

➔ TODAY'S VERSE

1 Corinthians 4:5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Beth Sheller smile? "My almost-2-year-old granddaughter, Marybeth," said Sheller, who has been the Hamilton County Elections Administrator for four years. She worked in voter registration for eight years before that. This is her sixth time that she will oversee Election Day. "This has been a very busy election season. We have over 700 workers on Election Day, including poll workers and absentee ballot counters. We had over 100 early voting workers," she said. "The voting numbers have so far exceeded the last midterm election in 2018." She expects Election Day today "to be a very busy day if it has been anything like our early voting turnout. We are providing extra workers at what we think will be the busiest polling places. It seems voters are energized to get out to vote in this election." She was born in Atlanta, Ga., and has lived in the Noblesville area since age 8, graduating from Indiana Christian Academy in Anderson. Sheller has a husband, Mark (a lineman for Duke Energy), and two children, Hamilton Heights High School grads, a son, Clint (lineman at Duke Energy) and daughter-in-law Madeleine, and daughter, Kelley, a family physician in Connecticut. And best of all, she has that granddaughter, Marybeth, and another granddaughter on the way in January (Annelise). "Now I understand why everything centers around grandchildren. This has been the best two years!" What else? "We love to travel and take cruises in our leisure time; anywhere warm would be a good place to visit for us," she said. "You may wonder why I live in Indiana if I do not like cold weather? Well, I wonder that myself sometimes."

And Another Few Things...

1. Election Party

State Senator Kyle Walker will host an election night watch party tonight at Knowledge Services in Fishers, 9800 Crosspoint Boulevard, Indianapolis. Walker and supporters will gather to watch the election results come in beginning at 6:30 p.m.

2. Pleasant Street

The City of Noblesville and Hamilton County will host a public groundbreaking ceremony for the Reimagine Pleasant Street Project at 4 p.m. next Monday at 17330 River Road. All members of the community are invited to attend. Refreshments and giveaways will be provided. Parking is available to the south and west of the groundbreaking site.

Noblesville Mayor Chris Jensen and Hamilton County Commissioner Steve Dillinger will lead the ceremony and provide remarks about the importance of this project. Representatives from Beatty Construction, American Structurepoint, the Noblesville Common Council and Hamilton County will also be in attendance.

Reimagine Pleasant Street is a strategic transformation of Noblesville to support future development as the city continues to grow. When complete, Pleasant Street will provide an east-west connector and increase trail connectivity to create a safe, vibrant corridor for residents to drive, walk or bike to downtown Noblesville.

3. Back at it Again

The Noblesville Times once again has free tickets to give away for the Christmas Gift + Hobby Show. This year's extravaganza is scheduled for Nov. 9-13 at the Indiana State Fairgrounds.

All you have to do to win two tickets (valued at \$28) is send us a selfie of you and our front page (Print or Online Edition). Be sure to tell us who you are, where you are from and a little bit about yourself so we can include it if your photo is selected to publish on our front page. If we use your smiling photo on our front page - you win!

It's really that simple! You can text or e-mail it to news@thetimes24-7.com.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

It's Election Day and the polls are open 6 a.m. to 6 p.m. today.

Get Out and Vote Today



BETSY REASON
The Times Editor

It's Election Day. Polls are open 6 a.m. to 6 p.m. today.

So get out and vote. But make sure you've done your homework on the candidates.

The school board race in Noblesville is probably the most important race this year in many eyes.

As a voter, you should make sure to vote for the school board candidates who align with your values.

There are five candidates vying for two at-large Noblesville school board seats: Dr. Joe Forgey, Chuck Haberman II, Melba Kiser, Brian Laskey and Misti Ray.

Current board members in the two seats are Forgey, board president who was first elected

in November 2018 and is seeking re-election for another term, and Lisa Sobek, who is vacating her seat at the end of the year.

If you're voting straight ticket, it doesn't work for school board candidates. A straight-ticket vote won't vote for anyone. You need to go to the last page and vote for the school board candidates, because the school board race is nonpartisan. That means that candidates don't have an "R" or "D" or "L" next to their names. They don't have to declare being a Republican, Democrat or Libertarian.

But you can easily do your

➔ See BETSY Page A8

County Health Department Encourages Homebound Hoosiers to Get COVID Booster

The Hamilton County Health Department is encouraging Homebound Hoosiers to schedule their COVID-19 boosters - especially as highly-contagious variants threaten a resurgence in new cases this holiday season.

"We're calling and following up with people who had us

out to administer their initial vaccines," says Melissa L. Ackerman, head of the Hamilton County Health Department's Homebound Hoosier Program.

"Our vaccine supply is much better than it once was, so we

➔ See BOOSTERS Page A8

Hangin' at Ol' Merle's Barbershop



JOHN O. MARLOWE
With The Grain

I don't really remember who cut my hair the first time. I'm certain that I cried, because I still do.

My first haircut outside the home was likely at Ol' Merle Winger's barbershop on

➔ See MARLOWE Page A8

Christmas Tree Raffle Kicks Off at WWPL

Tickets are now on sale for the Westfield Library Foundation's annual Christmas Tree Raffle. This year patrons will have three trees to choose from - all designed by Erin Downey, the Foundation's executive director, who also happens to be

➔ See RAFFLE Page A8

Whatever You Do Today, Vote . . . Please



TIM TIMMONS
Two Cents

A friend of mine used to be the mayor in Seymour. He went on to serve a decade or so in the Indiana House. He was a Democrat. I'm not. We used to have some great discussions.

One day we were talking about voting and he shared this with me. On Election Day, your friends may or may not get to the polls to vote for you. It'll depend on if they remember, if they have time, if something else doesn't come up, if they can find a parking space, if the line isn't too long . . . but rest

assured that your enemies will get up off their death bed in a driving snow storm to vote against you.

I'm not sure, but truer words may never have been spoken.

So today, go vote against someone . . . vote for someone . . . whatever works best for you, but just vote.

We had a stretch from the late '80s to the early 2000s where only about half of us voted. In 1996, only 49 percent of voting age Americans cast a ballot - of course that presidential race featured Bill Clinton and Bob Dole . . . who could blame us?

But seriously folks.

The good news is that voting turnout in 2012 was about 54 percent, up a tick in 2016 and then way up in the 60s in 2020. (I think my friend's description from above had an awful lot to do with that one.)

Of course, those are all presidential years and we know that mid-terms generate far less interest. Typically, well less than half of us vote.

That's a shame.

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➔ OBITUARIES

Bert Wagner Beecher
Elнора 'Kay' (Allen) McConnell Edwards
Judith A. Glessman
Roger William Webb

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

➔ HONEST HOOSIER

As we approach Veterans Day, here's a tip of the seed corn cap to our local men and women who gave the ultimate sacrifice for their country! We are here today because of you.



➔ TODAY'S HEALTH TIP

Do you have high blood pressure? Try following the DASH diet (Google DASH diet).

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

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

➔ TODAY'S JOKE

The soldiers stood at attention until the drill sergeant yelled, "OK all you idiots fall out!" They all headed back to the barracks except one smiling soldier who looked at the drill sergeant and said, "Sure were a lot of them, huh?"

13 WTHR 7 DAY FORECAST

TUE 40/60 MAINLY SUNNY	WED 41/70 SUNNY & WARMER	THU 53/75 CLEAR & BREEZY	FRI 50/68 BREEZY, LATE SUN	SAT 30/38 CLOUDY	SUN 23/36 WINDY, CHILL	MON 21/41 COLD, WINDY
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OBITUARIES

Bert Wagner Beecher

June 15, 1932-November 3, 2022

Bert Wagner Beecher, 90, of Noblesville, passed away on Thursday, Nov. 3, 2022.

He was born on June 15, 1932 in Mackinaw, Illinois to Leon and Vivian Beecher and grew up in Polo, Ill., where he made lifelong friends and learned to love the working man's life.

There were many stories of his beloved Grandma and Grandpa Powell's life on the farm which shaped him into becoming, hardworking, curious, and confident.

Mr. Beecher joined the Air Force during the Korean War, and after serving, graduated from Northern Illinois University, where he studied English. Most of his career was in the advertising and marketing arena, finally retiring from FMC Corp in the early 80's. He enjoyed trying new foods, loved words and word games, along with sports of any kind. With a great sense of humor, Mr. Beecher toasted Judge Judy every day at 4 p.m. with his "two fingers" of Makers Mark.

He married F. Joyce Kiser in 1957; the couple divorced in 1974 after giving birth to three children. He married Barbara Beecher in 1975. Mr. Beecher and his second wife lived for many years in Sun City, Arizona in which he smartly nicknamed "God's waiting room." The last four years he lived in Noblesville with his daughter and son-in-law in hopes of renewing relationships with all of his kids.

Survivors include his three children Teri (John) Ditslear of Noblesville, Mark (Deana) Beecher of Brownsburg, and Keri (Rick) Loy of Avon; older brother Fred (Jo) Beecher; 9 grandchildren; and six great grandchildren.

He was preceded in death by his parents Leon and Vivian Beecher; and his second wife Barbara Beecher in 2018.

There is scheduled to be a visitation and memorial on Sunday, Nov. 13, 2022 at Matteo's restaurant in Noblesville from 1:30-3:30 p.m. His remains will be interred in Polo, Ill. at a later date.

Memorial Contributions may be made to Roots of Life Community Church, 222 Lakeview Dr, Noblesville, IN 46060; or to the Humane Society for Hamilton County, 10501 Hague Road, Fishers, IN 46038, (hamiltonhumane.com) in honor of Mr. Beecher's beloved dog, Rootie.

Online condolences may be made at randallroberts.com

Elnora 'Kay' (Allen) McConnell Edwards

November 14, 1942-2022

Elnora 'Kay' (Allen) McConnell Edwards, of Indianapolis (Hamilton County), passed away peacefully with family by her side.

She was born Nov. 14, 1942 in Alexandria, Ind., the daughter of Russell and Naomi (Robertson) Allen.

For a number of years, Ms. Edwards worked at Hallmark Stores in Anderson, IN. She also was a bartender for Hoadleys, and VFW Post 1552. While at the VFW, she hand made an American flag made of poppy flowers, of which she was very proud. Her most recent employment was McDonalds at 96th and Michigan road, where she made many special friends.

Ms. Edwards enjoyed attending yard sales and thrived on having them as well. She was a member of several bowling leagues in Madison County. She liked playing card games, especially playing poker with family and friends, and visiting the casino. The greatest joy for Ms. Edwards was spending holidays with her family. She will be missed as she was loved by all who were privileged to meet her.

Survivors include her 3 sons Marty Joe McConnell, Jerry (Laura (O'Banion) McConnell) Lee McConnell, Jr. and Jeffery Ray McConnell; 7 grandchildren Lindsey (Eric Ash) McConnell, Madison (Eric Keffer) McConnell, Dylan McConnell, Michael McConnell, Robbie McConnell, Jeffery (Morgan Meineke) McConnell and Emily McConnell; 2 great-grandchildren Hayden and Amira; 2 sisters Doris Balser and Shirley (Ron) Dickinson; many special nieces, nephews, many friends and special niece Deanna Tummuly, who was loved like a daughter.

In addition to her parents, she was preceded in death by her 3 sisters, Vivian Ault, Jean Hexamer and Betty Swift; 3 brothers Max "Bud" Allen, Larry "Joe" (Kay) Allen, Robert "Bob" Allen; and Jerry Lee McConnell, Sr., father of her 3 sons.

A special thank you to her dear friend, Tasha Evans and her loving family at McDonalds.

A heartfelt thanks to Lindsay McConnell and Deanna Tummuly for loving and caring for Ms. Edwards in her final days.

There will be a private family Celebration of her Life.

In memory of Ms. Edwards, donations to assist the family in final arrangements may be sent to Bussell Family Funerals, 1621 E Greyhound Pass, Carmel, IN 46032.

Bussell Family Funerals is privileged to care for Ms. Edwards and serve the family.



Judith A. Glessman

April 11, 1940-November 6, 2022

Judith A. Glessman, 82, of Noblesville, passed away on Sunday, Nov. 6, 2022 at Riverview Health in Noblesville.

She was born on April 11, 1940 to George and Helen (Crocker) Snyder in Minneapolis, Minnesota.

Mrs. Glessman was a homemaker and loved her family.

Survivors include her husband Bobby Jack Glessman; 3 daughters Debra A. Glessman, Darlene K. (Pat) Moriarty and Diana L. (Tim) Clauson; 5 grandchildren Andrew Glessman, Britany Cunha, Brea Hoston, Taylor McLean and Matthew Moriarty; and 14 great-grandchildren.

In addition to her parents, she was preceded in death by her son David L. Glessman; and grandson Bryan T. Clauson.

Private family services will be held.

Memorial contributions may be made to Bryan Clauson Legacy Fund, c/o Indiana Donor Network Foundation, 3760 Guion Rd., Indianapolis, IN 46222 (driven-2savelives.org/bc-legacy-fund).

Online condolences may be made at randallroberts.com.



Roger William Webb

February 8, 1933-November 3, 2022

Roger William Webb, age 89, of Noblesville, Indiana passed away on Nov. 3, 2022.

He was born on Feb. 8, 1933 to William and Virginia Belle (Sumner) Webb.

After graduation from Yale University in 1955, Mr. Webb served two years active duty in the US Army, as an Artillery Officer, then four years in the reserve. He was a steel salesman in Pittsburg from 1959 to 1966. He worked as a bond salesman in Chicago from 1967 to 1978. He became Chief Investment Officer at Gary National Bank from 1978 to 1989. Mr. Webb finished his career in Indianapolis as the Deputy Commissioner of Securities for the Indiana Department of Insurance from 1990 to 1998.

He was a Master Mason (Life Member) Euclid Lodge #65 in Naperville, Ill., 32nd Scottish Rite CHGO, Ill., past member of St. Elmo Society (Yale), University Club of Chicago and his beloved Saenger Chor. He was a charter member of the Noblesville Fire Dept Merit Commission from 2006 to 2018.

Survivors include his loving wife of 66 years Barbara Stauffer Webb; younger sister Mary Lou (Webb) Kowal of Wilmington, NC; 5 children William Sumner Webb, Nancy Margaret Karl (Dick), David Stauffer Webb (Jane), Mary Ruth Pate (Tom) and Allison Webb; and a legacy of seven grandchildren and ten great-grandchildren.

Memorial Services will be held at a later date to be determined. His ashes will be interred in Naperville Cemetery, Ill. with the Family plots.

Online condolences may be made at randallroberts.com.



Post Office Closures for Veterans Day

In observance of the Veterans Day holiday, post offices throughout the Indiana District will be closed for retail transactions this Friday. There will be no mail delivery, caller service, or Post Office Box service.

All services will resume on Saturday.

Commercial customers are asked to check with their Bulk Mail Acceptance Unit for hours of operation. To obtain more information, customers may call 1-800-ASK-USPS.

Customers requiring postal services can use the Self-Service Kiosk (SSK) available at select Post



Offices. The ATM-like kiosk, which accepts debit and credit cards only, can handle 80 percent of the transactions conducted at the retail counter such as buying stamps, mailing a parcel, or shipping an urgent letter or package by Express or Priority Mail. To find SSK locations, customers should visit usps.com.

The Postal Service generally receives no tax dollars for operating expenses and relies on the sale of postage, products, and services to fund its operations.

Clay Township Impact Program Leaves Long Legacy with Carmel Parks Renovations

Carmel • Clay Parks & Recreation

In 2019, Carmel Clay Parks & Recreation (CCPR) received a \$20 million investment from the Clay Township Impact Program (CTIP). With this investment, CCPR launched its Reimagining Parks initiative which included the renovation of six existing parks throughout Carmel and Clay Township.

In fall 2022, CCPR reopened the final reimagined park for the public to enjoy.

"We are incredibly grateful for the funding provided by the Clay Township Impact Program and the work that the Clay Township Board, the Park Board, and the Carmel Clay Parks team put into reimagining our parks," said Rich Taylor, President of the Carmel/Clay Board of Parks and Recreation.

"The updates made to the parks reiterate our dedication to listening to our community's needs and developing world-class park experiences for our community."

CTIP was launched by Clay Township Trustee Doug Callahan and Township Board Members Mary Eckard, Paul Hensel and Matt Snyder to improve the community with a focus on parks and public safety. The CTIP investment allowed CCPR to enhance Carey Grove, Flowing Well, Lawrence W. Inlow, Meadowlark, River Heritage and West Park.

The park enhancements not only created exciting new play opportunities for all ages and abilities but also left a lasting legacy for the importance of quality outdoor recreation in the community.

Each park project included input from community leaders, stakeholders, community organizations, the public, and more. CCPR



Rich Taylor

is proud to have worked with industry leaders in playground manufacturing, architecture and landscaping at each reimagined park.

Reimagined Parks:

- **Carey Grove Park** - Impact included a new playground, year-round restrooms, a larger parking lot, and trails.

- **Flowing Well Park** - Impact included Cool Creek bank stabilization, year-round restrooms, a larger parking lot, trails, and interpretive signage.

- **Lawrence W. Inlow Park** - Impact included a new splash pad, two pickleball courts, picnic shelters, year-round restrooms, and expanded parking.

- **Meadowlark Park** - Impact included a new playground, year-round restrooms, two shelters, a larger parking lot, four pickleball courts, a wheelchair-accessible fishing pier, an accessible boardwalk, and interpretive signage.

- **River Heritage Park** - Impact included new playgrounds with a focus on accessible play, accessible trails, and White River overlooks.

- **West Park** - Impact included a new playground, splash pad, year-round restrooms, and shelters.

To learn more about the reimagined parks, visit carmelclayparks.com/reimagining-parks.

Obituary deadline

The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays.

All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.

Daily obituary deadline is 4 p.m. for the following day's print publication.

To read more obituaries, visit www.thetimes24-7.com.



THE TIMES

MELBA KISER & MISTI RAY

NOBLESVILLE SCHOOL BOARD

Increase reading, writing and math proficiency
Age-appropriate policies that put students first
Increase transparency and communication
Make the best use of tax dollars to advance education
Remove political agendas & let teachers teach & parents be the parents.

By voting for Misti Ray & Melba Kiser for Noblesville School Board, you're putting students, teachers & education first!

Paid for by Committee to Elect Melba Kiser Paid for by Misti Ray for Noblesville School Board

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online:

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Sheriff's Office Investigating Alleged Voter Interference

The Hamilton County Sheriff's Office is currently investigating allegations of voter interference.

Hamilton County Sheriff Dennis Quakenbush said, "We take criminal allegations very seriously and I want to assure the public that this complaint will be reviewed with the utmost diligence in conjunction with the Hamilton County Elections Board."

Because this is an ongoing investigation, no further details are available at this point.

Sheriff Quakenbush is



Sheriff Dennis Quakenbush

also reminding the public that voting remains open at the Hamilton County Judicial Center today from 6 a.m. to 6 p.m. Have your voice heard, vote. Visit indianavoters.in.gov/ for help in finding your polling location.



Photo courtesy of Noblesville Schools

The Noblesville East Middle School Drama Club will present *The Music Man Jr* at Ivy Tech's auditorium on Friday at 7 p.m., Saturday at 7 p.m. and Sunday at 2 p.m. Tickets are \$5 and should be purchased in advanced online at nems-drama-club.ticketleap.com/music-manjr/



Photo courtesy of Dagny Zupin

Keep Noblesville Beautiful members (from left to right) Ann Lemna, Dagny Zupin, Molly Martin, Chris Martin, Darren Peterson and Jack Martin pose in front of the new roundabout art installation at the intersection of Hague and Carrigan roads.

Sail Away IN Indiana: New Roundabout Art Installed at Hague, Carrigan Roads

The intersection of Hague and Carrigan roads is a little more colorful this week. On Sunday, artist Kevin Huff and volunteers from Keep Noblesville Beautiful installed the three-piece aquatic themed sculpture.

The sculpture features a sailboat and two of the white pelicans that Morse Reservoir is known for. Keep Noblesville Beautiful has been fundraising for years to install round about art in Noblesville.

This particular sculpture was awarded a \$5,000 grant from the Indiana Destination Development Corporation.

According to Keep Noblesville Beautiful President Darren Peterson, more roundabout art is planned for Noblesville. "We are extremely happy with how this piece turned out. Huff captured the bright, vibrant atmosphere of Morse Reservoir that so many residents and visitors enjoy. Over the next three

years we hope to bring four more sculptures to the City of Noblesville," he said.

Peterson said the next art installation is a butterfly sculpture and pollinator garden at the 191st and Little Chicago intersections. The 191st and Little Chicago sculpture was the recipient of a Duke Energy Foundation nature grant, which has helped to accelerate the installation timeline.

HHES Students Gain Insight on Election Process from Long-Serving County Clerk

Kathy Kreag Williams, Hamilton County Clerk of Circuit Court, recently spent time educating fifth graders at Hamilton Heights on the voting and election process. This timely program gave students an insightful lesson from a seasoned public servant.

"In social studies, students have been learning about the election process including: the system of government in the United States and Indiana, methods of voting, political party structures, election laws and responsibilities of citizens," explained Kelly Stroup, 5th Grade English and Social Studies Teacher at Hamilton Heights.

"It was an engaging and insightful civics learning opportunity for our students."

"I learned that in order to be a candidate, you have to do many different things," said Nolan Kakasuleff. "Another thing is that you have to register



County Clerk Kathy Williams

to vote, and you can do this in many different ways. Also depending on the population, the town may have more precincts. I think it is important to teach kids about voting because if they are interested in running when they are older, they will know the process."

Ava Guffy said she learned plenty of new information about voting she didn't know. "I learned that it is important to vote because it helps the entire country get a new and maybe a better leadership than the last," she said. Like Kakasuleff,

Guffy learned that you have to register to be able to vote and there are different ways of voting like through a paper ballot in person, online, and through the mail.

In her role, Williams serves as a member of the County Election Board and oversees the day-to-day operation of elections with the Election Administrator and Election and Voter Registration staff. It is office's responsibility to stay up to date on election laws and best practices to run efficient and fair elections.

She also looks for opportunities to find ways to educate voters and poll workers on the entire election process and getting residents involved.

Williams served 26 years as a member of the Indiana House of Representatives, 10 years (1982-1991 and 2019-2022) as Hamilton County Clerk and has been employed by the county for over 45 years.

I SUPPORT
STRONG PUBLIC SCHOOLS
AND I AM VOTING FOR

Dr. Joe Forgey

Chuck Haberman

FOR NOBLESVILLE SCHOOL BOARD ON NOV 8

Chuck Haberman

Joe Forgey

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Photo courtesy of HHSC

HHHS assistants Emma Trees and Brinley Flaherty model the hats for characters Hei Hei and Pua in the production of Moana Junior.



Photo courtesy of HHSC

Zoe Kincaid, a 4th grader at HHES, poses with her Te fiti wig in the production of Moana Junior.

Restless Leg Syndrome



JOHN R. ROBERTS, M.D.
Hamilton Health

Someone told me the other day that they thought “restless leg syndrome” (RLS) was a condition cooked up by pharmaceutical companies to sell medications. You may have seen commercials for Requip and Mirapex, both drugs used to treat this condition.

People have described symptoms suggestive of restless legs since the 17th Century. The Swedish neurologist Erik Ekborn initially coined the term in the 1940s. It is estimated that between ten to fifteen percent of Americans suffer from the condition. The incidence in women is about twice that of men. About 40 percent of people develop symptoms prior to age twenty. Since symptoms tend to be mild initially and worsen with age, most sufferers are not diagnosed for 10 to 20 years after they start having problems.

The symptoms of RLS are highly variable, but most people describe a bothersome, irresistible urge to move their legs. This feeling is worsened during periods of inactivity and often interferes with sleep with about 85 percent of sufferers having trouble falling asleep. Stress and fatigue can also exacerbate the symptoms.

Restless Legs Syndrome is a movement disorder that primarily affects the legs but the arms can also be involved. The exact cause of RLS is not known, but there are many hypotheses. The most widely accepted proposed mechanism involves a genetic defect that impairs the ability of certain nerves in the brain to use the neurotransmitter dopamine to communicate. Another hypothesis has to do with impaired iron metabolism.

Most feel it is a nerve cell disorder, while others think a buildup of waste products is the underlying factor. The neurotransmitter link is supported by a reduction in RLS symptoms in those who take medications that increase the levels of dopamine in the brain. The condition seems to involve all of these factors to varying degrees in different people, likely making it a multifactorial condition.

The diagnosis of RLS is based on the medical history. The International RLS Study Group described the four

necessary elements for the diagnosis in 1995: (1) a compelling urge to move the limbs, usually with tingling or abnormal sensation, (2) motor restlessness (floor pacing, tossing/turning in bed, rubbing the legs), (3) symptoms present at rest or worse with rest with variable relief on activity and (4) symptoms that are worse in the evening or night and typically better by 5 a.m.

Most cases of RLS are “idiopathic,” meaning there is no clear cause. Again, there appears to be some genetic predisposition. There are also other conditions that appear to be associated with RLS. These include iron deficiency, peripheral neuropathy, vitamin & mineral deficiencies (folate, magnesium, B12), diabetes, rheumatoid arthritis and pinched spinal nerves, among others.

Leg cramps that occur at night are often mistaken for RLS. These usually differ from RLS by being in one leg, being painful, having a sudden onset, and having one or more hard muscles. Certain psychiatric medications can cause abnormal movements. These movements are usually generalized (not just the legs) and don’t happen only at night or at rest, unlike RLS.

Periodic leg movements of sleep (PLMS) is another condition often confused with RLS and is actually present in 85 percent of RLS sufferers. PLMS, also known as nocturnal myoclonus, causes jerking of the limbs or brief, intermittent muscle contractions every 20-40 seconds. This can be very disruptive to normal sleep.

An evaluation for RLS should include blood work to look for iron deficiency (particularly a ferritin level), and perhaps vitamin or mineral deficiencies. Thyroid problems, diabetes, vitamin deficiencies, and other conditions that can affect nerve function should also be evaluated. Tests of nerve function and possibly a sleep study can be also be helpful.

Treatment of RLS involves avoiding caffeine, alcohol, and tobacco as well as correcting vitamin & mineral deficiencies and treating other underlying problems. Medications that mimic the neurotransmitter dopamine are frequently prescribed if RLS symptoms are present three or more nights a week. Examples include levodopa, Mirapex, Requip and the Neupro patch. Blood pressure medications like clonidine and occasionally medications to promote sleep such as clonazepam are used.

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

Hamilton Heights Elementary Students to Perform Moana, JR.

Hamilton Heights Elementary School is pleased to present a live performance of the musical adventure, Moana, JR., at Hamilton Heights High School Auditorium on Nov. 19 at 1 p.m. and 5:30 p.m.

and Mark Mancina, including “How Far I’ll Go,” “Shiny,” and “You’re Welcome.”

This thrilling and heartwarming coming-of-age story follows the strong-willed Moana as she sets sail across the Pacific to save her village and discover the truth about her heritage. Moana and the legendary demigod Maui embark on an epic journey of self-discovery and camaraderie as both learn to harness the power that lies within. With empowering messages of bravery and selflessness, Moana JR. is sure to bring out the hero within each of us.

The cast is composed of 60 students from the elementary school (grades

3-5) and 15 student production crew members from the middle and high school directed by Marianne Collar.

“This production is a collaboration of elementary, middle, and high school students along with teachers, retired teachers, and community members,” said Marianne Collar, now in her third year of directing elementary students’ live performances.

“We are beyond excited to bring Hamilton Heights Elementary School’s fall musical back to the stage after a two-year hiatus during COVID,” continued Collar.

“The cast has been working very hard to bring an amazing performance

to the community. I am also excited to have former performers in our previous productions of Lion King and Aladdin joining to be assistant directors, vocal and acting role models, and backstage crew members. We hope the community comes out in force to support these young performances while enjoying a fun and heartwarming show.”

Advance tickets are \$5.00 (K-adult) and are available online at secure.payk12.com/school/Hamilton-Heights-Elementary-School/759/item/228200 or for \$7.00 at the door. Hamilton Heights High School is located at 25802 State Road 19 in Arcadia. Enter through the main doors of the office.

Earn \$1K by Referring New Recruits to the Indiana National Guard

The adjutant general of the Indiana National Guard announced a referral enlistment program, which will help increase recruits who want to join the community-based, military force.

The state-funded program allows Hoosiers the opportunity to earn \$1,000.

“Indiana’s patriotic roots have a long, deep and storied history,” said Maj. Gen. Dale Lyles, the Indiana National Guard’s adjutant general.

“This program provides a tremendous opportunity for all Hoosiers to be rewarded for their support to the Indiana National Guard. Whether you decide to become a member, or refer a family member or friend, you



are helping us grow our force to assist and protect our fellow Hoosiers and Americans.”

Through this referral

program, any citizen 18 years of age or older is eligible to receive compensation for providing the name and

contact information of a person who goes on to enlist in the Indiana National Guard.

However, this program is not open to individuals who work in military recruiting commands, their spouses or anyone who lives in their households.

The referral program empowers all eligible citizens to become force multipliers for the Indiana National Guard, and it amplifies the ability of your National Guard to remain a ready and reliable force supporting and defending our communities, state and nation.

Follow the steps by visiting [in.gov/indiana-national-guard/about/referral-enlistment-program/](https://www.in.gov/indiana-national-guard/about/referral-enlistment-program/)

Thanks for reading The Times, Hamilton County!

VOTE NOV 8

SCAN ME

Paid for by Jake is Running

JAKE NICHOLS

FOR CARMEL CLAY SCHOOL BOARD

My name is Jake Nichols and I am a dad running for Carmel Clay School board. My wife Amy and I have three daughters in all levels of the district, elementary, middle, and high school. We love being a part of the Carmel neighborhoods and all they have to offer. I am running because I care about not only my kids but their classmates and kids in our neighborhood. Their current and future success makes us all better. I support the overall direction of the schools and its focus on its Strategic Plan and Guiding Principles. We must continue to work hard together. We must continue to make sure all families and students are safe and have opportunities to be successful. Carmel school board needs people that will Listen, Learn, and Encourage our staff and students. I appreciate all that Carmel schools are offering every child in our community. A vote for me is a vote for a positive future for Carmel Schools.

FORMER ELEMENTARY SCHOOL TEACHER
HR PROFESSIONAL
3RD GEN FAMILY BUSINESS OWNER

More information and continued conversation...

@JakeNicholsforCCSBoard
@Jake4CSS
jakeisrunning.com

for HSE School Board District 1

Jackie Howell

Advocacy and Action

- Mother of two in HSE District
- Licensed Mental Health Therapist who values prevention and safety
- Committed to recruiting/retaining quality staff and teachers

https://jackieh4hse1.weebly.com/

Paid for by Howell for HSE



Photos courtesy of Toyota

2022 Toyota GR86 Sports Car is a Fun, Affordable Last Ride

As Toyota confronts the end of the gasoline era, it goes all-in with Subaru to produce the second generation of two nearly identical sports cars that revel in their classic heritage. Think of the GR86 as a front-engine MR2 or scaled down Supra, crisp to the touch and pleasing to the eye. Toyota will not build another sports car like this, so take a few minutes to learn about this one...and place an order while you still can.

It is a pretty sexy little sphinx, even if it has C-shaped taillamps lifted from the Subaru design catalogue. From the front, though, the car is more Supra than Subaru with its angry headlamps, wide lower grille, and low sloping hoodline. Flared fenders at both ends surround 18" wheels. A

fastback roof ends at a substantial decklid spoiler over twin exhausts. This is a car that begs to be revved and rung.

And, the interior properly invites drivers and a friend or two for the task. There's a very Toyota feel to it with hard plastic, simple controls, and large touchscreen, but sueded buckets, thick leather-wrapped steering wheel, and dual-zone automatic climate control up the comfort quotient. There are also heated seats, Apple/Android connectivity, and 8-speaker audio system. A flatscreen instrument cluster is easy to read while adaptive cruise, automatic emergency braking, and lane departure warning systems enhance safety. Unlike other sports cars, there are two little bucket

seats in the rear for gathering a couple of your tiny offspring or petite friends.

It would really make kisses with a six-speed manual transmission, and the GR86 can be optioned with one, but ours came with a six-speed automatic. Fortunately, the automatic can be paddle-shifted and it connects to a 2.4-liter Subaru-built Boxer four-cylinder engine delivering 228 horsepower and 184 lb.-ft. of torque. It's no Corvette, but manages to scoot from 0-60 mph in 6.6 seconds on the way to a 134 mph top speed. That's fast enough, and it still achieves an efficient 21/31-MPG city/highway.

But, sports cars really aren't about raw horsepower. Handling matters. This one has perhaps an

2022 Toyota GR86
Four-passenger, RWD Coupe
Powertrain: 2.4-liter H4, 6-spd trans
Output: 228hp/184 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Must-have features: Style, Driving
0-60 mph: 6.6s
Fuel economy: 21/31 mpg city/hwy
Assembly: Ota, Gunma, Japan
Base/As-tested price: \$27,900/\$33,507

overly stiff suspension on urban freeways, but can be flicked through corners. There is a purity to the driving experience, a human interfaced with machine, that is an experience worth savoring. That Subaru flat-four engine – a similar design to what Porsche uses – keeps weight low down in the chassis to further enhance

handling. All that, and the GR86 can be easily driven to work, dinner, or the mall with little sacrifice.

We live in an era when automakers are far more concerned about producing the next seamless electric car, which makes the simplicity of this high-revving classic sports car all the more fun. One does wonder



CASEY WILLIAMS
Auto Reviews

how cool this light little car would be with the turbocharged WRX engine under-hood. Maybe we'll find out before electricity turns out the lights on this era. With competitors like the Mazda MX-5 and Nissan Z, a base price of \$27,900 – or \$33,507 as tested – seems like a screaming steal.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

Rushing the Seasons

My husband, Peter, says they are rushing the season.

I'm not sure who "they" are. The Christmas Cartel, perhaps. The vast conspiracy of premature holiday merrymakers. Whoever they are, Peter does not approve.

And he does have a point. There are still life-size skeletons scaling the walls of a huge brick house I walk by every day. The remains of jack-o'-lanterns are still sitting on the stoops—although the squirrels have eaten off most of their faces, making them much scarier than they were to begin with.

"What are you doing?" I ask a gray squirrel, caught in the act.

"What do you care?" she answers, cheeks full of pumpkin. "It's almost Thanksgiving."

"Thanksgiving is a month away!"

Meanwhile, the first red and green lights have appeared. Holiday Festival posters are springing up in the lawns, and I have already found myself humming snatches of Christmas tunes that I picked up from an open shop door.

Halloween, Thanksgiving and Christmas all pile on top of one another in a way that Peter finds annoying. I am more open-minded. It's a confusing time of year, after all.

My mother tells me that, up north, the adult loons have all migrated, leaving their children behind. Apparently, young loons are not old enough to make the flight, and so they are left behind for a few weeks to mature and figure things out on their own. I expect a new parenting style, "Loon Parenting," to become all the rage sometime in the very near future.

The young loons are left by themselves, looking a little bewildered and forlorn. Although I might be imagining that part. Perhaps they are relieved the older loons have finally left them in peace. "Yes, Mom, I can make it to the Gulf of Mexico without your help!" (eye-roll)

How would I know?

At any rate, they are left behind in this, the most unpredictable time of the year, when it feels like summer one day and requires a puff jacket and



CARRIE CLASSON
The Postscript

mitten the next. I can understand why people might just throw up their hands, let the squirrel finish off the jack-o'-lantern, start making pumpkin pie and play Christmas songs.

I always feel restless this time of year. I see those older loons—and older humans—heading south, leaving the younger loons and younger humans behind, and I understand the need for motion. Fall is a time of change, and a lot of those changes happen fast.

The wind picks up, and it doesn't feel like it's from around here. It feels like it has come from somewhere far away. It offers the suggestion of new surroundings, new emotions, new experiences. Every day, I walk through the piles of leaves and wonder what this fall will bring, what that new wind is carrying with it. I remember myself as a younger human, watching the birds overhead flying south, and wondering where they were going and why I wasn't going with them.

Peter and I, now being older humans, will be heading south in a little while. Peter is working on his packing list. I am, too—but only in my head.

I'm packing up new ideas and things I'd like to do and putting them in my carry-on so I can pull them out in an instant. I'm putting into storage some of the judgments and opinions I've been hanging onto for too long. I'm imagining how it would feel to be as bright and fearless as the maple tree in the autumn of its life.

Peter would probably say I'm rushing the season.

Till next time,
Carrie

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

What is Going to Happen on Election Day? Howey Makes His Forecast



BRIAN HOWEY
Howey Political Report

What do you get when you cross an elephant with RINO? It's an ancient joke with a contemporary twist, with the answer rhyming with "Hell if I know!" But that seems to be the final homestretch tagline from pundits and operatives.

As journalist Mark McKinnon observed on MSNBC's "Morning Joe" earlier this week, "Things are happening that have never happened before."

Journalist John Heilemann of Showtime's "The Circus" noted after traveling in state after state, "It feels tight. It's going to be a wild night." Or NBC's Steve Kornacki told the Washington Post Magazine, "My doubt-to-confidence ratio is extremely high. It's actually getting to the point where I feel like there's 20 different ways this can go."

What is clouding this picture?

Start with the traditional first mid-term of a president's party facing dire straits, then look at President Biden's approval which was 42.8 percent in the Real Clear Politics aggregate; while the direction of the country is at 67.4 percent wrong track.

President Biden's job approval on the economy stood at 38.9 percent approve to 58 percent disapprove in the RCP aggregate. It stood at 33.8 percent to 62 percent approve/disapprove on inflation; 35.6 percent / 60.2 percent on immigration, and 38.2 percent / 56.4 percent on crime. Even on abortion, Biden's approval was just 38 percent with 56 percent disapproving, while on his handling of Russia/Ukraine just 45.3 percent approved with 50.7 percent disapproving. With numbers like these, it's amazing that Democrats are even in the game at all. Yet the U.S. economy grew at a better-than-expected 2.6 percent GDP, the U.S. is near full employment with a 3.5 percent jobless rate, and the Dow increased by 14% in September, with those numbers eclipsed by an 8.2 percent inflation rate.

The U.S. Supreme Court's June 24 Dobbs decision appeared to even the playing field for Democrats. While there were 334,891 early ballots cast in Indiana as of mid-Wednesday morning, 53 percent were cast by females. The partisan breakdown was 49 percent Republican, 40 percent Democrat, and 11 percent independent. The twist here is that a significant percentage of Republican women supported Roe and opposed SEA1.

In Indiana, there are a number of partisanized school board races that are expected to gin up suburban turnout.

The polls are being perceived as unreliable, with Politico observing that a number of partisan Republican polls are impacting aggregate numbers on places like Real Clear Politics and FiveThirtyEight.

The U.S. Senate is a pure tossup. FiveThirtyEight: "The party that wins two of the three closest states will likely win the Senate majority. Republicans' two best pick-up

opportunities are Nevada and Georgia; Democrats having an edge in Arizona and New Hampshire while Republicans will likely win in Ohio, North Carolina and Wisconsin." In the Indiana Senate race, FiveThirtyEight says Republican U.S. Sen. Todd Young has a 98 percent chance of winning.

The U.S. House is trending Republican. FiveThirtyEight gives Republicans an 84 percent chance of winning the House, saying, "Following the Supreme Court's decision to overturn Roe v. Wade, there appeared to be a real chance that Democrats could keep control of the House. However, Republicans have regained much of the advantage they had earlier in the summer."

In the Indiana secretary of state race, Democrat Destiny Wells has pumped about \$520,000 in late TV money with an attack ad against Republican Diego Morales. Morales, meanwhile, has spent or booked \$107,000, while the INGOP has spent about \$350,000 on an ad featuring Morales and the rest of the statewide ticket. Indiana Democrats see this as its best chance for a statewide pickup in a decade. Republicans believe this is a baseline race, with neither candidate expected to have more than 15 percent name ID.

In the 1st Congressional District, Republican Jennifer-Ruth Green has raised an impressive amount of money, out-raising freshman U.S. Rep. Frank Mrvan \$2.89 million to \$2.23 million, giving Republicans hope that it can pick off a congressional seat it hasn't held in a century. Open Secrets reports that almost

\$12 million in outside PAC money was spent in the 1st, giving it a competitive aura. FiveThirtyEight gives Mrvan an 87 percent chance of winning with a forecast margin of 53.4 percent to 48.6 percent for Green.

In General Assembly races, Republicans have a clear financial advantage. House Democrats raised \$414,258 in late money, while House GOP raised \$788,487. Yet, much of the late House money is flowing into Republican held or leaning seats. Senate Democrats raised \$91,738 in late money, Senate GOP raised \$742,861.

This has been the hardest cycle to analyze. National polling is questionable, and there has been virtually no credible polling here in the state. Indiana has essentially become a one-party state, and the fundraising, lack of Democrat challengers to GOP leadership, while eight Senate races and 33 in the House are unopposed, indicate the structural advantage for the ruling party emphatically continues.

This cycle should have been a slam dunk GOP wave, except that the Supreme Court's Dobbs ruling and the House Jan. 6 committee have fueled Democrat concerns over abortion and the fate of American democracy. If next Wednesday Democrats are celebrating, the reason will find roots in those two issues.

If there is a Republican rout, it will validate James Carville's 1992 mantra ("It's the economy, stupid!"), and will also solidify Donald Trump's hold on the party.

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

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Continuous Medicaid Coverage Set to Expire in January

By Whitney Downard

A "Great Unwinding" of Medicaid coverage could leave hundreds of thousands of Hoosiers without the insurance coverage they continuously kept during the COVID-19 pandemic.

Typically, recipients are up for renewal annually but the federal government waived that requirement in 2020 during the COVID-19 pandemic. States were directed not to kick anyone off of a government insurance program like Medicaid and the federal government spent additional money to cover the costs of having more people in the program.

That spending provision was included in Congress' first coronavirus relief law that passed in March 2020. For the last two years, the rule has been renewed every 90 days.

But President Joe Biden has indicated that the October renewal could be the nation's last, meaning that continuous Medicaid coverage could end in

January.

This review of the hundreds of thousands Hoosiers on Medicaid, coined the "Great Unwinding" by policymakers, could mean some will abruptly no longer qualify.

The Family and Social Services Administration, which oversees the program, declined to answer specific questions about Indiana's approach to re-determining coverage for Hoosiers, instead referring to the agency's post on the topic.

The website urges Hoosiers currently using the program to pre-emptively update their information using the FSSA Benefits portal. FSSA didn't say how many responses they've received.

Though the federal government has given states a year to review their enrollees to determine their eligibility, some state legislatures, such as Arkansas', have shortened that period to six months.

Officials with FSSA did clarify that the state will take a full year to review, assessing beneficiaries

on a rolling basis during the same month when they first began receiving services.

Impact on Hoosiers
According to the September monthly Medicaid enrollment reports, about 2.1 million Hoosiers are currently enrolled. Before the pandemic that was around 1.4 million.

The agency believes that 75% of Hoosiers will remain enrolled.

According to the December 2021 Medicaid forecast, expenditures for the Healthy Indiana Plan (HIP) increased by 12.9% between the 2019 fiscal year and the 2020 fiscal year, from \$3.9 billion to \$4.4 billion. But between 2020 and 2021, costs ballooned from \$4.4 billion to over \$6 billion, a 39% increase. Before the pandemic enrollment was at about 400,000 and now is at around 808,000.

HIP is a major Medicaid program in Indiana but Medicaid spending also includes Hoosier Care Connect and Hoosier Healthwise.

According to the 2021

Medicaid forecast - which envisioned an end to the public health emergency in early 2022 - average monthly enrollment for all the programs collectively would drop by more than 200,000 Hoosiers. Because no one has been forced off the rolls since then, this is likely the minimum impact that could be expected in 2023.

Even those numbers projected that HIP costs would remain 50% higher than pre-pandemic totals going forward, which Robert Damler said during a December 2021 budget meeting was due to changes in eligibility, expanded postpartum coverage and national trends.

Damler, an actuary with Milliman contracted by the state, explained that "unwinding" costs would be pushed into the next fiscal year after the emergency declaration's end due to redetermination. Even if the emergency declaration expired in January of 2022, the expensive redetermination process wouldn't begin until the summer when federal

funds have dried up.

Impact on hospitals, budget

A large portion of state Medicaid costs have been borne by Indiana's health-care entities, primarily through the Hospital Assessment Fee (HAF).

The Indiana Hospital Association reported that hospitals will pay roughly \$467 million in 2022, which combined with \$102 million in tobacco taxes funds the entire HIP program. Though a decrease from the previous year, experts say Medicaid coverage costs will rise over the next few years due to the higher enrollment levels and a dropoff in federal funding.

The Medicaid forecast from 2021, which will be updated next month, projected that HAFs would increase to \$660 million next year and \$730 million the year after that.

Hospitals have previously warned that inflation, combined with staff shortages, have caused their expenditures to increase. Combined with higher assessment fees, health-

care providers could feel the pinch.

"We want people covered... but it has increased the financial burden for hospitals that are funding almost the entirety of that program," Brian Tabor, the president of the Indiana Hospital Association said. "I think going into the pandemic, no one could have anticipated we would have that many Hoosiers on the program."

FSSA didn't respond to questions about how the increased costs would impact their budget planning process for 2023. Lawmakers will draft the state's two-year budget in the next legislative session, set to begin in January.

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Central Indiana Businesses ‘Adopt’ and Shop for 800 Kids Enrolled in Salvation Army’s Angel Tree Program

The Salvation Army is helping 5,000 local children in need receive special gifts this Christmas through its Angel Tree program; however, it takes great support from the community to fulfill all the wishes of these “Angels.”



ANGEL TREE

Walmart, 3221 W. 86th St, Indianapolis

• **Nov. 16, 4-7 p.m.** – Flexware Innovation / Meijer, 8375 E. 96th St, Indianapolis

MAVPAK is the title sponsor of Angel Tree this year, a role that reflects its increased support of the program over the past several years. The company recently produced a video to encourage other businesses to step up and support Angel Tree and the families who depend on The Salvation Army to put gifts under the Christmas tree. The video, which can be viewed on YouTube at [youtube.com/watch?v=jOYKSEsp5a8](https://www.youtube.com/watch?v=jOYKSEsp5a8) or by visiting [SalvationArmyIndiana.org/AngelTree](https://www.SalvationArmyIndiana.org/AngelTree), has helped to inspire dozens of organizations to join in this mission.

“MAVPAK exists to serve customers, love people, and expand the kingdom,” shared company founder and president, John Goo. “Partnering with Angel Tree allows us to do all three at once!”

At Flexware Innovation it was longtime employee Evan Foote who found a creative way to support the Angel Tree program,

getting his company involved with a fun way to give back. Using his secret apple pie recipe and a small army of helpers, Evan has baked and sold over 1,600 pies to fund the adoption of 1,036 Angels over the past few years, including 300 Angels in 2022.

“Kids don’t pick the circumstances they’re born into or live in,” explained Evan, “and I can’t fathom the disappointment or despair that Santa skipped my house would’ve brought me. The Salvation Army Angel Tree program provides a unique opportunity to make sure that doesn’t happen for many kids in Indianapolis.”

“I’ve been blessed by a generous employer [Flexware Innovation] that fully supports this mission, as well as incredibly generous support from family, friends, co-workers, and customers,” he continued.

The Salvation Army’s Angel Tree gifts will be distributed to families the week of Dec. 12 at the Eagle Creek and Fountain Square corps community centers. An additional warehouse space has been donated by MAVPAK to assist with this process.

Volunteers are still needed for help with sorting and processing of the gifts and distribution to the families. For more information about volunteer opportunities associated with Angel Tree, visit [SalvationArmyIndiana.org/AngelTree](https://www.SalvationArmyIndiana.org/AngelTree) and click on “Sign Up to Volunteer.”

Indiana Hospital Association Urges Vigilance, Prevention as Respiratory Viruses Spike

Indiana hospital leaders are urging the public to help prevent respiratory illnesses from spreading as a combination of an unseasonably early arrival of respiratory syncytial virus (RSV) and influenza (flu), ongoing COVID-19 cases, and critical health care workforce shortages continue to strain hospital capacity.

According to IHA, the availability of pediatric hospital beds is the most pressing concern. Across the five largest Indiana hospitals specializing in care for children, pediatric beds were more than 70% occupied. At some of these facilities, intensive care beds for the sickest children were around 90% full.

The Association is urging families to seek care for mild symptoms and routine testing at settings other than the emergency room, such as an urgent care center or family physician’s office when possible.

“Emergency department wait times can increase quickly and resources can become depleted by visits for non-emergency medical conditions,” said Karin Kennedy, IHA’s Vice President of Quality and Patient Safety.

“We also ask everyone to take the simple steps that are proven to slow the spread of respiratory diseases like RSV and the flu, such as hand hygiene.”

Kennedy said that the IHA is closely monitoring statewide bed capacity and



Indiana Hospital Association

regularly communicating with its members’ clinical leaders and public health officials.

IHA offered the following tips for treatment and prevention:

• **DON’T:** Seek hospital emergency care for non-emergency medical conditions, such as mild symptoms and routine testing.

• **DO:** Seek hospital emergency care if symptoms are worrisome and emergency care is needed. Emergency medical conditions can include difficulty breathing, dehydration, and worsening symptoms.

• **DO:** Immediately get vaccinated against the flu and COVID-19, if eligible. Visit www.vaccines.gov to search for vaccine availability or call your provider or the local health department.

• **DO:** Be patient if seeking care through a hospital emergency department. Consider that wait times may be elevated as respiratory illnesses reach seasonal peak levels.

• **DO:** Consider wearing a mask in public places including at school when you know local case rates of RSV, flu, or COVID-19 are high.

• **DO:** Practice frequent and proper hand washing. Wash your hands often with soap and water for at

least 20 seconds.

• **DO:** Stay home if you are not feeling well.

• **DO:** Cover your coughs and sneezes with a tissue, not your hands.

• **DO:** Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils with others.

• **DO:** Clean frequently-touched surfaces such as doorknobs and mobile devices.

About The Indiana Hospital Association:

The Indiana Hospital Association serves as the professional trade association for more than 170 acute care, critical access, behavioral health, and other specialized hospitals in Indiana. IHA advocates on behalf of its members in Indiana’s General Assembly, U.S. Congress, and with multiple regulatory agencies at the state and federal levels.

Dedicated to improving quality, patient safety, and Hoosiers’ health status, IHA holds numerous grants and facilitates collaboration among hospitals to improve outcomes. IHA also provides members with the data analytics that they need to ensure access to quality, cost-effective health care services across the state of Indiana.

To learn more about IHA, visit [IHAconnect.org](https://www.IHAconnect.org).

Indiana Launches New Platform to Connect Eligible Students and Families with Math, Reading Tutoring



Eligible families can now access the Indiana Learns family platform, an online portal where they can view their grant funds, see Learning Partner vendors, and schedule tutoring services for their qualifying student.

Indiana Learns is a new statewide grant program that provides families, demonstrating both financial and academic need, with up to \$1,000 to spend on math and reading high-dosage tutoring and approved out-of-school academic programs for their students.

“We know that student learning really takes off when we have our schools and families working together,” said Dr. Katie Jenner, Indiana Secretary of Education. “For some families, obtaining tutoring services for their child is not an option financially. Through Indiana Learns, additional tutoring opportunities are now available to more families to empower their children’s learning, with a specific focus on reading and math, which are essential for all future learning. I encourage all eligible families to take full advantage of this new resource.”

Announced in August, the initiative’s goal is to increase access to effective, out-of-school academic support to help fourth and fifth grade students recover from learning disruptions caused by the COVID-19 pandemic. The Mind Trust is administering the operations of the program on behalf of the Indiana Department of Education (IDOE).

Accessing the family platform:

Interested families can visit [IndianaLearns.org](https://www.IndianaLearns.org) to check if their student is eligible. Families will need to enter a student’s Student Test Number (STN) and date of birth to verify eligibility. Parents can locate their student’s STN on their ILEARN score report or by reaching out to their school’s registrar or office staff.

If eligible, families will immediately be able to view available funds

and schedule approved services after viewing multiple Learning Partners that can provide service in their area. Indiana Learns is continuing to receive applications and approve additional Learning Partners to serve students.

All qualifying students will have access to \$500 to apply toward approved in-person or virtual tutoring opportunities listed in the online platform. Examples of qualifying expenses include: private tutoring, small group tutoring, or academic-focused camps held during school breaks.

If an eligible student attends a school that has committed to matching funds, that student will have access to a total of \$1,000 in funds for approved expenses.

When a student schedules and attends an approved session, the cost will be reflected in the student’s portal, where families can monitor the available funds. The portal will also include helpdesk resources. Families will not directly manage funds and are not responsible for paying Learning Partners. Learning Partners will invoice Indiana Learns directly for services rendered.

Student qualifications:

To qualify for an Indiana Learns tutoring grant, a student must meet ALL of the following criteria:

- Student resides in Indiana.
- Student is currently enrolled in and attending an Indiana school.
- Student qualifies for federal free or reduced lunch.
- Student scored below proficiency in **both mathematics and English/language arts on ILEARN** as a third or fourth grade student in spring 2022.
- **NOTE:** Students approaching proficiency will not qualify.

“The response from potential Learning Partners has been overwhelmingly positive,” said Seana Murphy, Senior Director of Indiana Learns. “With many high-quality, high-capacity Learning Partners

on board, we know that Indiana Learns can have a major, positive impact for eligible students across the state. We are so excited for families to access the portal and choose a provider that will meet the needs of their students.”

Additional information for families and interested Learning Partners can be found at [IndianaLearns.org](https://www.IndianaLearns.org). Families with questions can reach out to the Indiana Learns team by emailing info@indianalearns.org or calling (317) 203-9236.

About Indiana Learns:

Indiana Learns is a statewide microgrant program dedicated to bringing high-quality support to students with the goal of positively impacting the math and English/language arts growth of qualifying students. Funded by the state of Indiana, the program is operated by The Mind Trust on behalf of the Indiana Department of Education. Learn more at [IndianaLearns.org](https://www.IndianaLearns.org).

About the Indiana Department of Education:

The Indiana Department of Education (IDOE) oversees Indiana primary and secondary schools across Indiana. IDOE is dedicated to providing quality, purposeful educational opportunities for all students to prepare them for lifelong success. For more information, visit [in.gov/doe/](https://www.in.gov/doe/).

About The Mind Trust:

The Mind Trust is an Indianapolis-based education nonprofit that works to build a system of schools that gives every student in Indianapolis, no exceptions, access to a high-quality education. The Mind Trust does this by building a supportive environment for schools through policy and community engagement, empowering talented, diverse educators to launch new schools and providing existing schools with the support they need to hire world-class talent and achieve excellence.

Since 2006, The Mind Trust has supported the launch of 45 schools, 15 education nonprofit organizations and has helped place more than 1,750 teachers and school leaders in Indianapolis classrooms.

Learn more at [themindtrust.org](https://www.themindtrust.org).

While temperatures may be mild, especially for early November, winter weather is on the horizon. The Indiana Department of Transportation urges Hoosiers to be prepared for when snow starts to fall.

Gov. Eric Holcomb proclaimed this week as Winter Weather Preparedness Week in Indiana.

Along with the National Weather Service and other agencies, INDOT is encouraging the public to use this week as a reminder to take steps to prepare for potential hazards that come with winter weather. For safe travel, INDOT offers the following tips:

• Slow down and adjust travel to conditions, especially on snow covered roads.

• Never tailgate or drive beside a snowplow, the driver’s visibility may be limited.

• The safest place on the road during a winter storm is behind a snowplow, but if you must pass, do so carefully.

• Be prepared in case of a crash and becoming stranded; always carry an emergency kit in your vehicle with food, water, a phone charger, sand or cat litter, flares or bright LED alternatives, a flashlight, and blankets.

• Keep your vehicle full of gas.

• Keep a shovel in your car to dig out around your tires and your tailpipe if needed.



• Make sure your vehicle battery is strong, fluids are at the appropriate levels, and your spare tire is properly inflated.

According to the National Weather Service, there are over 66,000 variations of winter storms. Snow, ice, freezing rain, and fog all present challenges for winter travel. Roads can become slick, even after pre-treatment and regular treatment during and after a storm. It’s important to know the facts about INDOT’s winter operations.

Maintenance crews monitor forecasts several weeks out and prepare for a winter storm based on the type of precipitation, conditions leading up to an event, and extended forecast following the storm. If conditions allow, roads are pre-treated with salt brine and are regularly treated with rock salt. In colder temperatures, salt and brine alone take longer to activate, so environmentally-friendly chemicals are used to boost effectiveness.

Snowplow drivers typi-

cally work 12-hour shifts during a storm and on average, take two-to-three hours to complete a full route. INDOT is getting ready for winter operations by hiring seasonal snowplow drivers, completing training with current staff, inspecting and preparing equipment, and securing materials, like salt.

For information about road conditions during a winter storm, visit [51.in.gov](https://www.in.gov/51) to view INDOT’s Trafficwise map, or download the app on your Apple or Android device. Another way to stay connected is to follow INDOT on social media for regional information and additional resources.

About the Indiana Department of Transportation:

INDOT continues to solidify the Hoosier State as the Crossroads of America by implementing Gov. Eric J. Holcomb’s \$30 billion Next Level Roads plan. With six district offices and 3,500 employees, the agency is responsible for constructing and maintaining more than 29,000 lane miles of highways, more than 5,700 bridges and supporting 4,500 rail miles and 117 airports across the state.

INDOT was recently ranked #1 in the United States for infrastructure in CNBC’s 2022 “America’s Top States for Business” ranking. Learn more about INDOT at [in.gov/indot](https://www.in.gov/indot).

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🔗 BETSY From Page A1

research and find candidates' voting history. It's public information. Or just call the Election Office and ask.

The campaign finance records are also public information, and you can find who endorsed what candidates. And you can find that information at <https://www.hamilton-county.in.gov/222/Current-Election-Information>.

Forgey, a retired pediatric dentist, is a graduate of Butler University and Indiana School of Dentistry and has given many preventive dental lectures in Noblesville Schools, according to his bio on the school website. He is a 2018 graduate of the Noblesville Schools Miller Ambassadors program and served with the Miller Backers for 10 years. He coached basketball at the Boys & Girls Club of Noblesville and soccer with the No-

blesville Soccer Club. Joe and his late wife Cynthia (she was a school board member 1998-2006) have five children who attended Noblesville Schools. They have 12 grandchildren, three who currently attend Noblesville Schools, with the other nine children younger than school age.

Haberman, assistant director of economic development for the City of Noblesville, is the city's former workforce development manager, a 2020 graduate of the Hamilton County Leadership Academy and served in the U.S. Marines for seven years, 2007-2014. He and his wife have a daughter in kindergarten and a son not far behind.

Kiser is a precinct committeeman for the Hamilton County Republican Party. She emigrated from Cuba in the 1960s and is a naturalized

citizen and a lifelong Republican. She is married to her husband of 40 years and has two grandchildren in Noblesville Schools. Kiser earned a bachelor of science degree in business with a major in management and retired from a 20-year career as a chemist for a global pharmaceutical company.

Laskey is senior director of human resources for The Villages of Indiana nonprofit focused on foster care and adoption. He has a bachelor of science degree in political science from Purdue University and a master of nonprofit management and master certificate in program management from Regis University. He and his wife have a son in kindergarten.

Ray is a lifelong native and graduate of Noblesville High School. She is a real-estate agent of

14 years and a substitute teacher of six years. She completed the Miller Ambassadors Program. Ray is an involved parent with three kids and has served on local boards of church, PTO, HOA and youth sport league. By the time her youngest graduates from high school, she will have had a child in Noblesville Schools for 30 consecutive years.

So, as you go to the polls today, don't just vote for candidates whose campaign signs that you see in your neighbors' yards. Do some quick research and vote for candidates who align with your values.

If you have any questions today, just call the Election Office at (317) 776-8476. There will be extra staff there all day to help you.

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

🔗 TIMMONS From Page A1

do with that one.)

Of course, those are all presidential years and we know that mid-terms generate far less interest. Typically, well less than half of us vote.

That's a shame.

There's a guy on the radio named Rob Kendall who says we get the government we deserve. It's a good point. If We The People do our homework and look beyond the stupid yard signs and 30-second sound bites and find out who these candidates really are, then we will vote wisely and we will deserve better. If We The People vote straight-party ticket, then we'll get what we deserve. And if We The People choose to sit back today and not cast our ballot, we'll get exactly what we deserve.

Two-thirds of those scenarios end up with more of the same.

It's easy to understand not voting today. There aren't that many contested races and the allure of a presidential contest is still two years off. But the truth is we have some very

interesting school board races. Can you recall any point in your life where what is being taught in our schools has been talked about so much? Think that's not important? Really?

And like the annoying announcer says, but that's not all. We've actually got a few other races of interest, locally and at the state level.

Ultimately, how you vote . . . how much research you do, where your loyalties lie, what you want to accomplish . . . is entirely your call. That's the great thing about our republic. We each have a say. It's a process. It's our process. Do your part.

Two cents, which is about how much Timmons said his columns are worth, appears periodically on Thursdays in The Times. Timmons is the chief executive officer of Sagamore News Media, the company that owns The Noblesville Times. He is also a proud Noblesville High School graduate and can be contacted at timmons@thetimes24-7.com.

🔗 MARLOWE From Page A1

Iowa Street in my hometown. I'm not sure why I mention Merle's being on Iowa Street, except that I always marveled that our town was one of the few small towns that didn't have a Main Street or an Elm.

Instead, all of our streets were named after states. Why the founders chose Iowa Street I'll never know. The only way to get to Iowa in that direction is through Uzbekistan.

Anyway, Merle's was one of only two businesses on Iowa Street during my youth. The other was the Poultry Building. It wasn't unusual for the old-timers to pop into Merle's for a quick shave with a straight razor while their Leghorns were next door having their throats slit with the same.

The air inside Ol' Merle's barbershop was a miasma of wet chicken feathers and witch-hazel. I'm not sure how I can describe the smell to you other than to suggest that it is the same odor that an operating room would have, if it were located inside Kentucky Fried Chicken.

Merle wasn't very big, even by barber standards.

He stood about five feet, six inches tall, and often struggled cutting the hair of taller clients. When 6'6" Gib Barry came in for a haircut, Merle would always greet him with the same salutation.

"How's the weather up there, Gib?"

Merle was resourceful, though. He kept a little black stool under his work station. He'd pull that stool out, sidle up to the giant leather and porcelain barber's chair, and start snipping away.

We always figured Merle learned barbering in the Navy. His rolled up sleeves exposed two giant "anchor" tattoos on the tops of each forearm. We guys thought they were pretty neat -- tattoos weren't often openly displayed in those days. But they weren't nearly as neat as the scantily clad rendering of the short-haired dancehall girl tattooed on Merle's upper arm.

Merle called her Sally Mae, and when he articulated the clippers with his fingers, his bicep flexed, making Sally Mae shimmy. The younger boys, you know, the ones not nearly as worldly as myself, would run up to

Merle and clamor for him to make Sally dance.

Merle always complied.

The best part about Merle's was that he owned a subscription to about every comic book that ever existed, even the one's our parents didn't dare let us read at home. On a Saturday morning, it was commonplace to see a dozen bicycles piled on the sidewalk outside. A room full of waiting room chairs sat occupied with swinging legs, each with a Choc-ola soft drink in hand, and each with a boy's nose jammed into the latest edition.

There were rumors from the older boys that Merle kept a few "special" comic books in the back room, but I can't confirm that. I can confirm, however, that no one left Merle's without a smile on his face.

Sadly, Merle's barbershop is no longer on Iowa Street. Merle experienced some serious heart issues, and had to walk away from the shop. His twin brother took over for awhile, but it was never really the same.

Besides, we always wondered how Merle kept the shop open in the first

place. It was the 1970s, and the anti-government, rock 'n roll teenagers of the time wore their hair long.

That did lead, however, to one of the best barbershop stories I've ever heard.

Dewey Denman and Roger Robinette -- I suppose, in an act of anti-anti-government defiance -- decided that they were going to join the Army after high school. Dewey sported rather stringy, shoulder-length reddish-brown hair, and Roger had really beautiful flowing blond hair, which reached well below his belt line in back.

The two popped into Merle's barbershop to have it all buzzed away for bootcamp after graduation. They stood in the open doorway for more than a moment, perhaps surveying the reaction of the men inside.

After a long pause, Merle turned to the pair and said, "You boys here to get a haircut? Or, are you just looking for an estimate?"

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

🔗 RAFFLE From Page A1

an interior designer.

"The holidays are a hectic time of year," says Downey. "Let us do the tough work for you. Raffle winners will have their trees shrink wrapped and ready for pick up the first week of December so they can be enjoyed throughout the month."

All three trees are up on display at the Westfield Washington Public Library. The Gingerbread Bakery tree is sponsored by EdgeRock Development. The Santa Claus is Coming to Town tree is sponsored by Krieg DeVault. And the Peace on Earth tree is sponsored by Blue & Co.

Raffle tickets can be purchased for \$10 at the library's circulation desk or online www.westfield-libraryfoundation.com. The raffle will close on Wednesday, November 30th and winners will be drawn on Dec. 1. The



Erin Downey

Westfield Library Foundation hopes to raise \$5,000 to go toward library programming and services in the new year.

About Westfield Library Foundation:

The Westfield Library Foundation is a 501(c)(3) non-profit organization supporting innovative programs and services for the Westfield Washington Public Library and its patrons through major gifts, bequests, corporate sponsorships, naming rights and private donations.

🔗 BOOSTERS From Page A1

can now offer patients their choice of vaccine and we can administer to anyone in the home five years of age and older."

The State Health Department launched the Homebound Hoosiers Program in March 2021 in an effort to provide vaccines to at-risk, hard to reach, and immobile residents. The Hamilton County Health Department partnered with paramedics at the Carmel, Noblesville, and Westfield Fire Departments to complete 410 runs in the first year of the program, vaccinating more Homebound

Hoosiers than any other county in the state.

"This program doesn't happen without the fire departments," Ackerman says.

"They are the boots on the ground. Our nurses prep the vaccines, and the paramedics pick them up twice a week to deliver and administer them. It runs like clockwork."

But that wasn't always the case. When the program first rolled out few, if any, local health departments had ever provided this service. Ackerman worked tirelessly to build a program from scratch

on Microsoft Teams that allowed the health and fire departments to manage calls and share information in real time.

As a result, the Indiana Immunization Coalition recognized Ackerman and James Macky, Division Chief of Emergency Medical Services at the Noblesville Fire Department, with its High Flyer Award.

"There are so many unsung heroes working behind the scenes to make this happen," says Macky. "Our EMS agencies couldn't do what they do if it weren't for the nurses

that cross reference our data and tirelessly manage the vaccine program. We're thrilled to be part of such a remarkable collaboration."

Hamilton County is just one of a few counties still offering the Homebound Hoosiers Program and will continue to do so for as long as funding and staff are available.

Homebound residents interested in a COVID-19 vaccine or booster can schedule an in-home vaccination by calling the Hamilton County Health Department at (317) 776-8500.



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TUESDAY

In The Kitchen

DAY

Tuesday, Nov. 8, 2022

A9

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize.

If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos; Huevos Rancheros; and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Egghand's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in "Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

Huevos Rancheros

Servings: 4

Salsa:

- 1 teaspoon canola oil
- 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- 1/4 teaspoon salt

Huevos Rancheros:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

- Nonstick cooking spray
- 1 1/3 cups liquid egg whites
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle with hot sauce, if desired.



Egg, Avocado and Black Bean Breakfast Burritos

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TUESDAY

In The Kitchen

Tuesday, Nov. 8, 2022

A10

Master the Art of Italian Comfort Cuisine

FAMILY FEATURES

Cool, crisp days call for comfort foods, like the classic flavors of traditional Italian cooking. Whether you're Italian by heritage or simply by heart, learning the art of Italian cuisine may be easier than you may think.

Perfect your pasta game. Limp, mushy, overcooked pasta can ruin an otherwise delicious Italian dish. Aim for al dente pasta, which is soft but still firm. It's important to note variables like the type of pasta, size of your pot and amount of water can all affect cooking time. Treat the package instructions as a guide and start taste testing 1-2 minutes before you expect it to be done.

Be choosy about your ingredients. Many of the best Italian dishes are incredibly simple, so it's important to select quality ingredients that allow the flavors to really stand out. Made in Italy, Bertolli d'Italia sauces are available in premium red and white varieties to elevate the at-home culinary experience and bring the authentic and delicious flavors of Italy to your table. Every jar reflects more than 150 years of authentic Italian culinary tradition using high-quality ingredients like tomatoes vine-ripened under the Italian sun, finely aged Italian cheeses, fresh cream and Mediterranean olive oil.

Give seasonings time to simmer. Great things come to those who wait. That's why the best Italian chefs sample their sauces along the way, adding and adjusting until the taste is just right. Then, they allow the ingredients to simmer together to create a perfectly balanced harmony of flavors.

Experiment with proteins and veggies. For many Italian recipes, you can create an entirely new dish by adding or swapping the protein and adding fresh produce. Try introducing juicy strips of grilled chicken and fresh, steamed broccoli to an Alfredo pasta like this Cavatelli with Cacio e Pepe Sauce. Or, if you're a seafood lover, reimagine this Fresh Tomato Bruschetta Chicken by swapping in a mild white fish like halibut, cod or snapper.

Get cozy in your kitchen this fall with more comforting recipes at Bertolli.com.



Cavatelli with Cacio e Pepe Sauce

Cavatelli with Cacio e Pepe Sauce

Prep time: 5 minutes
Cook time: 10 minutes
Servings: 4

- Salt, to taste
- 1 box dry Cavatelli pasta
- 1 jar (16.9 ounces) Bertolli d'Italia Cacio e Pepe Sauce
- 1 cup finely grated Pecorino Romano cheese, or to taste
- freshly ground black pepper, to taste

Bring large pot of cold water to boil. Salt water heavily.

Cook dry pasta according to package instructions until al dente. Strain pasta, reserving pasta water.

In large saucepan over low heat, warm pasta sauce 3-5 minutes. Add 1-2 tablespoons pasta water.

Transfer cooked pasta to saucepan. Stir and toss pasta approximately 30 seconds over medium heat to integrate it with sauce. Add pasta water as needed for creamier texture.

Plate pasta and top with finely grated Pecorino Romano and freshly ground black pepper, to taste.

Fresh Tomato Bruschetta Chicken

Prep time: 15 minutes
Cook time: 28 minutes
Servings: 6

- 1/3 cup extra-virgin olive oil
- 3 tablespoons finely chopped fresh basil, plus additional, for garnish
- 3 cloves garlic, minced
- 2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 6 thinly sliced boneless, skinless chicken breast cutlets (about 1 1/2 pounds)
- 1 large onion, thinly sliced
- 1 jar (24.7 ounces) Bertolli d'Italia Marinara Sauce
- 2 cups multi-colored grape tomatoes, halved
- 2 stems cherry tomatoes on the vine
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons balsamic glaze

Preheat oven to 400 F.

In small bowl, whisk olive oil, basil, garlic, salt, pepper and oregano until combined. Combine 2 tablespoons oil mixture and chicken in resealable plastic bag. Let stand 5-10 minutes at room temperature to marinate.

In medium skillet, heat 2 tablespoons oil mixture over medium heat. Add onions; cook 3-4 minutes, or until crisp-tender. Stir in marinara sauce. Pour mixture into lightly greased 13-by-9-inch baking dish. Arrange chicken breasts in dish, overlapping if necessary. Top with grape tomatoes and cherry tomato stems. Spoon remaining oil mixture over tomatoes.

Bake, covered, 25 minutes, or until chicken is done (165 F) and tomatoes start to burst. Sprinkle with Parmesan, drizzle with balsamic glaze and garnish with fresh basil leaves before serving.



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TUESDAY

In The Kitchen

Tuesday, Nov. 8, 2022

A11

Make the Holidays Magical with Hearty Meals



Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

FAMILY FEATURES

Capturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all.

Starting with tender cuts of meat hand-trimmed by master butchers at Omaha Steaks, these dishes from chef David Rose call to mind the extravagant holiday gatherings of yesteryear with modern twists you can claim as your own.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus offers classic taste while Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes brings some zing to the kitchen. For seafood lovers looking to make a splash at this year's get-togethers, Crab Stuffed Lobster Tails with Dirty Rice provide a savory, succulent pairing worthy of the season.

Visit OmahaSteaks.com/Blog to find more recipes fit for the holidays.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 15 minutes
Cook time: about 90 minutes

- Chateaubriand:**
- 1 Omaha Steaks Chateaubriand (2-4 pounds) kosher salt
 - ground black pepper
 - 1/4 cup grapeseed oil

- Red Wine Gravy:**
- Reserved chateaubriand juices
 - 1 medium shallot, small diced
 - 2 garlic cloves, minced
 - 1 1/2 cups red wine
 - 4 tablespoons unsalted butter, divided
 - 2 tablespoons all-purpose flour
 - 2 1/2 cups water

- 2 beef bouillon cubes
- 1 tablespoon stone ground mustard
- kosher salt, to taste
- ground black pepper, to taste

- Lemon-Garlic Asparagus:**
- 1/4 cup olive oil
 - 1 pound jumbo asparagus, stems trimmed and spears blanched in salted water
 - 1 pinch kosher salt, plus additional, to taste, divided
 - 1 pinch ground black pepper, plus additional, to taste, divided
 - 1/4 teaspoon crushed red pepper flakes
 - 2 garlic cloves, minced
 - 1/2 lemon, juice only
 - 2 tablespoons unsalted butter

To make chateaubriand: Pat chateaubriand dry with paper towels. Season on all sides with salt and pepper; bring to room temperature, about 30 minutes.

Preheat oven to 250 F.
In large cast-iron pan, bring grapeseed oil to high heat. Sear chateaubriand on all sides until golden brown, 2-3 minutes per side.
Remove chateaubriand from pan, reserving pan drippings; place chateaubriand on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness.
Rest chateaubriand 15-20 minutes. Slice to desired thickness.
To make red wine gravy: Bring cast-iron pan with reserved chateaubriand drippings to high heat then add shallots and minced garlic. Brown 30 seconds. Add red wine and deglaze pan, cooking until reduced by half, about 3 minutes.
Reduce heat to medium and whisk in 2 tablespoons butter and flour until all clumps have disappeared and mixture is well-incorporated, 3-4 minutes.

Add water and bouillon cubes; bring to boil then whisk in stone ground mustard.
Reduce to low heat and simmer until achieving sauce-like consistency, 7-8 minutes.
Season with salt and pepper, to taste. Turn off heat and whisk in remaining butter until fully melted and emulsified into sauce.
To make lemon-garlic asparagus: In large saucerpan, bring olive oil to medium-high heat.
Add asparagus and season with salt, ground black pepper and crushed red pepper flakes. Sear undisturbed about 1 minute.
Turn asparagus and add minced garlic, sauteing about 10 seconds. Add lemon juice and continue sauteing until reduced by two-thirds, about 1 minute.
Turn off heat and add butter, stirring until emulsified into pan sauce. Season with salt and ground black pepper, to taste.
Serve chateaubriand with lemon-garlic asparagus and red wine gravy.



Crab Stuffed Lobster Tails with Dirty Rice

Crab Stuffed Lobster Tails with Dirty Rice

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 15 minutes
Cook time: 30 minutes
Servings: 4

- Dirty Rice:**
- 2 cups jasmine rice
 - water
 - 1/2 cup vegetable oil
 - 1 pound Omaha Steaks Ultra-Premium Ground Beef
 - 1 tablespoon kosher salt, plus additional, to taste, divided
 - 1 teaspoon black pepper, plus additional, to taste, divided
 - 1 teaspoon garlic powder
 - 2 teaspoons smoked paprika
 - 2 tablespoons unsalted butter
 - 1 medium red bell pepper, small diced
 - 2 green onions, minced
 - 1 cup small diced yellow onion
 - 1/2 cup tomato-based sofrito
 - 3 1/2 cups chicken broth

- Crab Stuffing:**
- 3/4 cup mayonnaise
 - 2 teaspoons seafood seasoning
 - 2 teaspoons Dijon mustard
 - 1 teaspoon Worcestershire sauce
 - 1/2 lemon, juice only
 - 20 butter crackers, finely crushed
 - 1 pound jumbo lump crab meat

- Crab Stuffed Lobster:**
- 2 tablespoons unsalted butter, melted

- 1 teaspoon kosher salt
- 1 teaspoon fresh lemon juice
- 4 Omaha Steaks Cold Water Lobster Tails (5 ounces each), halved lengthwise

To make dirty rice: Rinse jasmine rice with water until water is clear. Drain.

In large saucepot, bring vegetable oil to medium-high heat.
Add ground beef, 1 tablespoon salt, 1 teaspoon black pepper, garlic powder and smoked paprika; saute 5 minutes until browned.

Using slotted spoon, remove browned beef and set aside.
Add butter to pot then add red bell pepper, green onions and yellow onions. Saute 2 minutes until lightly caramelized.

Add sofrito and jasmine rice to pot; saute 1 minute. Add cooked ground beef and chicken stock; bring to boil. Once mixture boils, reduce heat to simmer 10 minutes. Turn off heat and leave lid on pot 5 minutes. Fluff rice with fork and season with salt and pepper, to taste.

To make crab stuffing: In medium bowl, whisk mayonnaise, seafood seasoning, Dijon mustard, Worcestershire sauce and lemon juice.
Gently fold in crushed butter crackers and crab meat. Set aside.

To make crab stuffed lobster: Preheat oven to 425 F.
Stir melted butter, salt and lemon juice. Brush lobster tails with butter mixture.

Divide crab stuffing into eight portions. Stuff each lobster tail half with crab stuffing, pressing stuffing into lobster. Place stuffed lobster tails on aluminum foil-lined sheet pan and bake 10-12 minutes, or until golden brown. Serve with dirty rice.

Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 10 minutes
Cook time: about 2 1/2 hours
Servings: 4-6

- Creamy Horseradish Sauce:**
- 15 ounces crema or sour cream
 - 1/3 cup mayonnaise
 - 2 tablespoons horseradish
 - 2 tablespoons apple cider vinegar
 - 2 tablespoons minced fresh chives
 - 2 teaspoons Worcestershire sauce
 - 1 teaspoon fresh lemon juice
 - 1 teaspoon hot sauce
 - 1/2 teaspoon kosher salt, plus additional, to taste, divided
 - 1/2 teaspoon white pepper, plus additional, to taste, divided
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon smoked paprika

- Pepper Rub:**
- 3 tablespoons kosher salt
 - 1 tablespoon ground peppercorn medley
 - 2 teaspoons ground guajillo chili
 - 1 teaspoon dried thyme leaves
- Prime Rib:**
- 1 Omaha Steaks Boneless Heart of Prime Rib Roast (4 pounds)
 - pepper rub
 - 1/4 cup grapeseed oil

- Crushed Potatoes:**
- 1 pound baby red skin potatoes
 - cold water
 - 1 pinch kosher salt, plus additional, to taste, divided
 - 1/4 cup olive oil

- 2 garlic cloves, minced
- 2 tablespoons finely minced Italian parsley
- ground black pepper

To make creamy horseradish sauce: In medium bowl, whisk crema, mayonnaise, horseradish, vinegar, chives, Worcestershire sauce, lemon juice, hot sauce, 1/2 teaspoon salt, 1/2 teaspoon pepper, onion powder, garlic powder and paprika until well-incorporated. Season with additional salt and white pepper, to taste.

To make pepper rub: In small bowl, stir salt, peppercorns, chili and thyme.
To make prime rib: Pat prime rib dry with paper towels. Season on all sides with pepper rub and bring to room temperature, about 30 minutes.

Preheat oven to 250 F.
In large cast-iron pan, bring grapeseed oil to medium-high heat.
Sear prime rib on all sides until golden brown, 2-3 minutes per side.

Place seared prime rib on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness. Cook until internal temperature is 10 F below desired doneness.

Rest prime rib 15-20 minutes. Slice to desired thickness.
To make crushed potatoes: Preheat oven to 425 F.
Add potatoes to stockpot. Cover with cold water by about 1 inch and add 1 pinch salt. Over high heat, boil 8-10 minutes, or until fork tender. Drain and completely cool with running cold water.

Once cool, carefully crush potatoes with palms until skin breaks and potatoes are slightly crushed.
In medium bowl, whisk olive oil, garlic and parsley.
Place crushed potatoes on aluminum foil-lined baking sheet and toss lightly with olive oil mixture. Season potatoes on both sides with kosher salt and ground black pepper, to taste. Roast potatoes until crisped and golden brown, 15-17 minutes.

Serve prime rib with crushed potatoes and creamy horseradish sauce.



Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes

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TUESDAY

In The Kitchen

Tuesday, Nov. 8, 2022

A12

Celebrate the Holidays with Festive Mexican Favorites

FAMILY FEATURES

As you gather with loved ones for the holidays, you can enhance the magic of the season by adding Chispa – a special spark – to your dinner table. It's as easy as adding classic Mexican dishes to your menu.

The key to adding this special spark is using authentic Mexican ingredients, which you can find in recipes like Chorizo and Oaxaca Tamales and Oaxaca, Potato and Chorizo Empanadas. These flavorful dishes feature delicious additions from Cacique, one of the country's top authentic Hispanic food brands, that the whole family will love.

When planning your flavor-fueled festivities, consider these must-have ingredients.

- **Chorizo:** Whether pork, beef or soy, chorizo adds the spices and hearty flavors of Mexican cuisine to any recipe.
- **Oaxaca:** Similar in flavor to mozzarella but even meltier, you can enjoy this buttery cheese in many dishes.
- **Crema Mexicana:** With a neutral, fresh-tasting flavor and silky, pourable texture, this everyday table cream is used for balancing spicy dishes.

Find more delicious additions to your holiday menu at CaciqueFoods.com.



Chorizo and Oaxaca Tamales

Chorizo and Oaxaca Tamales

Prep time: 60 minutes
Cook time: 60 minutes
Servings: 10-12

- 40 dried corn husks water
- 3 packages Cacique Pork, Beef or Soy Chorizo
- 1 medium onion (about 1 cup), minced
- 8 pounds basic tamale dough, at room temperature
- 3 packages (10 ounces each) Cacique Oaxaca Cheese, cut into 1/2-inch strips

tamale steamer
Cacique Crema Mexicana, for serving
Cacique Homestyle Mild Salsa, for serving

In large bowl, cover corn husks with boiling water and soak at least 1 hour. Remove excess water and pat each husk dry.

In large skillet, cook chorizo according to package instructions. Add onions; saute over

medium heat until translucent, about 5 minutes. Cool thoroughly.

To make tamales: Prepare one husk at a time by placing husk on open palm, smearing 3 tablespoons tamale dough on husk from side to side and to bottom, leaving 3 inches of top untouched for folding. Place 1 tablespoon chorizo mixture in center and top with one strip of Oaxaca. Fold 1/3 of husk to left and 1/3 to right, overlapping; pinch bottom to seal and gently fold over top to create small rectangle.

Add adequate room temperature water to tamale steamer and set steamer grate. Place formed tamales, vertically and upside down, tightly packed. Once first layer of tightly packed tamales is complete, begin second layer of tamales horizontally.

Cover and steam over medium-high heat 45 minutes-1 hour. Check water level at 45 minutes. If water is low, gently add hot water to side of pot.

Remove one tamale to check doneness. Tamale is cooked when dough separates from husk when unwrapping. Serve hot with crema and salsa.

Oaxaca, Potato and Chorizo Empanadas

Prep time: 20 minutes
Cook time: 30 minutes
Yield: 24 empanadas

Dough:

- 1 stick, plus 6 tablespoons, cold unsalted butter, cubed
- 4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup warm water
- 1 egg, at room temperature, whisked

Filling:

- 1 package Cacique Pork Chorizo
- 2 russet potatoes, cubed
- 5 ounces Cacique Oaxaca Cheese, cubed
- 1 egg, well-beaten, for egg wash

Preheat oven to 350 F.

To make dough: Use pastry cutter or fork to cut butter into flour until it forms crumbly consistency. Sprinkle in salt and stir. Pour in warm water and egg; stir until clumpy dough forms. Knead dough about 5 minutes. Cut dough into 24 pieces and, using hands, roll each piece into ball. With rolling pin, roll balls evenly into 5-6-inch circles.

To make filling: In pan over medium heat, cook chorizo, stirring until it crumbles. Add cubed potatoes. Cover and cook until potatoes are soft then uncover and cook 5-10 minutes until liquid evaporates.

Fill empanadas by placing 2-3 tablespoons chorizo and potato mixture with 2-3 Oaxaca cubes in each dough circle. With finger, run egg wash across one side of circles. Fold over and seal edges by pressing down with fork or create folds and pinch to seal filling inside. Brush tops with egg wash.

Prepare parchment-lined baking sheets and place empanadas on sheets. Bake 12-15 minutes until golden-brown.



Oaxaca, Potato and Chorizo Empanadas



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TUESDAY Health *and* WELLNESS

Tuesday, Nov. 8, 2022

A12

Alzheimer's Association Offers Six Essential Terms that Every Alzheimer's and Dementia Caregiver Needs to Know

During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is highlighting six essential terms that are important for Alzheimer's and dementia caregivers to know. Currently, there are more than 216,000 caregivers in Indiana providing care to more than 110,000 living with Alzheimer's.

"Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's or another dementia," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "There are six essential terms that are commonly used by professional dementia caregivers that we think family caregivers should understand as well. These terms can help empower family caregivers during their journey caring for a loved one living with the disease."

Six Essential Terms Alzheimer's and Dementia Caregivers Need to Know

1. Person-centered care – Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.

2. Dementia-related behaviors – The term is used to describe wide-ranging behavioral symptoms as-

sociated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including:

- Aggression and anger
- Anxiety and agitation
- Depression
- Sleep disturbances and sundowning
- Wandering
- Suspicions and delusions

Underlying medical conditions, environmental influences and some medications can impact these behaviors or make them worse. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

3. Caregiver Burnout – Caring for someone living with Alzheimer's or another dementia can be exhausting – mentally, physically and emotionally. In fact, according to the Alzheimer's

Association 2022 Alzheimer's Disease Facts and Figures report, Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers, including:

- 59% of Alzheimer's caregivers report their emotional stress as high or very high (non-Alzheimer's caregivers – 41%)
- 35% report declining health because of caregiving (non-Alzheimer's caregivers – 19%)
- A recent national poll found 27% of caregivers for people with dementia delayed or did not do things they should for their

own health.

The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. Respite Care – Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. It can be provided at home — by a friend, other family member, volunteer or paid service — or in a care setting, such as adult day care or long-term care community. Using respite services can support and strengthen family members' abilities to be a caregiver.

5. Care Consultations – A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging, disease-related issues, including disease progression, care and living options and referrals to local support services.

In addition, Medicare covers care planning for individuals with cognitive impairment. Many family caregivers overlook or are not aware of this valuable benefit, which reimburses health professionals to provide affected individuals and their caregivers with information about medical and non-medical treatments, clinical trials and support services available in the community —

all of which can contribute to a higher quality of life. The Alzheimer's Association encourages caregivers caring for someone covered by Medicare to ask their health provider about this important benefit.

6. Treatment Pipeline – Currently, there are more than 100 disease-modifying Alzheimer's treatments in clinical trials – researchers often refer to this as the treatment pipeline. Earlier this fall, positive topline results from phase 3 clinical trials for the treatment of early-stage Alzheimer's disease were announced. These are the most encouraging results in clinical trials treating the underlying cause of Alzheimer's to date.

While these new treatments will not provide a cure to Alzheimer's and other dementia, the Alzheimer's Association is hopeful these new treatments will address the underlying biology of the disease in new ways to help slow the progression of Alzheimer's disease. This could mean more time for individuals to actively participate in daily life, have sustained independence and hold on to memories longer. Alzheimer's Association recent statement on latest treatment.

Caregivers are encouraged to stay abreast of these and other potential treatments as they move forward. In addition, caregivers and individuals living with Alzheimer or another dementia can play an active role in helping advance potential new treatments by enrolling in a clinical trial.

19 Health Care Organizations in Indiana Recognized

Across Indiana, 19 health care organizations received American Heart Association outpatient program achievement awards for commitment to reducing the risk of heart disease and stroke by improving high cholesterol, type 2 diabetes and blood pressure management. The awards recognize a commitment to following the latest evidence- and science-based care guidelines.

Nearly half of all adults in the U.S. have some form of cardiovascular disease, including heart attack, stroke or heart failure. High cholesterol, type 2 diabetes and uncontrolled high blood pressure are leading risk factors for cardiovascular disease, but with timely diagnosis, research-based treatment and education, these conditions can be managed.

According to America's Health Rankings, Indiana ranks in the bottom half of states for the percent of people with high cholesterol (30th), type 2 diabetes (34th) and high blood pressure (35th).

"Addressing these risk factors is key not only for better cardiovascular

health but for longer, healthier lives in general," said Dr. Jerry Smartt, a neurologist on the American Heart Association's Indianapolis board of directors. "The outpatient achievement award programs put the unparalleled expertise of the American Heart Association to work for hospitals and clinics nationwide, helping ensure the care provided to patients is aligned with the latest evidence- and research-based guidelines."

This year, in Indiana:

- 14 health care organizations received the American Heart Association's Check. Change. Control. Cholesterol award,
- 12 organizations received the American Heart Association and American Diabetes Association's Target: Type 2 Diabetes award, and
- 19 organizations received Target: BP award recognition jointly presented by the American Heart Association and the American Medical Association.

Links to the complete list of winners can be found at heart.org/en/professional/quality-improvement/outpatient

Help Protect the Blood Supply by Donating to the Red Cross Today

The American Red Cross is urging 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) 733-2767. As a thank-you for taking the time to give this fall, all who come to give between 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) 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 by Volunteering:

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 redcross.org/volunteer.

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, visit redcross.org or Cruz-RojaAmericana.org, or go their Twitter account at @RedCross.

Exercise is Not Just for Young People



JOHN R. ROBERTS, M.D.
Hamilton Health

"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 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.

TUESDAY

Health and WELLNESS

Tuesday, Nov. 8, 2022

A14

Healthy Winter Habits



Photos courtesy of Getty Images

Maintain your health through the colder months

FAMILY FEATURES

Another cough and cold season calls for healthy preparation, and while there may not be a foolproof plan for escaping pesky germs, taking preventive steps and practicing self-care can help protect your health.

You can catch a cold or flu any time of the year, but they seem more common during the cooler months.

“As much as we all would love a quick cure for the common cold, unfortunately, that doesn’t exist,” said Ian K. Smith, MD. “However, there are many options one can try to relieve cold and flu symptoms, including over-the-counter medications. These medications can provide fast and much-needed relief.”

Reduce the chances you’ll contract a serious illness this cold season by following these tips from the experts at Mucinex:

Make handwashing a priority. Preventive measures like washing your hands often can significantly lower your odds of getting sick. In fact, handwashing is such a powerful tool against germs that the Centers for Disease Control and Prevention compared it to a “do-it-yourself vaccine.” Wash regularly with soap and water for about 20 seconds, especially when handling food, caring for someone sick or after using the restroom.

Get your flu shot. The CDC recommends getting a yearly flu vaccine to protect yourself from flu viruses. Ideally, everyone 6 months and older should get one, especially anyone at high risk for flu complications due to underlying conditions or other factors.

Make overall wellness a way of life. Adopting healthy everyday habits means your body is in better condition to fight off potential attacks by germs and combat an illness more effectively if you do get sick. A well-balanced diet that includes moderate portions from each of the major food groups can help ensure you’re getting the nutrition and nutrients your body needs. Staying physically active can help promote a stronger immune system. Getting enough sleep and making sure you’re drinking enough water can also ensure your body is ready for whatever the season brings.



Stock up on necessary supplies. If you do get sick, the best place for you is at home, where you can nurse yourself back to health. That means having the essentials on hand, like over-the-counter medications to treat uncomfortable cold and flu symptoms. Be sure to check last year’s leftovers, as some may have expired. A shopping list to fight common cold and flu symptoms should include pain relievers, fever reducers, decongestants, antihistamines, throat lozenges and cough suppressants, as well as plenty of facial tissue, a working thermometer, humidifier and more. Also update your supply of hand sanitizer and disinfecting cleaners and sprays to protect family members in your home.

Relieve bothersome symptoms. When you’re under the weather, treating your symptoms gives you a reprieve and lets your body rest so you can get back to feeling better. A cough is a common cold symptom, and relieving chest congestion that causes you to cough frequently can make a big difference.

An option like Mucinex Extended-Release Bi-Layer Tablets, with the No. 1 pharmacist recommended expectorant, is clinically proven to relieve chest congestion and thin and loosen mucus to make your cough more productive for up to 12 hours. If symptoms persist, contact your health care professional.

Do your part to prevent spreading germs. If you do get sick, know you can take steps to protect those around you. Simple acts like covering your nose and mouth with a tissue when you cough or sneeze and using your elbow if you don’t have a tissue can be effective in preventing the spread of germs. It’s also important to wash your hands well and keep a distance from others to help prevent the spread of your illness.

Find more advice for preventing illness and protecting yourself this cough and cold season at Mucinex.com.

Fight Congestion Like a Pro

When you have a cough, you’ll try just about anything to feel better. Over-the-counter medications such as decongestants and some lifestyle habits can make a difference.

Nasal decongestants that include the ingredient phenylephrine or pseudoephedrine work by constricting blood vessels, which allows more air to pass freely through your nose. This leads to drier nasal tissues and less mucus draining down the back of your throat. Reducing postnasal drip means you’ll cough less often and experience less pain and soreness in your throat.

As decongestants constrict your blood vessels, other symptoms like sinus pressure and a stuffy nose also tend to improve. If you take a multi-symptom cough medicine, you can reap the benefits of a decongestant plus an expectorant to loosen mucus, a cough suppressant to minimize coughing and a pain reliever for any throat or sinus pain.

Lifestyle habits can also go a long way toward easing cough symptoms on their own or paired with medication.

- **Stay hydrated.** Drinking plenty of water or other fluids helps thin the mucus in your chest.
- **Suck a lozenge.** Let a lozenge dissolve in your mouth to soothe your throat and ease a tickling, dry cough.
- **Use a humidifier.** Dry air can worsen throat pain and coughing. A humidifier can help by moistening the air you breathe.
- **Rest.** Skimping on rest when you have a cough or cold can make healing harder. Allow yourself to relax and sleep as needed.

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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.

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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.

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