelly beans

candy corns

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

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

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

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

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

Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair."

Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form "witches' hats." Place hats on popcorn balls. Allow chocolate to set about 45 minutes before serving.

Serve or seal individually in plastic wrap.

TUESDAY

In The Kitchen

Tuesday, Nov. 1, 2022

A9

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, Nov. 1, 2022

A10

INFB Health Plans Announce No Premium Increases for Traditional Health Plans in 2023

Indiana Farm Bureau Health Plans today announced it will not raise rates for Traditional Health Plans, which provide health coverage options for individuals and families, for the 2023 calendar year. This is the second year in a row that the suite of more affordable health care offerings has not raised its rates for Traditional Health Plans.

INFB Health Plans has over 3,000 enrolled plans at the end of the third quarter, which equates to nearly 6,700 Hoosiers covered.

From Jan. 1, 2021, through September 30, 2022, enrollment in INFB Health Plans totaled 3,003 active plans and 6,681 individuals covered. The current breakdown of coverage for those plan holders includes:

2,388 Traditional Health Plans, (both individual and family plans);

452 dental and vision plans; and

163 Medicare Supplement Insurance Plans.

The fourth quarter of each year is open enrollment time for most employer and Affordable Care Act plans. Existing INFB members may apply for and receive coverage through INFB Health



Plans anytime during the year, but Q4 is a good time for them to evaluate their health care options. On average, a plan offered through INFB Health Plans can provide savings of 50% to 70% for families when compared to ACA plans that aren't subsidized by the federal government.

"INFB Health Plans launched two years ago to address a significant need for reliable and more affordable health care in Indiana's agriculture community," said Randy Kron, INFB president. "I'm proud that we continue to offer plans with significant cost savings for our current members, as well as those prospective new members who may be reviewing their 2023 health care options for themselves and their dependents."

Jenny Mundell of Tipton County has been an Indi-

ana Farm Bureau member for 30 years and a full-time farmer. She got an INFB Health Plans policy over a year ago after her husband retired from his off-farm job and she was no longer on his insurance.

"I was starting to look into ACA plans, but then I heard about INFB Health Plans," Mundell said. "It was much more affordable, and the fact that it was backed by Farm Bureau meant a lot to me."

Mundell also was pleased that she could keep her current primary care doctor due to the availability of nationwide in-network providers via UnitedHealthcare and that she had quality, affordable dental care.

"This has been my best experience with dental insurance because they have covered 80% of my costs," Mundell added. "I recommend INFB Health Plans as a health care

option to anyone in the farming community."

Existing INFB members may apply for INFB Health Plans at any time, however, membership is required prior to applying for coverage, and individuals must be a member of INFB for at least 30 days to apply for a Traditional Health Plan or a dental/vision plan. Medicare Supplement Insurance Plans do not require the 0-day waiting period. Coverage is statewide and plans are portable anywhere a member may live in Indiana, with no defined service area.

To learn more about INFB Health Plans and apply for coverage, please visit www.INFBhealthplans.com.

About Indiana Farm Bureau Health Plans:

Founded in 2020 by Indiana Farm Bureau (INFB), Indiana Farm Bureau Health Plans (INFB Health Plans) is a suite of health care offerings designed to provide more affordable and reliable benefits for its members. INFB Health Plans features Individual and Family Plans, Medicare Supplement Insurance Plans and dental/vision coverage. Learn more at infbhealthplans.com.



American Red Cross

Protect the Blood Supply By Giving Blood This Fall

The American Red Cross urges blood donors of all types and those who have never given before to book a time to give blood or platelets now and help keep the blood supply from dropping ahead of the holidays.

People of all blood types are needed, especially platelet donors and those with type O blood – blood products that are critical to keeping hospitals ready to help patients depending on transfusions in the weeks ahead.

Book now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). As a thank-you for taking the time to give this fall, all who come to give Nov. 1-22 will receive a \$10 e-gift card by email to a merchant of choice. Details are available at rcblood.org/perks.

How to donate blood:

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Amplify Your Impact - Volunteer!

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position, contact 1-888-684-1441 or visit <https://www.redcross.org/volunteertoday>.

About the American Red Cross:

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

Help! My Finger is Stuck!

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 condition.

There are other medical conditions that increase the risk of developing trigger finger. It is more common in those suffering from



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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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TUESDAY

Health *and* WELLNESS

Tuesday, Nov. 1, 2022

A11



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Smart Choices for Your Health

Resources for selecting a provider

FAMILY FEATURES

Getting health care for yourself or a loved one is a big responsibility, especially if you're just getting started with Medicare or have changes in your life, such as a new diagnosis of a condition or disease. It can be overwhelming if you need services like nursing home care, have to find a new doctor or get home health care.

Using online tools like "Find Care Providers" on Medicare.gov can make it easier to make comparisons and help choose doctors, hospitals, nursing homes and more for you or the person you are helping provide care to. Consider these benefits of using the comparison tools to narrow your options.

A Resource for Research

The website provides a simple search and compare experience that allows you to find providers near you. Simply put in a ZIP code and the type of provider to receive a list of providers, their contact information and a map of locations. The information even includes "star ratings" and services provided. The tool can be used to find all sorts of providers, including doctors, hospitals, home health care agencies, skilled nursing facilities, rehabilitation providers, hospice and dialysis facilities.

For example, two sisters needed to find a nursing home that was right for their father. This proved to be a difficult, emotional decision. They didn't know what nursing homes were in the area where he lives, so they entered his ZIP code and searched for nursing homes. They then received a list of each one in his area, complete with ratings as well as staffing data and inspection reports.

Using a laptop, desktop, tablet or mobile device, you can see how patients rate their care experiences at the hospitals in your area and find home health agencies that offer the services you might need, like nursing care, physical therapy and occupational therapy.

Contact information for local inpatient rehabilitation facilities or long-term care hospitals is available, as well as hospice quality care ratings and specific care details, such as which dialysis facilities offer home dialysis training.

Finding Health Care Services

Many factors influence who you trust with your health care. In some cases, family, caregivers or friends may offer referrals to a doctor or medical

facility based on their own experiences, and that can be a helpful guide.

Whether you have referrals or are starting from scratch, you can compare health care providers near you using the Medicare.gov tool, pinpointing which category of services you need, whether it's doctors and clinicians, hospitals, hospice and home health agencies, dialysis facilities, inpatient rehabilitation centers or nursing homes.

In addition to searching by your location using your address or a combination of city, state or ZIP code, you can search by provider type and keyword to generate a list of providers that could fit your needs.

Finding a Doctor Who Fits

When you're looking for a new doctor and not sure where to start, the tool makes it quick and easy to find and compare doctors in your area. You can find contact information, practice locations, specialty and hospital affiliation as well as hospital ratings.

Selecting the "compare" button allows you to compare up to three different health care providers at once. When you're ready to schedule a visit with a new provider, be sure to take time during your scheduling call to verify general information, like the office location, whether the office is accepting new patients with Medicare and whether you need a referral to be treated.

Comparing Nursing Homes

Whether you're planning ahead or need to make an unexpected decision, there's a lot to think about when choosing the right nursing home for you or someone else. Many family members and caregivers prioritize location so they're able to check in and visit frequently, but there are many other important factors you may want to consider, too.

The comparison tool at Medicare.gov provides filtering options that allow you to personalize your results by sifting through the criteria that matter most to you, such as inspection results, number of beds, staffing data and more.

You'll be able to check out the nursing home's overall "star ratings." The information can serve as a guide of a provider's track record to help assist you with finding a home that best suits the person's needs.

Visit Medicare.gov/care-compare to access the tool and find health care providers and services in your area that fit your needs.

Paid for by the U.S. Department of Health & Human Services.



Caregiver Guide

Making decisions as a caregiver can be challenging but taking advantage of available resources can help you feel more confident in your choices.

For example, Medicare.gov allows you to find information about health care providers, hospitals, nursing homes, hospice, home health agencies, dialysis facilities, inpatient rehab and long-term care hospitals near you. The website also provides quality ratings, so you can see the provider or facility's history of service, among other details that help you make the most informed decision on behalf of the person you're helping.

www.TheTimes24-7.com

TUESDAY

Health *and* WELLNESS

Tuesday, Nov. 1, 2022

A12



Photos courtesy of Getty Images

The Unseen Mental Health Effects of the Pandemic

Eating disorders are on the rise and treatment can help

FAMILY FEATURES

Since the beginning of the COVID-19 pandemic, increases in mental health issues have been widely documented. While diagnoses like anxiety and depression are more common, other problems, such as eating disorders, have not been discussed as frequently.

Eating disorders have also increased in the past two years and can be life threatening, especially if left untreated. Today there are more treatment options available and more access to care for those who need help.

“Eating disorders are on the rise, and medical science is advancing in this area to continually improve treatment outcomes,” said Dr. Margherita Mascolo, chief medical officer at Alsana, a leading eating recovery community and treatment provider. “Our patients consistently report a decrease in eating disorder symptoms after treatment, and just as importantly, our survey data shows they also report a much better quality of life post-treatment. This data is very encouraging for patients and their families.”

Eating disorders affect people of all ages, genders, ethnicities, races and socioeconomic statuses. An estimated 20 million women and 10 million men in the United States have an eating disorder, and by 2030, there will be a 5% increase in the number of people with eating disorders, according to the Academy for Eating Disorders.

One of the challenges in treating eating disorders is finding treatment options and models of care that work with individual needs and schedules. For example, college athletes, young mothers and women with careers all have distinctly different lifestyles, so a one-size-fits-all approach to treatment is impractical and unlikely to succeed.

One potential solution is an approach that treats the whole person, such as The Adaptive Care Model at Alsana, which meets clients where they are in recovery. This holistic approach strives to create an inspiring healing experience that focuses on the patient’s total health. Creating a compassionate community of care is key to this treatment model. The program is based on five core areas:

Medical Treatment

Someone working to overcome an eating disorder must build health resilience and establish a physical foundation for recovery. A collaborative and compassionate approach allows for your medical issues to be monitored and addressed by specialty-trained physicians. The medical dimension seeks to empower

you by educating you on the organic causes of your symptoms and how to overcome them.

Relational

Exploring and growing your own sense of purpose and self-expression can empower you to connect on a deeper level with yourself, others and your sense of purpose or true calling. This means rediscovering your true self, feeling confident in expressing your potential and working toward your goals. Instilling hope, inspiration and motivation along your healing journey can provide you with the tools and knowledge to thrive long after completing treatment so you have a positive outlook for the future.

Nutrition

Proper nutrition plays an important role in recovery, as you must learn to balance nourishment and pleasure on a physical and emotional level to restore a nurturing relationship between food and your body. Guidance and exposure to balanced food choices and real-life eating experiences helps build confidence and promotes enjoyment of meal experiences, not just the food itself.

Movement

Physical activity can be healing for both the mind and body. Listening and responding to the body creates a strong foundation of body awareness. Movement is an avenue toward achieving optimal health, but it’s also a way to learn to appreciate and connect with your body on a deeper level.

Therapeutic

Through therapy, you can work to heal from trauma, negative feelings, fears, and challenges that may be standing in the way of recovery. Practices that treat the person (not the disorder) can prove effective.

No treatment plan is one-size-fits all, and finding the right care is essential to recovery.

“Focusing on the patient’s total health is an innovative treatment model that is proving effective,” Mascolo said. “Our caregivers provide personalized care, compassion and support to complement the medical, nutritional and psychological therapies in a holistic treatment model.”

Find more information about eating disorders and available treatments at alsana.com.



How to Identify an Eating Disorder

The first step in effective treatment is identifying a problem. Discussing the answers to these questions with your doctor may help you pinpoint an eating disorder and get you on the path toward recovery. Take the survey to find out if you may have an eating disorder at alsana.com/survey.

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

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