

➔ TODAY'S VERSE

Isaiah 55:11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.



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

And Another Few Things...

1. Chamber Crossover

Join the Westfield Chamber of Commerce as they partner with the Noblesville Chamber for their joint-Legislative Session Preview with the Indiana Chamber's Legislative Team.

Jason Bearce, Vice President for Education & Workforce Development for the Indiana Chamber of Commerce, will share insights from employer surveys and how they inform some of the legislative priorities for the upcoming session. He will also offer an early look into business-oriented legislation that is likely to find its way into the 2023 session.

There is no fee to attend, but make sure to register ahead of time so the Chambers can provide enough coffee. Register online at westfieldchamberofcommerce.growthzoneapp.com/ap/Events/Register/Dr6X29RP

2. Operation Christmas Child

As the Thanksgiving season approaches, many families and children are giving thanks and giving back—to children in need around the world through Operation Christmas Child.

Shoebbox gifts prepared by generous donors and filled with toys, hygiene items and school supplies may be dropped off now during National Collection Week, which began yesterday and runs through next Monday. More than 4,500 drop-off sites are now open. The Samaritan's Purse project will collect its 200-millionth shoebbox this year!

This year, Operation Christmas Child hopes to collect enough shoeboxes to reach another 11 million children. There's still time for individuals, families and groups to transform empty shoeboxes into fun gifts. Samaritan's Purse partners with local churches across the globe to deliver these to children in need. Find a step-by-step guide at samaritanspurse.org/operation-christmas-child/pack-a-shoebbox/

Information on the nearest drop-off location and hours of operation can be found online at samaritanspurse.org/operation-christmas-child/drop-off-locations/. The online lookup tool is searchable by city or ZIP code. Signs at each location will identify the drop off.

3. Elks Hoop Shoot

The Noblesville Elks will again be hosting the Elks Hoops Shoot contest. Under the direction of PER Pete Smith, the Hoop Shoot will be held on Dec. 11 at the Noblesville Boys and Girls Club. Doors open at 10:30 a.m. for registration and warm-ups, with the competition scheduled to begin at 11 a.m. It is open to all boys and girls who live in the area. Everyone is asked to enter the Boys & Girls Club Community Center at Door #4 on the north side of our facility that faces Ivy Tech. Basketballs will be provided. Contestants compete in one of six divisions:

- Boys, ages 8-9
- Girls, ages 8-9
- Boys, ages 10-11
- Girls, ages 10-11
- Boys, ages 12-13
- Girls, ages 12-13

o If the contestant will be age 7 on April 1, 2023, they are too young to participate.

o If the contestant will be age 8 or 9 on April 1, 2023, they shoot in the 8-9 age group.

o If the contestant will be age 10 or 11 on April 1, 2023, they shoot in the 10-11 age group.

o If the contestant will be age 12 or 13 on April 1, 2023, they shoot in the 12-13 age group.

o If the contestant will be age 14 on April 1, 2023, they are too old to participate.

The participants will shoot 25 free throws to determine a local Elks Lodge Champion. The six winners will qualify to advance to the District competition in mid-January at the McAnally Center in Greencastle. All rules have been set by the National Elks Association (not Coach Smith).

Six of the past Noblesville Hoop Shoot winners have advanced from the local competition to then win at the district level, state level and regional level, and even compete at the national championship competition in Springfield, Massachusetts. One of those national finalists, Ryan Cline from Carmel High School and Purdue, won the National Championship in 2010.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Photo courtesy of Trevor Greenlee

The Noblesville High School pit orchestra rehearses for "Chicago," The Musical, on stage Thursday through Saturday at NHS.

Preparing for NHS Musical is a Huge Commitment for Orchestra



BETSY REASON
The Times Editor

Unless you've walked up to the stage and looked into the orchestra pit during a Noblesville High School musical, you probably haven't even wondered about the talented orchestra that's playing the music for the show.

As you watch and listen to the cast sing and dance on stage, you might have not even realized that the music is performed live.

So, today, I'm going to tell you how the NHS fall musi-

➔ See BETSY Page A7

Want TO GO?

What: Noblesville High School's fall musical, "Chicago," the high school version.

When: 7 p.m. Thursday, Friday and Saturday (Nov. 17, 18 and 19).

Where: Noblesville High School Auditorium, 18111 Cumberland Road, Noblesville.

How much: \$10-\$15, reserved seating.

Tickets online: nhscpo.org

Wanda Get Your Gun



JOHN O. MARLOWE
With The Grain

Deer hunting season opened this week. To some, those six words trigger the same autonomous response as waving a liver and onions blue plate special under Hannibal Lecter's nose.

After spending months waiting, an army of glassy-eyed hunters is charging into local fields and forests with enough firepower to topple Honduras. They are toting tree stands, hunting gear and more orange stocking caps than in the preemie unit at the Orange County baby hospital.

There is something primal about deer hunting. It harkens

to the time when pioneers, in order to keep their families fed through the long winter, grabbed their trusty muskets, a bag of hardtack, and maybe their Indian friend, Mingo, and traipsed into the woods seeking white-tail.

It was mano-a-deer-o in those days. Muskets had a limited range, and weren't highly accurate. Man had his wits and little else to outsmart the deer, who held home field advantage.

Today, that's all changed.

Hunters have new technology that makes deer hunting easier -- for them, not the deer. I have a hunter friend who uses Google Maps to plot deer runs through the woods. There are laser-sighted rifles, trail cameras for reconnaissance, night vision binoculars, apps for your phone, and even personal drones to surveil the ravines and waterways.

Evidently, you have to spend a buck to shoot a buck.

All the poor deer have going for them is a cute, twitchy white tail, and the knowledge that men aren't nearly the marksmen they think they are.

To me, this is hunting like tossing a stick of dynamite into the pond is fishing.

➔ See WANDA Page A7

Bluegrass Music to Return to Sheridan

For those of you who enjoy listening to, or better yet, playing bluegrass, you will be pleased to know that the Sheridan Bluegrass Jam is returning to Sheridan beginning on Dec. 2 from 5-9 p.m. at the Sheridan Historical Society Museum.

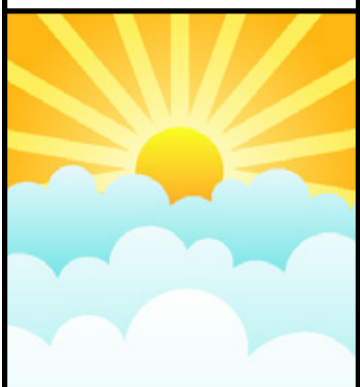
➔ See SHERIDAN Page A7

Santa House on the Square to Return for Holiday Season

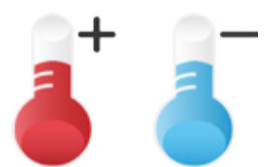
The Hamilton County Historical Society, with support from Hamilton County, is again hosting the Santa House on the square for the 2022 holiday sea-

➔ See SQUARE Page A7

The Daily Almanac



Sunrise/Sunset
RISE: 7:29 a.m.
SET: 5:28 p.m.



High/Low Temperatures
HIGH: 37 °F
LOW: 30 °F



Today is...

- American Enterprise Day
- Day of the Imprisoned Day
- National Philanthropy Day



What Happened On This Day

- 1864 Union General William Tecumseh Sherman begins his March to the Sea
- 1920 The first assembly of the League of Nations is held in Geneva, Switzerland
- 2001 Microsoft launches the Xbox game console



Births On This Day

- 1887 Georgia O'Keeffe American painter
- 1942 Daniel Barenboim Argentine/Israeli conductor and pianist

Deaths On This Day

- 1630 Johannes Kepler German astronomer
- 1917 Émile Durkheim French sociologist

➔ INSIDE TODAY

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➔ HONEST HOOSIER

Less than a week away from boys basketball hitting the hardwood! Can't wait!

➔ TODAY'S QUOTE

"The true teacher defends his pupils against his own personal influence."

- Amos Bronson Alcott

➔ TODAY'S HEALTH TIP

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

➔ TODAY'S JOKE

What do farmers wear when they're cold?
A Har-Vest!

➔ OBITUARIES

- Kaitlin Elizabeth Kilgore
- Joan A. Leamer
- Deborah Ann (McGraw) Orff

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



13 WTHR 7 DAY FORECAST

30/37 PARTLY CLOUDY	32/38 PARTLY CLOUDY	26/34 WET AND CLOUDY	18/26 A.M. SNOWFALL T-15°	15/32 A.M. SNOWFALL T-15°	13/30 SUNNY AND CLOUDY	20/37 MAINLY SUNNY
TUE	WED	THU	FRI	SAT	SUN	MON

➔ OBITUARIES

Kaitlin Elizabeth Kilgore July 14, 2010-November 10, 2022

Kaitlin Elizabeth Kilgore, 12, of Fishers, passed away on Thursday, Nov. 10, 2022 at Peyton Manning Children's Hospital at St. Vincent in Indianapolis.

She was born on July 14, 2010 to Kyle and Jennifer (Bennett) Kilgore in Carmel.

Ms. Kilgore loved school and was a 7th grader at Riverside Jr. High School in Fishers. She liked bowling, swimming, and going to the beach with Team Bobby. Most of all, she loved being home with her family, snuggling together and watching movies.

Survivors include her parents Kyle and Jennifer Kilgore; sister Abbie Kilgore; family dog Bailie; grandmothers Anne Bennett, Darlene Kilgore and Jennifer (Kevin) Wall; aunts and uncles Jason Clevenger, Liz Clevenger, Emily Todd, Glen Todd and Sara Kealy; as well as several cousins.

She was preceded in death by her grandfathers Larry Bennett and Russell Kilgore.

Visitation is scheduled to be held from 3-7 p.m. on Saturday, Nov. 19, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers.

Memorial contributions may be made to Children's Theraplay, 9919 Towne Road, Carmel, Indiana 46032 (childrenstheraplay.org/donate).

Online condolences may be made at randallroberts.com

Joan A. Leamer

May 21, 1932-November 10, 2022

Joan A. Leamer, 90, of Fishers, passed away on Thursday, Nov. 10, 2022 at St. Vincent Fishers in Fishers.

She was born on May 21, 1932 to Anna and Albert Underwood in Wilksburg, Pennsylvania.

Mrs. Leamer attended Onward Church in Fishers, where she was fondly known as "Grandma Leamer" to all. She was an avid reader and loved to do handcrafts such as crocheting, cross-stitch, plastic canvas projects, and coloring. She loved to build jigsaw puzzles, and always had one in progress at her home. Mrs. Leamer bowled and played golf in her earlier years. She loved to watch Wheel of Fortune and Jeopardy and enjoyed it when she could answer the questions before the candidates on the program. Most of all, she loved spending time with her family. Mrs. Leamer was delighted to go out to dinner with them recently to celebrate her 90th birthday.

Survivors include her 3 children Kathleen Maurer, Clayton (Mary) Leamer and Ken (Lori Arnold) Leamer; 8 grandchildren; and 4 great-grandchildren.

In addition to her parents, she was preceded in death by her husband of 54 years, Arthur "Jim" E. Leamer Jr.

Visitation is scheduled to be held from 11-1 p.m., with services scheduled to begin at 1 p.m., on Monday, Nov. 21, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Pastor Gary Stump will officiate. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to the American Heart Association (heart.org).

Online condolences may be made at randallroberts.com

Deborah Ann (McGraw) Orff

February 18, 1952-October 20, 2022

Deborah Ann (McGraw) Orff, 70 of Sheridan, passed away on Oct. 20, 2022, in Lebanon.

She was born on Feb. 18, 1952, to the late Edwin F. and Louise A. (Layton) McGraw in Indianapolis.

Mrs. Orff graduated from North Central High School, Class of 1970. Upon graduating high school, she attended Central Beauty School and earned her master's license in cosmetology. She found joy doing hair, but she had a deep love for animals prompting her to open Debby's Pets. Debby's Pets was open for several years where she enjoyed making many families, and pets, happy. After Debby's Pets closed, Mrs. Orff went to work at Marsh Supermarkets preparing lunches for all of her regular customers. She ended her working years retiring from Alpha Kappa Psi Fraternity where she assisted college students around the world.

She enjoyed arts and crafts. She would spend hours tole painting and crocheting. Many of her tole paintings were sold at local boutiques and art shows. Mrs. Orff found much delight in crocheting blankets for family and friends, many of whom still cherish these today. When her children were young, she coached Sheridan Recreational Soccer for several years. She was also a Girl Scout Leader with the JoSheWe Service Unit. In her downtime she loved playing games and cards, especially with her grandchildren! The most important thing to Mrs. Orff was her family.

Survivors include her daughter Jenny (Andy) Stites; 3 grandchildren Norah Stites, Frances Stites and Keaton Orff; and 2 sisters Gene Moss and Vicki Nail.

Preceding her in death was her beloved son Charles 'Charlie' Orff; brother Michael McGraw; and her sister Patty McGraw.

Debby's celebration of life is scheduled to be held on Thursday, Nov. 17, 2022, at The Sheridan American Legion Post 67 on the 2nd floor located at 406 E. Tenth St., Sheridan. Family and friends are invited to gather from 4-8 p.m. with a short service at 6 p.m.

Memorial donations may be made to Roxie's Pet Food Pantry in Sheridan, or you may bring pet food, pet supplies, or make a monetary donation at her celebration of life.

She wanted everyone to laugh, share memories and enjoy a couple of her favorites, so tacos and margaritas will be served. Everyone is invited to sign the online guestbook, leave a condolence, or share a memory at fisherfunerals.com.

Fisher Family Funeral Services have been entrusted with Mrs. Orff.

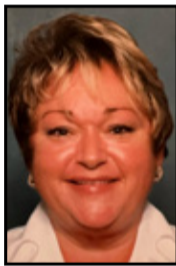


Photo courtesy of the Noblesville Lions

NHS Leo Club Create Backpacks for the Homeless

This past week, the Noblesville Lions Leo Club at NHS gathered items for the homeless again this year. The Leo Club filled 45 backpacks with toiletries, socks, gloves, hats, blankets and other items. The backpacks will be passed out to the homeless in Indy. Lion John Smith is the Leo Club Sponsor.

Ben Lehman Elected to HHSC School Board

"I feel very blessed and humbled," said Ben Lehman after Tuesday night's election win. "I am also extremely grateful for all the supporters who helped secure the White River Township seat on the Hamilton Heights School Board." Lehman steps into the seat held by Doug Ozolins for the past eight years.

Lehman is a lifelong resident of Hamilton County and is a CPA and part owner of Lehman and Company in Noblesville. He has always had a heart for serving, his family, his church, his community, and his clients. He is the treasurer for Victory Chapel Community Church and the 50 Club of Hamilton County and is a board member of Hamilton County Extension Board as well as the co-commissioner for the Hamilton Heights Youth Football League.

Ben has served as a 4-H volunteer for 17 years, while serving as Swine Barn superintendent for eight years giving back after his 10-year 4-H career. He has been a baseball, basketball, soccer, and football coach for his children's teams.

"Ben Lehman joins an exceptional and seasoned team of public education advocates," said Dr. Derek Arrowood, HHSC Superintendent. "He is excited and enthusiastic to serve. Moreover, Ben is deeply invested in the community, wants to learn, and make impactful contributions in this role. I believe he will use his energy, experience, and time to make Hamilton Heights an even better place for students to learn and achieve."

"We are extremely grateful to Doug Ozolins for the many contributions he made at the district, community, and state level during his tenure," added Dr. Arrowood. "He has left a legacy that will continue to positively impact our students well into the future. We know Doug will be involved through other roles to continue to make a difference at Heights."

Lehman said he is looking forward to taking his career knowledge, volunteer experience, and service-oriented heart to make Hamilton Heights the best it can be. "I want to serve



Photo courtesy of HHSC

Last Tuesday, Ben Lehman, a 2003 graduate of Hamilton Heights, was successful in his bid for the White River Township seat of the Hamilton Heights School Board. Lehman is the first Heights graduate of this century to be elected to the board. He will begin his first term in January 2023. The Lehman family, includes (above, left to right) Audrey, Caleb (Hamilton Heights class of 2033), Faith (Hamilton Heights class of 2030), and Ben).

as a strong liaison between the kids, parents, teachers, staff, and property owners of this great community," he noted.

In addition to Leh-

man, Hamilton Heights' five-member school board consists of Dr. Kevin Cavanaugh, Arnett Cooper, Julie Davis, and Gretchen Pennington.

Westfield Chamber Accepting Applications for Board Candidates

The Westfield Chamber of Commerce Board of Directors is seeking candidates to fill 2 vacancies on their fifteen-member Board.

The Westfield Chamber is looking for individual applicants with relevant skills and experience to help continue to meet the needs of the Chamber and to serve the growing Westfield community.

Serving on the Westfield Chamber Board is a great way to give back to the community, develop friendships and working relationships, meet personal leadership goals and advance your career.

There are 2 three-year terms available; this helps ensure a staggered board transition moving forward. Each candidate would be eligible for a second three-year term when their initial term expires.

Since 1981, the Westfield Chamber of Commerce has served its members, the greater Westfield

Community and Hamilton County. The Chamber has been a partner with the community and a champion of progress and a positive business environment. They are interested in finding applicants from all career experience levels.

Make sure to review the application if you are interested in applying. The packet includes information about the application process, the application, job description, commitment statement and conflict of interest form.

Questions about the position or completed applications can be sent to info@westfieldchamberindy.com. Applications will be accepted through this Friday.

Download the Board application online at d31h-zlkh6di2h5.cloudfront.net/20221024/d3/47/6a/36/d29e301bb2d5d7c-58ca069e9/2023 Westfield Chamber Board of Directors Application_WRT.pdf

➔ Meeting Notice

Noblesville Police Merit Commission

The Noblesville Police Merit Commission meeting scheduled for Wednesday, Nov. 16, 2022 at 5 p.m. has been cancelled.

Noblesville Fire-fighter Merit Commission

The Noblesville Fire-fighter Merit Commission meeting scheduled for

Wednesday, Nov. 16, 2022 at 4 p.m. has been changed to Tuesday, Nov. 22, 2022 at 4 p.m. The meeting will be held in the City Courtroom at the Public Safety Building, 135 South 9th St.

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The Times

Public Notices Deadline:

11:00 a.m.

2 Business Days Prior to Publication

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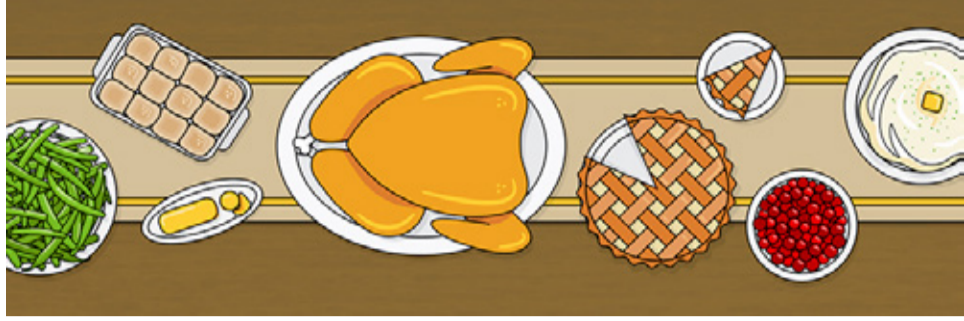
Private Party Notices Submitted After Deadline

May Be Subject To \$25.00 Fee

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Thanks for reading The Times!

Indiana Turkey Prices Spike; Consumers Advised to Shop Early, Be Aware of Discounts



Consumers can expect higher turkey prices at grocery stores this Thanksgiving. This trend is not surprising given rising costs of other meat and produce.

The poultry supply chain has been affected by various factors, including the highly pathogenic avian influenza (HPAI), global conflicts like the Russia-Ukraine war, and increases in feed, energy, gas, labor and transportation prices. Despite this, however, Jayson Lusk, head and Distinguished Professor of Purdue's Department of Agricultural Economics, says that poultry, including turkey, remains an affordable protein option for upcoming holiday meals.

"Turkey is still cheaper than beef and pork, even though prices are increasing at a higher rate. Chicken is also more affordable on a per-pound basis," he says.

Lusk, who is also the

director of the Center for Food Demand Analysis and Sustainability in the College of Agriculture, explains. "Since before the pandemic, chicken prices have increased 36%, which is higher than beef and pork on a percentage level. But on a dollars-and-cents basis, chicken has increased 67 cents per pound, which means beef and pork are still more expensive. It's a higher percentage but still a lower dollar amount."

Lusk adds, "Turkey prices tend to fall near Thanksgiving, as retailers often use turkeys to get people in the door, and they'll advertise lower prices." He recommends price-conscious shoppers be on the lookout for discounts. He predicts that in the future, turkey production will recover as pandemic impacts subside.

Contributing to short-term price increases are depopulations of turkey flocks, caused by HPAI. According to Rebecca

Joniskan, president of the Indiana State Poultry Association, 49 million turkeys have died or been euthanized so far in 2022. This number includes 8 million turkeys, 171,000 of which were lost in February and March of this year in Indiana.

However, she says that Hoosiers may be in better shape to recoup, noting that turkey production is more significantly hit when the flu is present at breeder farms, where turkeys produce hatching eggs. "Breeders have not been affected in Indiana to date," she says.

Indiana turkey farms are "resilient," she adds, as they typically produce product year-round, whereas production in other states can be seasonal. Given possible disruptions to the supply chain, she advises consumers, "If there's a particular type or size of turkey you want for the upcoming holidays, start looking earlier."

Improving Neuropathic Pain



JOHN R. ROBERTS, M.D.
Hamilton Health

I received a request from a reader to address sciatica. She has been suffering severe chronic pain from this condition. Rather than address just sciatica, I thought I would address the broader topic of neuropathic pain or "neuralgia."

Neuropathic pain is just that – pain that originates from the nerves themselves. This pain is usually related to some type of physical injury to nerve(s) but sometimes the nerves can just malfunction and act as though they have been injured. Common causes of neuralgia other than physical trauma include diabetes, herpes virus infections (shingles or Zoster), nerve compression, and cancer. Many cases are "idiopathic," meaning there is no identifiable cause.

The pain can be precipitated or worsened by things such as touching or rubbing the skin, wearing clothing over the affected area, pressure from things such as bed sheets, or just having air blow over the skin. Some

people just have constant pain with no apparent precipitating factors.

Neuropathic pain is perceived quite differently from the pain one experiences when touching something hot or hitting one's thumb with a hammer. Patients usually describe it using one or more of the following: "burning," "pins & needles," "electric shocks," or a "severe toothache." The pain can be so severe that patients contemplate suicide. The brain has difficulty sorting out this type of pain because the nerve messages it receives not only involve typical pain, but also the non-pain sensations of touch, temperature, etc.

This pain can be extremely debilitating and frustrating for the patient and their family as well as their doctor(s). It's a very complex disorder that often doesn't improve with one particular treatment and may require a multidisciplinary pain team approach. This team might include doctors (primary care, neurologists, neurosurgeons and pain management specialists) as well as other health professionals (physical or occupational therapists, psychologists, etc.).

There are numerous treatments available for neuralgia. Traditionally, physicians have used various types of medications including antidepressants, and anticonvulsants (medications to treat seizures). Antidepressants are often used in low doses and appear to block the movement of pain messages to the

brain. Anticonvulsant medications reduce the rapid-fire nerve impulses that are seen with neuropathic pain. Some patients with unrelenting pain may also require narcotic medication.

Non-drug treatments can also be quite helpful. One such modality is TENS, which stands for "Transcutaneous Electrical Nerve Stimulation." This consists of wearing one or more pairs of electrode patches on the skin attached to a box that generates electrical pulses. The box is worn on the belt or in a pocket. The electrical impulses generated by the TENS unit serve to block the pain messages going up the spinal cord to the brain. A more permanent way to deliver these pulses is to surgically implant a nerve stimulator next to the spinal cord.

Other treatments that have been shown to be effective include anesthetic injections, behavioral therapy, and biofeedback. Creams containing capsaicin can be helpful. The nutritional supplement alpha lipoic acid has been shown to have some benefit in treating diabetic neuropathy.

As you can see, this is a very complex problem and one that is often not responsive to one single treatment. It may take months or years of trying various different modalities, either singly or in combination to improve neuropathic pain.

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

Healthy Minds, Healthy Lives Mental Health Workshops Now Accepting Registrations

To observe National Rural Health Day this week (Nov. 17), Lt. Gov. Suzanne Crouch, the Indiana State Department of Agriculture (ISDA), along with the Indiana Rural Health Association (IRHA), are announcing three new mental health initiatives geared towards farmers and those in the agricultural community.

Titled Healthy Minds, Healthy Lives, these initiatives include community workshops, virtual suicide prevention trainings and one-hour sessions for agribusinesses covering mental health stigmas and the resources available to help those in need. Each event is free of charge.

"First, these initiatives will increase basic awareness of existing mental health resources in the agricultural community," Crouch said. "They will also help identify stressors, reduce the stigma and better recognize mental health needs within the farming industry. And by making them free and open to anyone, I am hopeful that several rural Hoosiers will attend and learn how to help themselves and one another."

ISDA will be working with the IRHA to help those who live and work in agriculture become more comfortable speaking about mental health care options by holding free, regional community workshops across Indiana. Conversations about mental health stigma and resources, as well as recognizing signs of those in mental health distress, will be discussed.

"Indiana is a very rural state with lots of farming and agricultural bases in many towns and cities. These workshops, agribusiness sessions and suicide prevention trainings will work to provide these communities the tools they need to recognize stress, related mental health issues and mental health crises that unfortunately can lead to

suicide attempts," said Kathy Walker, Program Director, Indiana Rural Health Association. "It is critically important that we reach our farmers, farm families, agribusinesses and those providing services to the agricultural community."

Community workshops and online suicide prevention trainings are open to anyone wanting to learn more about mental health in agriculture including, but not limited to, farmers, farming families, agribusinesses, loan officers, religious leaders, rural health care workers and more.

IRHA is currently hosting:

Three regional community workshops:

- Dec. 7 – Ivy Tech, Logansport (8 a.m. to 11 a.m.)

- Jan. 18 – Community Foundation, Seymour (8 a.m. to 11 a.m.)

- Feb. 15 – Fireman's, Warsaw (8 a.m. to 11 a.m.)

Three virtual online suicide prevention trainings, titled Question, Persuade, Refer (QPR):

- Jan. 4; to register, visit indianaruralhealth.org/events/2023/01/04/virtual-event/healthy-minds-healthy-lives-qpr-training/

- Febr. 8; to register, visit indianaruralhealth.org/events/2023/02/08/virtual-event/healthy-minds-healthy-lives-qpr-training/

- March 1; visit indianaruralhealth.org/events/2023/03/01/virtual-event/healthy-minds-healthy-lives-qpr-training/

One-hour agribusiness-focused sessions include:

- Educational sessions where an agribusiness or organization can host the IRHA to present to their staff, board members or rural community members on mental health services and stigmas surrounding agriculture.

- These sessions can be stand-alone services or in conjunction with an already scheduled meeting. To schedule a one-hour

educational training for your employees, board members or others, contact Kathy Walker at kwalker@indianarha.org.

"A few of these community workshops were held last year, and we are excited to get them up and running again, alongside new programming as well," said Bruce Kettler, ISDA director. "Agribusiness' run incredibly important and stressful operations all year long. Hoosiers and millions worldwide wouldn't eat without their commitment to raising animals and growing crops. I am hopeful these workshops, online trainings and meetings can help reduce the stigmas surrounding mental health and show rural community members that there is help available."

Cara Veale, CEO of IRHA, is looking forward to the increased community opportunities within the Healthy Minds, Healthy Lives programming.

"We at the Indiana Rural Health Association are thrilled to be partnering with the Indiana State Department of Agriculture to provide a great program and resource for farmers and farm families. We understand the importance of healthy minds and want to be sure we support our Indiana farmers and their families by educating them about available resources and ways they can ensure positive mental health."

Last year, the ISDA received a \$500,000 grant from the United States Department of Agriculture National Institute for Food and Agriculture's (NIFA) Farm and Ranch Stress Assistance Network (FRSAN) Program. A portion of the funding was provided to the Indiana Rural Health Association (IRHA) to reduce mental health stigma and connect individuals to resources.

To learn more, see additional training opportunities or to register visit indianaruralhealth.org.

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State Looks for Opportunities to Reduce Overdose Deaths

By Whitney Downard

To tamp down on the growing number of opioid overdose deaths, Indiana stakeholders hope to explore ways to intervene earlier by analyzing “touchpoints” between Hoosiers and healthcare or criminal justice systems.

For the second year in a row, Indiana hit a record high for the number of overdose deaths, with 2,755 Hoosiers dying in 2021 — an increase of 483 deaths from the year before, which was a record itself. Prior to the COVID-19 pandemic lockdowns, overdose deaths had been decreasing slightly.

Finding where overdose deaths could be prevented

Previous research shows that just over 1 in 5 Hoosiers who died from an accidental overdose were recently incarcerated — and frequently released without any support or referrals to treatment programs.

Brad Ray, a researcher with RTI International, was part of the team that released the above numbers following a study in Marion County. He presented updated findings, including data that spanned the entire state, to the Indiana Commission to Combat Substance Use Disorder earlier this month.

Between Jan. 1, 2015 and Aug. 26, 2022, Ray reported that more than 13,000 Hoosiers had died from an overdose — with 2021’s death toll more than twice the number of deaths in 2015.

“That is a lot of people to have died of an

overdose in a seven-year period,” Ray said. “That is a lot of grief and trauma for those left behind.”

His analysis sought to identify ways Hoosiers had interacted with various systems in the state — whether healthcare, penal or emergency services — in the time prior to death to find areas where intervention could have helped.

Statewide, 26% of Hoosiers who died of a drug overdose were booked in a county jail within the last year. On average, Hoosiers had five months between leaving jail and dying of an overdose.

But while far more people end up in county jails than prison, 690,528 bookings compared to 11,658 prison releases, former detainees leaving prison were at a higher risk of an overdose than their jail counterparts.

Another potential area to intervene: emergency departments and ambulances. Nearly two-thirds, 65%, of Hoosiers who died had visited an emergency room in the year before their death. Over one-third, 37%, had used another emergency medical service.

Ray said his team had received funding for a five-year “FORTRESS” study, which would try to bring a more localized version of this data to county overdose fatality review teams.

The Fatal Overdose Review Teams Research to Enhance Surveillance Systems, would help those multi-disciplinary groups identify patterns and find opportunities to implement local changes, Ray said.

He said the study chose Indiana because its overdose review teams coordinate with the Indiana Department of Health and Indiana’s Management Performance Hub enables it to create “near real-time dashboards” of overdose deaths compared to touchpoints with the analyzed areas.

Intervening in Emergency Departments, jails

Thomas Gutwein, the emergency department medical director of Parkview Health in Fort Wayne, described the introduction of a program to help those seeking emergency services access medication-assisted treatment.

“We see different people who have this problem and we need to do what we can to break the cycle,” Gutwein said.

Rather than releasing a patient with a referral to treatment, now the person leaves with a small supply of medication to treat their withdrawal symptoms and help them quit whatever addictive substance they use. Patients also leave with an appointment scheduled to follow-up in just a few days.

“This is our window of opportunity when they want help so we have to get them that help right now,” Gutwein said. “Two to three weeks (for an appointment) is too late.”

The program has limitations — for example, pregnant women require more specialized care and would not be eligible — but also refers someone to peer counseling. Though Gutwein acknowledged that the shortage of mental

health practitioners hinders that effort.

Doug Huntsinger, the state’s executive director for Drug Prevention, Treatment and Enforcement, said 68% of those who died of a drug overdose had visited an emergency room shortly before their deaths — on average, 96 days prior to dying.

“This emphasizes the critical need for opioid use disorder (treatments) and supports in our emergency rooms,” Huntsinger said.

Huntsinger also highlighted another state effort to intervene and reduce overdose deaths: the Integrated Reentry and Correctional Support program. The pilot program launched over the summer and Huntsinger said 1,400 Hoosiers in Blackford, Daviess, Dearborn, Delaware and Scott counties had been served — all people spending time in the local jail.

Dearborn County Sheriff Shane McHenry shared his institution had partnered with 1 Voice, a local nonprofit, to bring peer recovery coaches into the facility to help those incarcerated — many of whom lived in families who introduced them to their addictions.

“I’ve spent most of my career as a detective... arresting as many people as we can with narcotics... I’ve arrested grandpa, I’ve arrested dad, and I’ve arrested his son,” McHenry said. “We’re doing the same thing over and over, they’re getting arrested for the same things in the same family... Unless we do something, how do we

ever expect something will change? A revolving door isn’t going to change things.”

McHenry said the peer coaches help those accused of crimes get a photo ID, some for the first time ever, find a job or a place to live and schedule recovery appointments before they even leave the jail. Without that intervention, McHenry said someone living with a substance abuse disorder could be back in jail in as little as two months.

“When we provide folks with these things, it’s going to increase their chance for success and not coming back to jail,” McHenry said.

Though too early to analyze, he said he’s seen success not only in reducing recidivism but also helping the jail staff by giving those incarcerated someone to talk to about their court dates or any other concerns. Otherwise, staff would be answering requests for public defenders — most of whom are overworked and have too many clients.

Aaron Spaulding, who has been sober since 2015, is the project coordinator for 1 Voice and oversees the five-person team of recovery coaches who have their own experiences with incarceration. For many, he and his team are the only models of what recovery can look like, he said.

With 253 participants since July 6, he said 30 have been diverted to long-term treatment while the team coordinates reentry support services for the rest. This includes

relapse prevention skills, weekly check-in meetings and even transportation to probation meetings.

“We’re able to be there the moment they’re released. That’s the beauty of the program... and be that extra support as they’re developing their long-term support,” Spaulding said. “I remember how overwhelming this all can be. It was really overwhelming when I had to do it all on my own... The goal of this program is that every individual that is being released has immediate and ongoing support to where they never have to do this alone again.”

Huntsinger said that none of the five programs looked alike and had to be individualized for the community they served. Still, he said that numerous sheriffs had reached out to him asking for assistance in bringing the program into their facilities.

For someone like Spaulding, before his journey to recovery, it would have been life changing.

“Every Hoosier deserves the opportunity this program offers and no Hoosier should ever feel alone,” Spaulding said.

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Indiana Higher Education Commission to Highlight Value of Higher Education

The Indiana Commission for Higher Education yesterday launched its statewide “Education Value Movement” to help stem the college-going decline and encourage more Hoosier students and adult learners to pursue some form of education or training beyond high school.

Over the past 18 months, the Commission and its partners at the Governor’s Workforce Cabinet and VOX Global have undertaken in-depth qualitative and quantitative research, focus groups and surveys to understand why Hoosiers are — or increasingly aren’t — enrolling in or promoting college.

The Commission’s most recent data show just over half (53%) of Indiana high school graduates in the class of 2020 pursued some form of education beyond high school. Additionally, nearly 2 million working-age Hoosiers do not have postsecondary credentials.

“Indiana’s current and future growth is directly related to the level of our skilled workforce,” said Gov. Eric Holcomb. “Not only do we need

to better stress the value proposition of education beyond high school, but Hoosier families also need to be made more aware of Indiana’s generous financial aid at our many high-quality postsecondary institutions.”

He went on to say, “The Commission’s research into attitudes about higher education will inform our state’s collective efforts in messaging to high school students and adult learners that college yields a high return on investment and is equally accessible.”

During its research, the Commission conducted in-depth interviews with more than 100 Hoosiers and fielded a survey reaching 1,254 Indiana residents with varying experiences and attitudes toward higher education. Audiences were comprised of the general population, adult learners, parents and current high school students. Two key themes emerged from the initial analysis: “College is too expensive,” and “College isn’t necessary.”

Eighty-four percent of survey respondents believe that college is too expensive, and 60 percent believe a degree doesn’t mean as much

as it used to. However, when measuring the overall sentiment about college, Hoosiers still feel favorable — 82 percent of survey participants responded favorably toward “higher education.”

“Choosing to pursue education beyond high school is a deeply personal decision and there are often barriers that people must overcome to be successful in their pursuit — even if it is something people feel positively about for their lives or the lives of their loved ones,” said Indiana Commissioner for Higher Education Chris Lowery.

“It is important to approach the college conversation in ways that don’t automatically turn people off the idea, and that starts with acknowledging the skepticism, helping students and adult learners navigate the cost and connecting everyone to the myriad resources Indiana makes available.”

Using the research findings, the Commission developed a new message framework to better deliver positive messages around the value of higher

education for the state overall. The messages were tested during interviews with educators and in focus groups comprised of high school students, adult learners and parents.

The Commission is equipping trusted messengers such as partner state agencies, educators, nonprofit organizations, community- and faith-based groups, and philanthropic teams with tools, information and resources to encourage high school students and adult learners to pursue a degree or credential beyond high school.

Individuals interested in learning how to implement the message framework of the “Education Value Movement,” can complete the free 20-minute module. One Professional Growth Plan (PGP) point (to be used toward licensure renewal) will be awarded to Indiana educators who successfully complete the module.

Based on the Commission’s research, trusted messengers are more likely to be listened to and their messages more likely to resonate with students and adult

learners. Twenty-seven percent of survey respondents view the state government as being trustworthy or extremely trustworthy when it comes to providing guidance, advice, and resources about education beyond high school. This is compared to 66 percent for school counselors/teachers, 70 percent for friends and 77 percent for family.

“Data consistently show the economic and social benefits that come with greater levels of education. And Indiana has a great story to tell about the value of higher education — when adjusted for inflation, tuition and fees at four-year, public Indiana colleges have gone down by 7 percent over the last year,” said Lowery. “We have to continue building this positive narrative, and leaning on our state’s trusted messengers — teachers, school counselors, business leaders, community partners, faith leaders and philanthropists — to add a voice to this movement.”

The “Education Value Movement” campaign kicks off today with radio,

television and social media ad buys featuring football hall-of-famer and Indiana college graduate Jerome Bettis. Recently, the former Pittsburgh Steelers star and Detroit native went back to finish his business degree at the University of Notre Dame — where he started nearly three decades earlier.

The Commission obtained an exclusive interview with Bettis about why completing his postsecondary education was important to him — and why he believes it’s important for others.

All campaign traffic will be driven to the redesigned Learn More Indiana website which will connect Hoosiers with updated resources and support for 21st Century Scholars. The Commission will be conducting follow-up surveys of Hoosiers to gauge the impact of its efforts.

Anyone who is interested in learning more about the Commission’s work or connecting with a staff member who can provide a messaging training opportunity can reach Charlee Beasor at cbeasor@che.in.gov or by calling (317) 232-1060.

The Times

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Photos courtesy of Volvo

2022 Volvo C40 Recharge EV Could Have Been the World's Safest Supercar

Take a look at the Volvo C40 Recharge. It's extra handsome with its substantial crossover coupe styling, but there's a world-class supercar hiding within. "Recharge" means its all-electric, and while it won't outrun the fastest Teslas or even the quickest gas-powered Corvette, it would have thirty years ago. That's how far we've come and how impressive is this super safe Volvo.

Travel back with me to 1990 when Chevrolet launched the Corvette ZR-1 to challenge the Lamborghini Countach, Ferrari Testarossa, and Porsche 911 Turbo. That car had a 32-valve 5.7-liter V8 conjuring 380 horsepower and 0-60 mph in about 4.5 seconds. This little Volvo-safe crossover, which would quite happily delivering your kids to band practice, delivers 402 horsepower and runs 0-60 mph in 4.5 seconds.

It does so with the confidence of all-wheel-drive, allowing it to handle sick roads and deep snow like no Corvette ever.

But, of course, the C40 is more capable than that. Fully charged, it has 226 miles all-electric range and can recharge 10-80% in just 37 minutes. It's a big pudgy, registering 87-MPGe. In case you care, the ZR-1 managed 19-MPG combined, which was actually pretty efficient back then. Back in the Volvo, true one-pedal driving kicks in regenerative braking as soon as you lift off the throttle, mostly negating the need for the brake pedal except at rest.

You would never know its potential from the exterior, which looks like a sportier version of Volvo's other crossovers. Sure, the jacked-up four-door coupe profile is a little more expressive, and there's a plastic panel where a grille would nor-

mally reside, but "Thor's hammer" headlamps, beefy fenders, thick doors, and 20" wheels could have come from other models. You would have to stand on top to see the fixed panoramic glass sunroof that brightens the bunkered interior. Still, it's a handsome little devil that balances familiar and fashionable.

Much of the same is true inside. There's little to differentiate the C40 from other Volvos, but I'd argue there's no need. Channeling its Swedish heritage, everything is well-made and understated while providing all of the technology and conveniences modern humans desire. There's a large 9" swipescreen in the middle for most infotainment functions with redundant climate functions below. Drivers face a crisp flatscreen instrument cluster. Faux woodgrain and vegan upholstery look

2022 Volvo C40 Recharge, Five-passenger, AWD Crossover
Powertrain: Li-Ion batteries/motor
Output: 402hp/487 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: regen disc/disc
Must-have features: Style, Safety
Driving range: 226 miles
0-60 mph: 4.5s
Recharge (10-80%): 37m
Economy (combined): 87 mpg-e
Assembly: Ghent, Belgium
Base/as-tested price: \$55,300/60,540

suave while protecting the environment.

Conveniences and safety live up to Volvo standards. Heated front/rear seats and steering wheel zap winter chill while Harman Kardon audio, keyless entry, and a power liftgate add delights. Being a Volvo, you know the C40 is safe. Adaptive cruise, blind spot warning with steering correction, cross traffic alert with autobrake, and forward automatic emergency

braking help. There's also 360-degree camera, lane keep assist, and run-off mitigation systems. Should all of that fail, the C40 is blessed with a very stout body structure.

Out on the road, the C40 feels really heavy for its size, which adds to the sense of security. Battery weight is down in the chassis, which improves handling. I drove my father-in-law in the car on the way to a bourbon tast-



CASEY WILLIAMS
Auto Reviews

ing and had a little sprint on the freeway. When I stepped down, and the car leaped forward instantly and silently, it was clear he had never experienced anything like that. Well, unless he rode in a 1990 Corvette ZR-1.

A base price of \$55,300 - \$60,540 as tested - puts the C40 Recharge against the Mercedes EQB, Genesis GV60, Lexus RZ 450e, and Cadillac Lyriq.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

It's Stubby's Chance



CARRIE CLASSON
The Postscript

I am delighted to report that my mother has come around.

I have been lobbying my mother for months to take pity on a little red squirrel who had acquired a great fondness for her, demonstrating his devotion by digging up all her flowerpots and gazing at her for minutes at a time through the window. My mother spent the summer shooing him off the deck and telling him to "scram" when she saw him through the window.

"He loves you, Mom." "I don't love him!"

The little squirrel persisted. He would stare through the window, standing on his hind legs with his little fingers knit together, as if he was about to make a speech. I suspected I knew what his speech would be about. He wanted to be my mom's pet.

"He's not my pet!" my mother insisted.

A couple of weeks ago, I sent her a video of a squirrel that had been allowed to live in someone's house. "Never inside!" she texted back.

The fact that she said "never inside" instead of simply "never!" indicated to me that she was softening on the subject. I suspected I knew the reason. Sometime early this fall, the poor squirrel lost half his tail.

"He was too preoccupied looking in the window at you!" I told her.

"I don't know how he lost it," my mother said. "Maybe a fox."

I could tell this recent bit of bad fortune had tipped the scale in favor of my little furry friend.

"Squirrels need their tails," my mother said. "They use them for balance. He might not be able to climb trees anymore!" As if to reassure my mother, the little squirrel nimbly scrambled up the

nearest pine tree with a cone in its mouth.

But now all the other red squirrels had disappeared for the season, and this one fellow was still there, with half a tail, hanging out on the deck and acting as if he desperately wanted to be part of the family.

"Well, I've decided to start feeding him," my mother told me.

This is a big concession for my mom. Squirrels are the never-ending adversary, always looking for ways to get into the bird feeders. My parents have put considerable effort into thwarting their attempts. The red squirrels in particular are mischievous, dropping things onto the deck, stealing birdseed every chance they get and chattering loudly when they have some complaint—and they are always complaining about something. This fellow is as bad as any of them. But he won't go away. And now he only has half a tail.

"So I guess he needs a name," my mom continued. "Your sister suggested Richard, but that sounds too dignified to me. I suggested Ricky." Obviously, things had progressed significantly if my mother was christening the wicked little red squirrel.

"But Beau pointed out that we don't know if it's male or female, so maybe we should pick a name that would work either way." Beau is my nephew, and he is very concerned about inclusive language.

"Beau suggested Ray," my mom continued, which did not sound very squirrel-like to me.

"It's missing half its tail." I reminded my mother. "Why not call it Stubby? That would work for either gender."

"Stubby!" my mom laughed.

Whatever his (or her) name, I feel a lot better about Stubby's chance of making it through the winter with half a tail now that there is a daily serving of seeds on the deck railing.

And I am pleased that my mother has finally acquired a new pet.

Till next time, Carrie

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

Indiana Remains Essentially a One-Party State



BRIAN HOWEY
Howey Political Report

Indiana remains, essentially, a one-party state after Tuesday's mid-term election. Republicans are poised to increase their state Senate and House super majorities; elected Diego Morales as secretary of state by a 14 percent plurality despite numerous allegations of vote fraud and sexual harassment, and came within several points of picking off the 1st Congressional District seat it hadn't held in 94 years.

U.S. Sen. Todd Young joined Morales in forging an emphatic win, drubbing Hammond Mayor Thomas McDermott Jr. 57.9 percent to 38.7 percent with 94 percent of the vote reporting. McDermott told reporters at his concession speech, "I wasted 14 months of my life."

Indiana continues to be a deep red state. It's largely a function of map drawing at the legislative and congressional levels, and vastly more GOP resources at the statewide level. Democrat secretary of state nominee Destiny Wells was only able to come up with about \$500,000 in late TV ad money, leaving her woefully short in burnishing her resume and name ID in her 14 percent loss to Morales. She was obviously unable to make rural inroads, despite more than 140 Indiana Democrat

outreach events in more than 70 counties. Morales won dozens of rural counties with between 60 percent and 70 percent of the vote.

In what appeared to be a tough election cycle onset, Democrats left eight Senate seats and 33 House seats uncontested. Senate Republicans picked off Sen. Michael Griffin by Lake County GOP Chair Dan Dernulc and could have defeated Democrat Sens. J.D. Ford and Rodney Pol if they had put in more resources earlier. The Senate GOP super majority is now back to 40-10.

Indiana House Republicans were able to defeat State Reps. Terri Austin (by 35 votes) and Rita Fleming (by 333 votes), while Jackson County Councilman Dave Hall upset Monroe County Commissioner Penny Githens in HD62, that was supposed to be so blue that State Rep. Jeff Ellington abandoned it to run unsuccessfully in HD45. The GOP will likely have a 71-29 House margin once the recounts conclude.

After reapportionment in October 2021, speculation began that the 1st CD had turned "purple." Freshman Democrat U.S. Rep. Frank Mrvan defeated Republican Jennifer-Ruth Green, and it was surprisingly close, 52.6 percent to 47.4.

Green was attempting to be the first Republican to win The Region seat in 94 years. They thought she would be in the vanguard of substantial GOP gains as the party took over the House. "We knew all along we needed to do everything right to put Jennifer-Ruth in a position to catch a wave," Tim

Edson, a Green campaign consultant, told Mark Schoeff Jr. of Howey Politics Indiana. "We did it, but the wave didn't materialize. She ran as absolutely good a race as she could have."

Republicans will be tempted to think they dodged the abortion ban bullet. They did for now, but look at how many states, including Michigan and Kentucky, that rejected bans with constitutional amendments via referendum, which will likely be a 2024 gubernatorial issue.

Indiana Democrat Chairman Mike Schmuhl, who helped Pete Buttigieg win the 2020 Iowa presidential caucuses based on a rural strategy, said Thursday, "Indiana Democrats laid the groundwork in 2021 and 2022, and now it's time to crisscross our state even more, build up our party from the grassroots, elect city leaders in 2023 and a governor, U.S. Senator, and additional state legislators in 2024."

While Indiana was a bright, red, glowing ember, nationally Trump Republicans had a dismal night. The "red wave" fizzled, with both the U.S. House and Senate majorities undetermined at this writing following a surge of voters who felt the fate of democracy and female reproductive rights were more important than soaring inflation and gas prices which were at around \$4.24 a gallon in Indiana on Election Day.

Sen. Young urged Hoosier Republicans to take an aspirational approach to governance in an election cycle that had been dominated by Donald Trump's grievances. "When we Republicans present an optimistic vision for the fu-

ture, of an America more strong and more free, we win in record fashion," Young said during his victory speech. "Let's not overlook that conclusion."

The critical question for control of the U.S. Senate is whether the GOP can stave off Donald Trump's Nov. 15 presidential kickoff until after Dec. 6 Georgia run-off which could determine control of the upper chamber.

David Frum observed in The Atlantic, "Trump had another night of defeats last night, perhaps his most spectacular yet. He pushed his party to nominate weirdos and crackpots. He trapped a supposedly pro-life party into rallying to a candidate credibly alleged to have pressured two different women into unwanted abortions.

Trump raised money for candidates and hoarded the money in his own PAC accounts. Anytime Republicans got a chance to talk about the future, he dragged them into battles over his past misconduct. Last night, voters got their chance to render a verdict. And whatever else they meant to say, they clearly communicated that they were sick of Trump and his antics."

This new dynamic will come in full relief as former Indiana governor and vice president Mike Pence holds a CNN Town Hall next week. And Florida Gov. Ron DeSantis emerged with a 20 percent re-election victory and, perhaps, the frontrunner should Trump be indicted for hoarding top secret documents at his Florida resort.

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

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Indiana Celebrates Global Entrepreneurship Week

On Monday, Indiana Gov. Eric Holcomb proclaimed this week (through Nov. 20) Global Entrepreneurship Week in Indiana, recognizing the many contributions that entrepreneurs and innovators have made to Indiana's economy and communities. As part of the state's celebrations this week, Indiana Secretary of Commerce Brad Chambers and the Indiana Economic Development Corporation announced new entrepreneurial ecosystem assets, launching Entrepreneurship Indiana, an annual publication honoring the entrepreneurial journey, and announcing a new website to help entrepreneurs start and grow their business.

"Entrepreneurship has been and continues to be an essential driver of Indiana's economic future," Chambers said. "Our innovation ecosystem has unlimited potential and deserves continued cultivation and resource allocation. This week, we honor and thank our entrepreneurs – the risk takers, dreamers and innovators who are fundamental to our state's economy."

Entrepreneurship Indiana 2022 is an entrepreneurial yearbook published in partnership with PATTERN to honor the state's entrepreneurial ecosystem and inspire future founders and innovators. The inaugural edition, which is available online, features 100 entrepreneurial success stories, highlighting the ambition, commitment and resilience of entrepreneurs of all backgrounds and industries across the state.

The new website, currently in beta testing with organizations that support Indiana's entrepreneurs, is a tool for current and future entrepreneurs, designed to connect founders with the right resource at the right time in their



Governor Eric Holcomb

journey to start and grow their business.

It is the first of its kind statewide listing of resources, programs and services for entrepreneurs, providing visitors curated connections to Indiana's robust network of support organizations, mentors, accelerators, capital opportunities and more.

Sec. Chambers and the IEDC will celebrate these new initiatives and Indiana's entrepreneurs at three regional Global Entrepreneurship Week events this week, hosting founders, aspiring entrepreneurs and industry mentors. The state will also host Cecilia Wessinger, director for global community at the Global Entrepreneurship Network, who will be visiting the Hoosier State to celebrate Indiana as an emerging global entrepreneurial ecosystem.

"One week a year, for the past 15 years, the world comes together in commemoration of entrepreneurship. We celebrate ingenuity, resilience and passion, the life blood of courage, sustainability and prosperity. In recognition of efforts and inviting more people to explore opportunities and dreams of their own making," said Wessinger. "At the crossroads of America, Indiana has a rich history in all these aspects. I am excited to join the festivities and honor the founders and ecosystem builders in the



heart of the Heartland."

The events will be held as follows:

- Central Region: Today from 4-6 p.m. at The Center - Heritage Groupm, 6320 Intech Way, Indianapolis

- North Region: Tomorrow from 4:45-6:30 p.m. at the Lerner Theater, 410 S. Main St., Elkhart

- South Region: Thursday, Nov. 17, 4:30-6:30 p.m. at The Mill, 642 N. Madison St., Bloomington

Indiana is committed to investing in the growth and success of the state's entrepreneurial ecosystem, which continues to inspire entrepreneurs and fuel new innovations, create quality jobs for Hoosiers, and attract record levels of capital investment. Indiana recently ranked as a Global Top 40 Emerging Ecosystem by Startup Genome, and six of the state's cities were named among the 2022 Best Startup Cities in the Midwest with Indianapolis ranking No. 3.

The state's entrepreneurial ecosystem has a significant impact on the state's economy and its communities. Indiana's youngest companies (under five years of age) account for the majority of net new job growth in the state, creating more than 36,000 new jobs in 2019 alone.

In 2021, Hoosier companies under five years of age contributed an estimated \$11.5 billion to Indiana's GDP. At the local level, one successful new company increases the median household income of surrounding households, driving community wellbeing.

Duke Energy to Work with North American Utilities on Protecting Their Customers from Scams

It could be a phone call or a text. "This is Duke Energy, and we are on our way to disconnect your service unless you pay us right now." The type of communication or message may vary, but the intent is always the same – to scam customers out of their money or personal information.

If you receive a similar call or text, do not engage because Duke Energy never calls or text customers demanding immediate payment to avoid disconnections. Customers can verify their balance on Duke Energy's website, via our mobile app or by calling the customer service line.

As technology has advanced to help customers pay their bills, so have scam tactics geared toward preying on them and defrauding them of their money and personal information. That's why Duke Energy partners with utilities across North America to bring awareness on fraudulent activities during the seventh annual Utility Scam Awareness Day on Nov. 16.

The campaign focuses on utility impostor scam calls and the advanced tactics used to target customers. The day is also part of the weeklong International Fraud Awareness Week, an advocacy and awareness campaign directed at educating customers and exposing the tactics used by scammers.

Recognized annually, Utility Scam Awareness Day was created by Utilities United Against Scams (UUAS), a consortium of more than 150 electric, water and natural gas companies and their respective trade associations.

"Scammer tactics are becoming increasingly sophisticated, but utility impostor scams are oftentimes as simple as a scammer posing as a customer's local utility, calling and threatening to shut off their service unless they provide payment," said Monica Martinez, executive director of UUAS. "Customers

shouldn't be afraid to end a call that they suspect is a scam. You can always end the call and dial the number on your utility's bill or on the utility website to confirm."

Stop the scam:

Over the last few years, particularly during the pandemic, Duke Energy and other UUAS member organizations have seen an increase in efforts to take advantage of utility customers and the financial challenges that many have faced.

So far in 2022, nearly 1,200 scam attempts have been reported to Duke Energy Indiana. Fortunately, less than 5% of individuals who reported a scam attempt in Indiana fell for it – a tremendous decrease from the 10% victimization rate from when the company first started tracking data in 2015.

"While we are proud of the progress we've made, our goal is to reduce the number of our customers falling victim to these scams even further," said Tiffany Dennison, Duke Energy's vice president of revenue services and metering. "As scammers become more sophisticated, we've become more committed to curbing the problem through educating our customers, engaging with the telecom and technology industries to remove access to phone lines and fraudulent online advertising, and advocating for stronger policies to protect customers."

Know what to look for:

• Threat to disconnect:

Scammers often threaten immediate service disconnections. They ask for personal information or demand payment to prevent service interruptions.

• Request for immediate payment:

Scammers may instruct customers to make payments via prepaid cards, digital payment apps, cryptocurrencies or direct transactions with banking institutions. Duke Energy does not accept payments through the Cash App, Venmo or Zelle apps. (Customers can

make payments directly via Duke Energy's website, duke-energy.com, or mobile app.)

• Promise of a refund or discount:

Scammers prey on households with tight budgets. They will inform customers of impending refunds due to overpaid utility bills; however, they need banking information to process the refund. They also may claim that immediate bill payment will result in a discount or that a charitable donation can be made in exchange for a lesser bill payment.

• Personal information:

Scammers promise to mail refund checks for overpayments on a customer's account if they can confirm their personal data, including birthdays and, in some cases, Social Security numbers.

Protect yourself:

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- Specify how customers should make a bill payment.

- Threaten immediate service interruption. Customers with past-due accounts receive multiple advanced notices, typically by mail and in their regular monthly bill.

- Ask for personal information or credit or debit card numbers over the phone, by email or in person – either for a payment or a refund.

- If customers suspect someone is trying to scam them, they should hang up, shut the door or delete the email or text. They also should contact the utility immediately at the number on the most recent monthly bill or on the utility's official website, not the phone number the scammer provides. If customers ever feel in physical danger, they should call 911.

More information is available at duke-energy.com/StopScams.

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WANDA

From Page A1

I can't deny that deer hunting isn't a great bonding experience. Fathers and sons, fathers and daughters, brothers and sisters, even mothers and daughters come together each fall to create memories. Nothing brings a family closer than bodies spritzed in deer urine.

Even though deer hunting is good for families, it probably isn't as good for marriages. I suspect that deer hunting outpaces football, golf and horse betting for triggering divorce. I'm reminded of our neighbors Bill and Wanda Lake.

The Lakes lived right up the lane from us. That put them outside the town limits, just far enough that Bill could practice shooting his 30-06 Springfield rifle without breaking the law. Truthfully, being inside the town limits never stopped anyone, anyway.

A gruff, retired Marine, Bill loved to deer hunt. He wore a flat-top haircut. His 5'5" height was offset by a broad-chested frame that meant business. Think Sergeant Carter on Gomer Pyle.

Wanda was sweet, but not gentle. At one-and-a-half times Bill's size, she was more than capable of standing up against his tough-guy persona. The pastime they shared was bickering. It was common to hear the two going at it, hundreds of yards away.

Wanda hated hunting. Bill hated when Wanda spent money. It was detente.

One year, Bill and my Dad spent a week preparing for opening day of deer hunting season. The plan was to get up before dawn, and go hunting at Camp Atterbury for the entire day. Wanda was furious! Her niece was getting married the next day, and she didn't want her husband showing up at the rehearsal smelling like deer essence.

Bill went anyway. It was rainy, and a bitter wind made the hunting trip miserable. They never saw a single deer.

Additionally, Bill lost a treasured ring from his Marine days, and the two got the station wagon stuck on a muddy fire trail. Worst of all, Bill, needing to relieve himself much as the proverbial Bear in the Woods does, discovered he forgot to pack the toilet paper. He chose instead to clean up using some broadleaf vegetation located at the base of the tree he was behind.

It was poison oak. (Sidebar: Bill discovered there wasn't enough calamine lotion in the world, and ultimately had to go see a doctor.)

In the meantime, Wanda was peering out her kitchen window, when as if on cue, a young deer ambled into the Lake's backyard from the adjacent cornfield.

It took only a single shot from Wanda's 9mm Glock handgun to drop the 8-point buck in his tracks.

When Bill got home, Wanda was gone, but the deer was lying in the yard about five feet from the back door. Bill walked over to it, and read the cardboard sign that Wanda stuck on an antler.

"I hope you had a good time," it read. "Gone shopping."

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



Thanks for reading The Times!

BETSY

From Page A1



Photo courtesy of Trevor Greenlee

Noblesville High School orchestra teacher David Hartman (above right) is seen directing the pit orchestra in a tight location during rehearsals for "Chicago: Teen Edition," which is on stage Thursday through Saturday at NHS.

cal, "Chicago: Teen Edition," comes together with the orchestra for the three performances this week, at 7 p.m. Thursday, Friday and Saturday. (By the way, if you want tickets for the show, I suggest ordering online as soon as possible before tickets sell out.)

NHS orchestra teacher David Hartman is the pit orchestra director.

And this year, the pit orchestra won't actually be performing in the pit in front of the stage. This year, the pit orchestra is part of the show on stage.

"It's really just a location but the pit on stage tries to set the scene for being in a jazz club," Hartman said.

While the orchestra makes their job look easy, preparing for this musical is a lot of work. And a big commitment. Orchestra members don't just show up and play.

"We get the materials eight weeks before the show dates," Hartman said. "I assemble the needed musicians (vol-

untarily unless it is an orchestra pit which I have my advanced orchestra participate). The pit rehearses independently from the cast until about the sixth week, and then we combine for a sing-through (sitzprobe). We join them on stage (or in the pit) five days a week for the final two weeks."

So, are there auditions? Hartman said, "Honestly, I look for volunteers from my top orchestra and band classes. It's a big time commitment so it is not everyone's cup of tea. The students end up having a lot of fun, though, when it all comes together."

The music? There are 34 pieces of music in this musical, probably one hour and 15 minutes of music, Hartman said. "Musical players have to have strong reading skills."

The orchestra's favorite musical piece to play in the show, he believes, is "Chicago Overture/All That Jazz," which, he said, has "a lot of features



Photo courtesy of Trevor Greenlee

The string section of the Noblesville High School pit orchestra, which is basically the NHS jazz band plus strings, rehearses for "Chicago," "The Musical," on stage Thursday through Saturday at NHS.

for the pit and is upbeat." Does the orchestra have a name?

"We are just known as the musical pit orchestra," Hartman said. "Not all shows, like this one, actually feature an orchestra. Sometimes, it is a rock band, or like this year, a jazz band with a few strings added."

So, who's playing this year? "This year, we have myself conducting," Hartman said, "and Mrs. (Carrie) Cain (NHS piano teacher) playing the piano 1 book. The pianist has to be a professional-level player because of the demands of the music. In the past few musicals, we have hired a former student to come in and play the drum set. We didn't have a student volunteer with the skills needed at the time. We have a student drummer this year that is fantastic. All others in the pit are

current students."

Hartman, who is in his 31st year teaching at NHS and who is a guitarist, violinist ("all strings, really") and who dabbles in the accordion, has been involved with more than 20 musical productions.

Hartman enjoys the collaboration with the school musical.

"This is actually the most demanding musical performance our school does all year," he said. "It takes at least six to seven directors to make all the parts come together. (John Neubauer is musical director, Julianne Fowler is assistant music director, Shantel Morris is show director, Greg Richards is technical director and Susan Nieten is assistant tech director, and NHS senior Trevor Greenlee is student director, plus choreographers Morris and Fowler and three more assistant

Meet the PIT ORCHESTRA

Director: David Hartman
Banjo: Jaiden Casey
Drums/Percussion: Robbie Butler and Ella Feliciano
Piano: Carrie Cain, Tyler Cowan, Amy Schoonover
Reed 1: alto saxophone and clarinet, Jacob Hunt and Jacob Ropte; flute, Elysia Uggen
Reed 2: tenor sax and clarinet, Tessa Bragg; flute, Lia Benitez
Reed 3: bari saxophone and bass clarinet, Tyler Gauthier
Trombone: Keegan O'Conner and Jackson Durst
Trumpet: Daniel Carrington and Ben Whitacre
Tuba/Bass: Matthew Crosby, Clark Larson, Anthony Orta
Violin: Ashlyn Barber, Mason Cannady, Ethan Feliciano, Marielle Fitch, Peyton Kauzlick, Chloe Snyder

choreographers.) The cast members really enjoy this type of performing and are quite talented."

Hartman said, "I enjoy being the one on stage making the show happen with the students."

He said, "Please come see the show. We need the audience in order to make all this work meaningful."

Contact Betsy Reason at betsy@thetimes24-7.com. Read how the show and music directors bring the cast and crew together in the Betsy Reason column in the Wednesday edition of The Times.

SHERIDAN

From Page A1

Before the COVID19 pandemic, this Jam was held in Sheridan on the third Sunday of each month, but then the pandemic arrived and things, including this bluegrass jam, went away. With the advent of First Friday on Main Street event here in Sheridan, the Sheridan Historical Society thinks it is time to resuscitate this previously well attended monthly program.

In the past people from all walks of life came to Sheridan to take part in having all sorts of fun and making great music and vocals. It wasn't unusual to have twenty or more pickers participating, and making some real foot stomping, toe tapping music. You don't have to be a pro to play in this jam; just pick up your fiddle (or whatever string instrument you play) and take down your bow (or your pick), and 'fake it till you make it!

Make sure to spend



Photo courtesy of the Sheridan Historical Society

Pickers gather to have fun and entertain themselves and others. A wonderful way to pass some time in uptown Sheridan on a First Friday evening. Won't you join them?

time on the First Friday on Main Street each month at the Sheridan Historical Society's Museum, located at 315 South Main Street, in beautiful uptown Sheridan, and listen to or participate in the Sheridan Bluegrass Jam. The shows will begin about 5 p.m. and end at 9 p.m.

There is a small kitchen area if you want to bring snack foods, but you will need to bring appropriate

disposable plates, cups, bowls and flatware. The Sheridan Historical Society asks you to bring your own drinks; there will be a coffeepot available, but you will need to bring the makings. And as before, no alcohol, no fussing and no cussing. Donations for the upkeep of the facility are always welcome.

For more information, contact Steve Martin at (765) 513-7457 or shmartin1@comcast.net

SQUARE

From Page A1

This free, donation-based event is a chance for kids to meet with Santa in his house, located on the south side of the square along Conner St/SR 32.

The Santa House has been on the square since 1963, making this the 59th year. The Historical Society is also offering a virtual option on three Thursdays this year. For more information, check the society's Facebook page, where you can find Events created for each date of the Santa House, including the virtual times.

The schedule for the Santa House is as follows:

- Sunday, Nov. 27 from 2-6 p.m.
- Thursday, Dec. 1 from 5-8 p.m. (Virtual)

- Friday, Dec. 2 from 5-9 p.m.
- Saturday, Dec. 3 from 1:30-5 p.m.
- Sunday, Dec. 4 from 12-3 p.m.
- Thursday, Dec. 8 from 5-8 p.m. (Virtual)
- Friday, Dec. 9 from 5-8 p.m.
- Saturday, Dec. 10 from 12-5 p.m.
- Sunday, Dec. 11 from 12-3 p.m.
- Thursday, Dec. 15 from 5-8 p.m. (Virtual)
- Friday, Dec. 16 from 5-8 p.m.
- Saturday, Dec. 17 from 12-5 p.m.
- Sunday, Dec. 18 from 12-5 p.m.
- Friday, Dec. 23 5-8 p.m.
- Saturday, Dec. 24 from 12-4 p.m.

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TUESDAY

In The Kitchen

Tuesday, Nov. 15, 2022

A8

Handling Eating Challenges During the Holidays



Photos courtesy of Getty Images

12 tips to help maintain eating disorder recovery

FAMILY FEATURES

Navigating recovery from an eating disorder is rarely easy, and the holiday season tends to be especially challenging. Family gatherings, disrupted routines, food-centered celebrations and more create an abundance of potentially triggering situations for people recovering from eating disorders.

You may find it beneficial to create a holiday-specific relapse prevention plan. The goal should not be to plan or control every aspect of the holidays or get through them without slip-ups. Rather, the goal should be entering the holiday season with a plan to help you avoid triggers, forgive and grow from slip-ups and embrace flexibility when things don't go as expected.

To help avoid relapse while navigating the holiday season, consider these tips from the experts at Alsana, a national eating recovery community that serves adult clients of all genders through in-person and virtual programs:

- 1. Know your relapse triggers.** Triggers are stimuli that create intense, uncomfortable or even intolerable emotions. These triggers can send you into a reactive state, making you vulnerable to compulsive behaviors or old coping mechanisms you used to rely upon for escape or distraction. If there are certain situations or topics you find difficult, be aware of them and have a plan to address or avoid them as needed.
- 2. Keep appointments with your care team.** Because the holiday season is so busy, it can be tempting to put a pause on your recovery, but experts agree that's not ideal. Keep meeting with your dietician and attending therapy as usual. Even if you're going home for the holidays, make it a priority to meet with your care team via phone or video chat.
- 3. Communicate with members of your support network.** Let your close friends or family members know the season may be

difficult for you. Talk with them about any specific concerns you have regarding meals, routines, family or situations that may trigger you, and remind them how much you appreciate and rely on their encouragement and support. If you need additional reinforcements, Alsana offers free online support groups.

- 4. Set clear boundaries.** Your loved ones can't read your mind. Make sure you communicate with loved ones about what's helpful, what's OK and what's not OK as you work to maintain your recovery. They may not get it right the first time around, but if you continue to self-advocate, your boundaries will become clear in time.
- 5. Practice stress management.** Because even fun can be stressful, it's nearly impossible to avoid holiday stress altogether, so make time for proactive stress management. Getting plenty of rest, spending time outdoors and taking time simply to pause can go a long way toward reducing stress and making triggers more manageable this holiday season.
- 6. Develop an exit strategy.** Rehearse what you'll say to duck out of a party or holiday gathering but don't feel up to doing so this year, ask someone else to take it on. Or, if hosting is something you truly enjoy, find ways to share the responsibility, such as selecting a co-host or planning a potluck menu.
- 8. Practice gratitude.** Gratitude can actually make you happier. In other words, your attitude can influence your outlook. Spend some time contemplating the things in life you're thankful for every

day. Creating this positive frame of mind can help you feel better prepared to tackle the challenges the holidays can bring.

- 9. Follow your meal plan.** Try not to deviate from your normal eating habits. For example, don't skip breakfast because you plan on having a big holiday lunch. You've gained valuable lessons in treatment, so even if you're feeling overwhelmed by all the hustle and bustle, try to stick to what you know but give yourself some flexibility.
- 10. Check in with your hunger and fullness cues.** Understand reminders of your hunger cues – stomach rumbling or growling, feeling light-headed, having trouble focusing on tasks, head or stomach hurting – and reminders of fullness cues, such as pressure or discomfort in your stomach, sluggishness and no longer enjoying your food. These reminders are especially important when you're at a holiday party to help you eat when you are hungry and stop when you are feeling satisfied or full. Eat mindfully but give yourself unconditional permission to have an extra taste or two of your favorite holiday foods without fear of derailing your recovery.
- 11. Don't play the shame game.** Shame tends to spiral and it only makes things harder. Recovery is not linear, so try not to look at slip-ups as deviations from your path, but rather vital opportunities to grow in your recovery.
- 12. Enjoy the holidays.** Holidays can stir up emotions, memories and family dynamics. Give yourself permission to opt in or out of festivities as needed. While it may be tempting to fall into people-pleasing behaviors or other old habits during the holiday season, consider instead starting your own recovery-minded traditions.

Find more advice to help navigate your eating disorder recovery this holiday season at [Alsana.com](https://www.alsana.com).



Stress Management Tools for the Holidays

The holiday season can be full of joy and family fun, but for some, especially those in eating disorder recovery, the occasion can be incredibly stressful. Consider these tips from the experts at Alsana to help you respond to stressors more thoughtfully and constructively:

- 1. Calm down with mindfulness practices, meditation or yoga.**
- 2. Feel and vent your feelings through journaling, therapy and talks with loved ones.**
- 3. Practice gratitude every day and be patient with yourself.**
- 4. Create a go-to playlist to use when things feel overwhelming.**
- 5. Develop a schedule that creates space for self-care.**

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TUESDAY

In The Kitchen

Tuesday, Nov. 15, 2022

A9

Put a Plant-Based Twist on Holiday Baking

FAMILY FEATURES

Flavorful desserts are a staple of the holidays and the exciting, appetizing allure of new recipes can help elevate seasonal gatherings and create sweet memories. With near-endless options for celebrating the season, putting a plant-based twist on traditional recipes offers everyone the opportunity to indulge with decadent treats.

In seasonal sweets like Brulee Pumpkin Pie and No-Bake Chocolate Peanut Butter Cheesecake, an option like Country Crock Plant Cream can be used as a dairy-free substitute for heavy whipping cream. With 29% less saturated fat than dairy heavy whipping cream, it's an easy 1:1 swap and is also soy-free, certified plant-based and 100% vegan, making it ideal to have on hand during holiday baking season. It's all of the deliciousness of heavy cream, with none of the heaviness of dairy.

Visit CountryCrock.com for more delectable holiday dessert ideas.



Brulee Pumpkin Pie

Brulee Pumpkin Pie

Prep time: 45 minutes
Cook time: 1 hour
Servings: 8

Pie Crust:

- 1 1/2 cups all-purpose flour
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 8 tablespoons Country Crock Plant Butter, cold and cut into cubes
- 2 tablespoons chilled vegetable shortening, cut into pieces
- 4 tablespoons ice water

Pumpkin Filling:

- 1/2 cup maple syrup
- 1 tablespoon vanilla
- 1 can (15 ounces) pumpkin puree
- 1/4 cup coconut cream
- 1 cup Country Crock Plant Cream
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1/8 teaspoon ground clove
- 1/2 teaspoon salt
- 3 tablespoons cornstarch
- 3 tablespoons white granulated sugar

Whipped Topping:

- 2 cups Country Crock Plant Cream, chilled
- 1/4 cup powdered sugar
- 2 teaspoons vanilla extract

To make pie crust: Preheat oven to 350 F.

In bowl of food processor, add flour, sugar and salt; pulse to combine. Add cold plant butter and shortening. Process about 10 seconds until it looks like coarse meal.

With food processor running, add ice water. Process until mixture clumps together.

On lightly floured surface, roll dough into 14-inch circle. Transfer to 9-inch pie dish. Lift edges and allow dough to drape into dish. Trim, leaving 1-inch overhang. Fold excess dough under and crimp edges.

To make pumpkin filling: In medium saucepan over medium heat, add syrup and vanilla; warm about 2 minutes then remove from heat and set aside.

In large bowl, combine syrup mixture, pumpkin, coconut cream, plant cream, brown sugar, cinnamon, ginger, nutmeg, clove, salt and cornstarch; blend with hand mixer until smooth. Pour mixture into pie crust.

Bake 1 hour. If crust starts to burn, cover edges with aluminum foil. The middle will still be jiggly. Cool at room temperature 30 minutes then cover and transfer to refrigerator to chill at least 5 hours or overnight.

Before serving, sprinkle pie with white sugar and, using kitchen torch, brulee until sugar is melted and dark brown.

To make whipped topping: Using electric hand mixer or stand mixer, whisk plant cream, powdered sugar and vanilla on high until mixture thickens and stiff peaks form.

Slice and serve with whipped topping.

No-Bake Chocolate Peanut Butter Cheesecake

Prep time: 5-10 minutes
Cook time: 5 minutes
Total time: 6-7 hours
Servings: 8

Country Crock Plant Butter, for greasing

Crust:

- 1 1/2 cups graham cracker crumbs
- 1/2 cup Country Crock Plant Butter, melted

Filling:

- 2 packages (8 ounces each) dairy-free cream cheese, at room temperature
- 1 cup peanut butter
- 1 tablespoon vanilla extract
- 1/2 cup Country Crock Plant Cream
- 1 cup powdered sugar

Chocolate Ganache:

- 1 stick Country Crock Plant Butter, cubed
- 1 cup semi-sweet chocolate chips

Grease 9-inch pie dish with plant butter; set aside.

To make crust: In medium bowl, combine graham cracker crumbs and melted plant butter; mix thoroughly.

Add crust to greased pie dish and press firmly to bottom and sides; refrigerate.

To make filling: In bowl of electric mixer, beat cream cheese until smooth and creamy.

Add powdered sugar; beat until fully incorporated.

Add peanut butter, vanilla extract and plant cream; beat until smooth and creamy.

Pour filling into prepared crust and refrigerate 5-6 hours or overnight.

To make chocolate ganache: In pan over medium heat, add plant butter cubes and chocolate; stir continuously.

Spread chocolate ganache evenly on top of chilled cheesecake. Refrigerate at least 1 hour before slicing and serving.



No-Bake Chocolate Peanut Butter Cheesecake

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TUESDAY

In The Kitchen

Tuesday, Nov. 15, 2022

A10

Sweet Ideas for Celebrating Parents All Year Round

FAMILY FEATURES

Regardless of the occasion, any excuse to celebrate moms and dads is a worthy one. From birthdays and holidays to regular weekends at home, one of the best gifts you can give them is time spent together.

The entire family – including little ones – can get involved when the celebration calls for easy yet delicious recipes. Start a day of celebrating on a high note with these Apple Cinnamon Waffles for a sweet breakfast in bed. As the day goes on, keep everyone energized with Apple, Peanut Butter and Honey Sandwiches or Apple Berry Salsa served with chips, apples or graham crackers. Finally, as the day winds to a close, finish off the festivities with Apple Blondie Cupcakes for one last reminder of how much Mom and Dad mean to you.

These recipes and more family-friendly breakfast, lunch, dinner, dessert and snack ideas are enhanced by the satisfying texture and taste of Envy Apples for a consistently balanced, refreshing sweetness coupled with crisp, elegant crunch. Easy to spot by their large, sharable size and crimson red skin that sometimes features a golden blush, they offer a fresh flavor perfect for snacking.

Try serving them as a tasty snack next time your loved ones gather for time together to watch an exciting family-friendly show like “Strawberry Shortcake.” Enjoy seasonal stories about her and her pals discovering hidden treasures while on vacation, encountering mysterious monsters and tangling with out-of-control spring flowers as she’s ready to “bake the world to a better place” all year round.

Visit EnvyApple.com to find more recipes the entire family can enjoy together.

Apple Blondie Cupcakes

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 12

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup unsalted butter (1 stick), melted and cooled
- 1 cup light brown sugar, packed
- 1 teaspoon vanilla extract
- 1 large egg, at room temperature
- 2 Envy Apples, peeled, cored and 1/4-inch diced

Preheat oven to 350 F. Line 12-count muffin pan with cupcake liners and set aside.

In medium bowl, whisk flour, baking powder, salt, cinnamon and nutmeg.

In large bowl, whisk butter and brown sugar 2 minutes, or until well combined. Add vanilla and egg; whisk until incorporated.

Add flour mixture to large bowl of wet ingredients. Stir until just combined; be careful to not overmix.

Fold in diced apples.

Spoon batter evenly into cupcake liners.

Bake 18-22 minutes, or until toothpick inserted into center of cupcake comes out clean. Let cool and serve.



Apple Blondie Cupcakes



Apple Berry Salsa

Apple Berry Salsa

Prep time: 15 minutes

Servings: 4-6

- 2 Envy Apples, cored and chopped
- 1 pound strawberries, hulled and chopped
- 1 pint blueberries
- 1/2 teaspoon kosher salt
- 2 tablespoons honey

- 2 tablespoons fresh lime juice
- tortilla chips, pita chips, apple chips or graham crackers, for serving

In medium bowl, combine apples, strawberries, blueberries and salt.

In small bowl, whisk honey and lime juice. Pour honey and lime juice over fruit mixture. Stir together to combine.

Serve immediately with tortilla chips, pita chips, apple chips or graham crackers, or refrigerate until ready to serve.

Apple, Peanut Butter and Honey Sandwiches

Prep time: 5 minutes

Servings: 2 (1 sandwich per serving)

- 1 Envy Apple
- 6 tablespoons peanut butter
- 4 slices of bread
- 2 tablespoons honey

Core apple and thinly slice.

Spread 3 tablespoons peanut butter on two slices of bread, reserving two slices of bread for sandwich tops.

Layer apple slices on top of peanut butter.

Drizzle 1 tablespoon honey over apple slices on each sandwich half.

Top each sandwich half with reserved slice of bread.



Apple, Peanut Butter and Honey Sandwiches



Apple Cinnamon Waffles

Apple Cinnamon Waffles

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 4

- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 2 tablespoons brown sugar
- 2 eggs
- 1 cup milk
- 4 tablespoons unsalted butter (1/2 stick), melted
- 1 Envy Apple, peeled and cored
- nonstick cooking spray
- 4 tablespoons unsalted butter (1/2 stick), at room temperature
- maple syrup, to taste

In large bowl, whisk flour, salt, cinnamon, baking powder and brown sugar. In smaller bowl, whisk eggs, milk and melted butter.

Make well in dry ingredients then mix in wet ingredient mixture until just combined.

Using cheese grater, grate apple. Fold grated apple into batter.

Prepare waffle iron with nonstick cooking spray.

Ladle 1/4 of batter mixture into waffle iron and cook according to manufacturer’s instructions. Repeat with remaining batter.

Top each waffle with 1 tablepoon room temperature butter and maple syrup, to taste.

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TUESDAY

In The Kitchen

Tuesday, Nov. 15, 2022

A11

Warm Up Fall with Filling Family Meals

FAMILY FEATURES

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

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

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

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

Learn more about supporting that commitment and find additional autumn recipes by visiting NewmansOwn.com.

Lasagna a la Sockarooni

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

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

Bechamel Sauce:

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

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

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

Preheat oven to 375 F.

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

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



Lasagna a la Sockarooni



Chili Con Carne

Chili Con Carne

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

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

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

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

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

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TUESDAY

Health and WELLNESS

Tuesday, Nov. 15, 2022

A12

Reflex Medical Device App Used for Studies on Opiate Withdrawal, Military Concussions

Third-party research groups and organizations have validated a smartphone app called Reflex as a tool to help diagnose medical conditions like concussions and opiate withdrawal.

Brightlamp CEO Kurtis Sluss said Reflex has been used at over 200 clinics, with more than 90,000 tests administered to date. More than 30,000 patients have benefited from Reflex's rapid neurological assessment. Brightlamp has commercialized the app.

Reflex is an autonomous vitals assessment tool rooted in pupillometry, the measurement of how much and how fast the eye's pupil size changes in response to a stimulus. The tool takes a digital video recording of the eye to measure a response called the pupillary light reflex. The user holds the camera up to the eye and taps the smartphone screen, and a light flashes to initiate a response from the pupil. Reflex is a Class I 510(k) exempt regulated medical device, according to the U.S. Food and Drug Administration.

Sluss said OpiAID, a data science company, independently determined that Reflex is a predictor of opiate withdrawal, which could be used to combat the opioid epidemic in the U.S.

"As part of a study funded by the National Institutes of Health, clinical researchers rigorously evaluated Reflex to determine its efficacy as a stand-alone and a combination assessment addressing opiate addiction," Sluss said. "Reflex will help interventionists in the opioid epidemic retrieve

fast, reliable and accurate information. Now, addiction recovery specialists can access this cognitive biomarker to better understand and optimize addiction recovery."

Christopher Evonko, the OpiAID research study coordinator and a doctoral candidate in the University of North Carolina Wilmington's Department of Psychology, said pupillometry measures obtained from Reflex outperformed standard self-report and observational measures during a study to evaluate the assessment of opioid withdrawal. Evonko said the metric was significantly associated with the time elapsed since a patient's last opioid dose.

"Accurate and reliable quantification of opioid withdrawal is of critical importance to guiding dosing decisions in the provision of medically assisted treatments of opioid use disorder," Evonko said. "The Reflex app addresses the accessibility concern of traditional pupillometry equipment and has the potential to positively impact the opioid pandemic by providing clinicians with actionable data to improve patient retention and, ultimately, treatment outcomes."

Sluss said clinical findings have also shown that Reflex was useful in diagnosing concussions as part of a 2021 published study, with independent, validating research being presented in 2022.

"This has driven medical researchers at the University of Maryland, in partnership with the U.S. Department of Defense, to use Reflex in a two-year clinical trial to evaluate 1,200 soldiers experienc-

ing brain injury," Sluss said.

"Reflex was called out by University of Maryland researchers as the highest-scoring concussion clinical decision-support tool among many other prominent concussion tools on the market. This preliminary evaluation indicates how powerful Reflex can be in a military setting."

Sluss said other third-party studies are ongoing, opening an array of opportunities for Reflex users.

"Our goal is to become the standard tool in screening cognitive health, regardless of ailment," Sluss said. "These parallel studies are showing positive results and proving what we already knew: The eyes are a critical access point to managing brain-related injury and disease."

Brightlamp has opened up investment in its company through StartEngine, a regulated crowdfunding organization, to support Reflex's next wave of developments and market advancements. The campaign can be found online at <http://www.startengine.com/reflex>.

Brightlamp's plan for Reflex is to continue elevating data interpretation for clinical decision support based on independent data published by Reflex users.

"We have built an excellent Reflex community, and we're collectively excited about how useful this easy-to-use medical app is shaping up to be," Sluss said.

Sluss has received commercialization guidance from the Purdue Foundry, an entrepreneurship and

commercialization hub housed in the Convergence Center for Innovation and Collaboration in Discovery Park District at Purdue, located adjacent to the Purdue University campus. His company is now part of the Purdue Foundry's Double Down Experiment, which includes high-growth businesses.

About Brightlamp Brightlamp is an Indiana-based health care technology company that specializes in frontier computer vision methods. As recognized by experts, such as Donald Kuratko of Indiana University, the company develops innovative neurological breakthrough methods and applies them to mobile solutions to assist in the advancement of cognitive health care.

Brightlamp's premier patented technology monitors the eye's reaction to light so medical professionals can obtain more accurate and consistent neurological information in seconds through a mobile device. The name iPhone and iPad are registered trademarks of Apple Inc. For more information, visit <https://reflexapp.io/>.

About Purdue Foundry:

The Purdue Foundry is an entrepreneurship and commercialization hub whose professionals help Purdue innovators create startups. The Purdue Foundry is managed by the Purdue Research Foundation, which received the 2019 Innovation and Economic Prosperity Universities Award for Place from the Association of Public and Land-grant Universities. Contact the Purdue Foundry at foundry@prf.org.

Tips for Navigating 2023 Marketplace Open Enrollment

By Steve Smitherman, President of CareSource Indiana

Selecting a health insurance plan is an important decision as the coverage will support your health goals and specific needs over the course of the next year. Navigating the open enrollment period can be difficult, especially for individuals who have previously gone without insurance coverage or those who are currently covered under a rather limited plan. Researching plans, specifically determining where to begin, can be confusing; however, it is crucial you know you have options. CareSource, a nonprofit, multi-state health plan, wants to help individuals and families get access to find an affordable plan. Keep in mind that coverage through the federal Health Insurance Marketplace will begin on Jan. 1, 2023, and open enrollment for Marketplace will run from Nov. 1, 2022 through Jan. 15, 2023. In order to have coverage by Jan. 1, 2023, you must be enrolled by Dec. 15, 2022. Here are a few tips to consider for those who may want to enroll in Marketplace or are looking to adjust their benefits ahead of the coming year.

If you are new to or have never used Marketplace, you may be wondering about its background as well as when it is the best coverage choice. The Affordable Care Act (ACA) established Marketplace to extend health insurance coverage to millions of uninsured Americans. There are a number of common scenarios that may make Marketplace the optimal choice for you. Perhaps you are self-employed, you have entered early retirement or you are unemployed at this time. Others might pursue Marketplace coverage because they can no longer remain on a guardian's plan, their employer does not offer insurance, or they recently moved to Indiana. In any case, it's always important to look into all the available health plan options within your area as they can change from year to year.

Do your research as your plan can change.

As health care has shifted over the last several years due to the pandemic, we've witnessed a change in how many individuals view and prioritize their health coverage. There truly is a greater emphasis on individual research to locate your best fit. Not all insurers offer statewide coverage; therefore, consumers should begin their research by determining what providers are available within their specific areas.

CareSource is available to individuals living in all 92 counties in Indiana, and all individuals who live in a CareSource service area qualify for Marketplace if they don't already have employer coverage, Medicaid or Medicare coverage. An outstanding resource is www.healthcare.gov as this website allows you to identify which plans are available within your specific zip code. Once available providers are located, you should review insurance premiums and plan benefits, which can typically be found on each insurance company's website. This is also an important time to check in on family members and make sure your loved ones enroll on time for the coverage that's best for them.

Look closely at health and wellness benefits.

The last several years have helped us all renew focus on health, wellness and preventative care. Now more than ever, individuals are finding ways to stay healthy before they become sick or injured, like wellness tools and wearable fitness devices. These can help maintain wellness to prevent chronic disease. Look into the different wellness perks offered by Marketplace health insurers. At CareSource, we believe health insurance should help you stay healthy. That's why there are no copays or co-insurance fees for defined preventive health services with our plans. CareSource also offers access to Active&Fit's network of gyms, interactive tools, online educational classes and challenges to help members track or increase their fitness level.

Check for telehealth coverage if convenience continues to be important to you.

Telehealth has also become more frequently covered by insurance companies. Telehealth allows you to access licensed physicians who can consult, diagnose and prescribe medications by phone or video. However, even though telehealth can significantly expand access to care, some individuals may have difficulty accessing or be unable to access technology used for audio and video telehealth due to a variety of factors, including financial resources. You should research how the different insurers cover telehealth. Through CareSource's Zero Cost Telehealth Partner Program, members have access to \$0 copay telehealth office visits.

At CareSource, when it matters most, we got you. For more information on open enrollment and CareSource Marketplace plans, visit www.caresource.com/in/plans/marketplace/.

Congress Can Simplify the Healthcare Paperwork Burden

By Janet Trautwein

Almost nothing has sparked so much partisan debate in Washington as the Affordable Care Act. The two parties have been going back and forth over the healthcare law for more than a decade.

So it's encouraging to see lawmakers come together to support necessary administrative reforms to the ACA. Senators Mark Warner, D-Va., and Rob Portman, R-Ohio, and Representatives Mike Thompson, D-Calif., and Adrian Smith, R-Neb., have introduced the Commonsense Reporting Act of 2022 to streamline many of the ACA's regulatory compliance requirements.

Their bill would save taxpayers, employers, and consumers time, money, and countless headaches.

To see why, let's first take a look at the status quo. One of the key pillars of the Affordable Care Act is the "employer mandate," which requires employers with 50 or more full-time employees to offer health insurance to at least 95% of those workers. Any company that fails to comply faces fines.

Complying with the mandate isn't easy. Corporate health plans must conform to a raft of federal regulations. Crucially, those plans cannot cost workers more than 9.61% of their household income in 2022.

If an employee's share of her health plan premium exceeds that percentage, the employer may face a fine. The employee, meanwhile, may become eligible for subsidized coverage through the ACA's exchanges.

Lawmakers were trying to ensure that workers could afford the health plans their employers offered. But the income-based cutoff has created untold hassle for employers and employees alike.

Right now, employers report their health plan information to the Internal Revenue Service retroactively, in the following tax year. In other words, companies won't file their compliance paperwork regarding their 2022 health plans until spring 2023.

This creates problems for employers and employees alike.

Say an employer with an

offer of coverage through work decides to take a look at the health plans available through their state exchange or HealthCare.gov. Those online marketplaces ask shoppers whether they've received an offer of "affordable" coverage through work.

They may not think that the employer-sponsored coverage that's available to them is "affordable." But the government has a specific definition of "affordable."

If they say that they were not offered affordable coverage -- whether because they thought their employer's plan was too expensive, or they preferred what was available on the exchanges -- they could be subject to thousands of dollars in penalties.

Meanwhile, the employer may have to incur additional costs and stress responding to questions from the IRS about whether it has actually offered "affordable" coverage.

Today's after-the-fact reporting system costs businesses and individuals billions of dollars each year. It's so complicated that it has an 82% error

rate.

The Commonsense Reporting Act would fix these problems by shifting to a prospective filing system. As the Congressional Research Service summarizes, the reform would allow "employers to voluntarily report information about their health plans for the current plan year prior to the beginning of open enrollment."

That would enable employers and employees to have a better understanding of which workers qualify for ACA subsidies, which ones don't, and which ones must be covered by employer-sponsored plans.

The bill would also reduce government waste by eliminating the additional paperwork, hours of labor, and redundancies. That means there's effectively no cost to taxpayers.

The Commonsense Reporting Act is the rare bill that is a win-win-win for everyone involved: government, workers, and employers.

Janet Trautwein is CEO of the National Association of Health Underwriters (www.nahu.org)

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