

➔ TODAY'S VERSE

Psalms 89:1 I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations.



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

What makes Bonnie Zickgraf smile? "Sunshine, handshakes and hugs," said the 69-year-old Noblesville resident. Also, "the pure joy of thinking about Jesus, puppies, all baby animals, the laughter of family, friends, grandkids and babies, the smells inside a bakery and a flower shop, (real) Christmas trees with shiny, silver tinsel and twinkling lights, and great contemporary jazz music. She was found giving the Noblesville First United Methodist Church's online daily prayer. She was born and raised in Reading, Pa., and is a graduate of Ball State University. She is an ordained, graduate-level pastoral counselor and registered nurse (psychiatric RN of 28 years). She has three sons, Jeff, Rob and Thomas and their families living in Noblesville, as well as in Tennessee, and San Francisco areas, and seven grandchildren and two great-grandkids, and brothers-in-law near Columbia City and in Texas, California and Pennsylvania. After moving north from Florida in the middle of Covid, she began at Noblesville First UMC in June 2020 as a hospitality coordinator, "thanks to the faith and trust of senior pastor Jerry Rairdon," and now she works full time on UMC's pastoral care team. She helps to coordinate and participate in the pastoral care activities, including the Daily Prayer Service and Sunday morning worship services. When she's not working, she enjoys writing prayers and Christian non-fiction, walking her dog, Houston, and taking him for car rides, "because he can't drive yet," listening to contemporary jazz, thinking of the next new ministry, "like rescue bears for 'Fur st' Responders to the Sheriff's office." What else? She loves to travel. She invites the community to UMC's Christmas Festival of Music & Art at 6 p.m. Dec. 11 at the church, with a Janus Art Sale, followed by a Christmas concert by the First UMC Chancel Choir at 7 p.m., with free admission.

And Another Few Things...

1. Holiday Closure

Both the HHW Drop-Off Center AND General Recycling Area will be closed for Thanksgiving on Thursday and Friday. Normal hours will resume Saturday from 8 a.m. to 1 p.m.

2. Shop Like A Local

Hamilton Town Center will welcome shoppers beginning at 6 a.m. this Friday and 10 a.m. on Saturday. This year, Hamilton Town Center is truly embracing their Shop Like a Local initiative, spotlighting a slew of local, small businesses. For any Saturday small business spotlights, Hamilton Town Center is the ideal destination.

3. Lights in Fishers

Head downtown as Fishers Parks lights up the night on the Nickel Plate Trail. Through the month of December, enjoy NPT Night Lights, a new light display along the downtown portion of the Nickel Plate Trail, presented by Centier Bank. Access to the Nickel Plate Trail and NPT Night Lights is free.

Come out to the trail from 6-8 p.m. on Dec. 2, 3, 9, or 10 to enjoy food trucks and live music.

4. If the Shoe Fits

With apologies to Mother Goose who allegedly wrote all those nursery rhymes, you don't have to be an old woman to live in a shoe, says the Association of Mature American Citizens [AMAC]. The new owners of a three bedroom home shaped like a shoe in York County, PA have put it up for short term rentals. The house was built in 1948 by Mahlon Haines who owned a chain of shoe stores and was known as the "Shoe Wizard." Its three bedrooms are called the "Shoelace Space," the "Instep Suite" and the "Ankle Abode."

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



The Times photo courtesy of Betsy Reason

EnPointe Indiana Ballet dancers perform pre-Covid at the Noblesville Tree Lighting Ceremony, which will return to the Hamilton County Government & Judicial Center in Noblesville at 6:30 p.m. Saturday. The dance company returns to this year's ceremony.

Lighting of Square Returns with Many Holiday Activities



BETSY REASON
The Times Editor

The Lighting of the Square in downtown Noblesville returns as Noblesville Chamber of Commerce's annual tree lighting ceremony is welcomed back into the Hamilton County Government & Judicial Center this holiday season.

Noblesville Chamber president Bob DuBois said for the past two years the tree-lighting ceremony has been outdoors on the steps of the historic Courthouse but returns this year to inside the Judicial Center.

The tree-lighting event, which in 2020 shifted to the Saturday

after Thanksgiving, will be open to the community. Doors open at 6 p.m., with prelude music at 6:15 p.m., and full program begins at 6:30 p.m. this Saturday. A visit by Santa at about 7:20 p.m. will lead the community out of the Judicial Center and onto the Square for the countdown to the tree lighting.

Performers this year include Noblesville First United Methodist Church Choir, David Hartman Trio, EnPointe Indiana Ballet, Geoff Davis, Noblesville

➔ See BETSY Page A9



Photo courtesy of Tim Timmons

This sign showed progress on the excavation of old Nazareth.

Holy Land Pilgrimage Off to Good Start

The biggest thing I'm being asked is what's our first impression of the Holy Land. Four words.

Jet. Lag. Is. Real.

The time difference is seven hours, so when we arrived at 7 a.m. Hoosier time, it was al-



TIM TIMMONS
Two Cents from The Holy Land

ready midafternoon in Tel Aviv. Got to say though, the folks at Delta treated us very well and other than some less-than-friendly TSA agents in Boston (for which I blame the New England Patriots), the service, flights and food were all good.

But that jet lag thing made Sunday kind of a lost day. None of us, my wife, sister-in-law and

➔ See TIMMONS Page A9

12 Angry Pilgrims (Reach A Settlement)



JOHN O. MARLOWE
With The Grain

"All rise! The case of Chief Ousamequin of the Wampanoag Indians v. The Pilgrims is now in session. The honorable Willie B. Upright presiding."

Judge Upright: "Before I discharge you to the Jury Room, I want to remind jurors that there is to be no discussion of this case beyond this courtroom."

Juror Five: "Does that mean, Your Honor, that we can't even talk about it in the loo? I need to

go to the loo." Judge Upright: "No. You cannot discuss these proceedings with anyone other than fellow jurors. Let me remind the jury that before you is the case of whether to continue perpetuating -- in our public schools -- the Thanksgiving story of 1620; whether it is appropriate to have children dress up in long black skirts and white shirts, wear craft store feather headdresses and don black construction paper hats; whether it is proper to retell the Thanksgiving story, passed down through generations -- the story of Native Americans welcoming the courageous pioneering Pilgrims to a celebratory feast, when evidence, today, indicates that the story is plagued with inaccuracies and falsehoods. I discharge you to your deliberations." ***

Juror Six: "I'm glad that's over. All this better not make me late for Thanksgiving dinner. I told everyone I'd be there by noon. I still think we can

➔ See MARLOWE Page A9

➔ INSIDE TODAY

Obituaries.....	A2
Service Directory.....	A4
Brian Howey.....	A4
Casey Williams.....	A6
Carrie Classon.....	A6
John Roberts.....	A6
Classifieds.....	A7
Kitchen.....	A10, A11, A12
Health.....	A13, A14

➔ HONEST HOOSIER

Happy early birthday to HSE grad and NFL star Randy Gregory! Randy turns 30 tomorrow!

➔ TODAY'S QUOTE

"If not us, who? If not now, when?"
- John F. Kennedy

➔ TODAY'S HEALTH TIP

Take family walks - it's good exercise and good for conversation. 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

Why does the turkey cross the road? Around this time of year, he wants everyone to think he's a chicken!

➔ OBITUARIES

Curtis Lee Balsler
Janice Kay Harris
Carol Jean Klutey

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



13 WTHR 7 DAY FORECAST

26/51 BREEZY, NOT AS COLD	31/55 MOISTLY SUNNY	36/56 WINDY, LATE DAY SHOWERS	45/48 RAIN, SOMEWHERES THUNDER	35/49 BIZZY FOR LATE PARTLY CLOUDY	36/52 RAIN, CHANCE RAIN	38/47 MAINLY SUNNY
TUE	WED	THU	FRI	SAT	SUN	MON

OBITUARIES

Curtis Lee Balsler

February 25, 1946-November 19, 2022

Curtis Lee Balsler, 76, of Lapel, passed away on Saturday, November 19, 2022, at Rawlins House in Pendleton following an extended illness.

He was born on February 25, 1946, in Charleston, Illinois to Russel Clair and Frances Loraine (DeWitt) Balsler.

Mr. Balsler served his country in the US Army during the Vietnam War.

He retired in 2009 as business manager for the International Union of Operating Engineers.

He was a member of the Lapel American Legion Post #212 and the Lapel Eagles Aerie 4323 where he was a past president.

Mr. Balsler enjoyed fishing, woodworking, watching Delaney play softball, watching western movies and Gunsmoke. He loved spending time with family, friends and his cat "Miss Kitty."

Survivors include his son A.J. (Amy) Balsler; grandson Leo Spacaj; granddaughter Delaney Balsler; and son-in-law Mark Spacaj.

He was preceded in death by wife of 50 years Sheila Mae (Smith) Balsler on Nov. 26, 2019; parents; and daughter Jacinda Balsler.

A memorial service is scheduled to be held at the Lapel Eagles Aerie #4323. Cremation will take place with burial will be in Brookside Cemetery in Lapel. Military graveside rites will be conducted by American Legion Post #212.

Memorial contributions may be made to Madison County Humane Society, 2219 Crystal Street, Anderson. Online condolences may be made at hersbergerbozell.com



Janice Kay Harris

July 7, 1946-November 17, 2022

Janice Kay Harris, 76, of Sheridan, passed away on Thursday morning, November 17, 2022, surrounded by loving family, at Community Hospital North in Indianapolis.

She was born on July 7, 1946, in the Boxley Community of Sheridan, daughter of the late Russel Warren and Anna Mildred (Goff) Bailey.

Mrs. Harris was a 1964 graduate of Clinton Central High School.

She spent the first 23 years of her career working as a legal secretary, first for the law office of Bill Shields in Sheridan, and later for Church, Church, Hittle & Antrim. After leaving the legal profession, she took a position with the Sheridan School Corporation as a school bus transportation aid for students with special needs. Mrs. Harris instantly fell in love with the children she worked with, making a lifetime of wonderful memories with her new "special friends".

She was a member of Hills Baptist Church and attended Terhune United Methodist Church. Her faith gave her the strength to face any adversity with grace and dignity. She was so very thankful that God blessed her with a wonderful husband and family.

Family was the foundation of her life. Mrs. Harris had an enormous amount of love to send out into this world and humbly focused that love on her family and friends.

Survivors include her 3 sons Tim (Tammy) R. Harris of Fishers, Todd (Denise) R. Harris of Tipton and Trent (Brandi) R. Harris of New Castle; 2 grandsons Matt (Liz Jacobson) R. Harris and Bodee R. Harris; 6 granddaughters Claire Harris, Morgan (fiancé Matt Conoway) Harris, Sylvia (Blake) Harris Edwards, Molly Harris, Evelyn Harris and Emyree Harris; 1 great grandchild Mae Harris-Jacobson; brother Warren David Bailey of Pickard; 4 sisters Patty Thomas McFarland of Kirklint, Bobbie Sturdevant of Westfield, Carolyn Heffelmire of Bunker Hill and Sharon Sue Heffelmire of Westfield; 2 sisters-in-law Winnie Lou Michael of Terhune and Wanda Lee Kercheval of Kirklint; and many nieces and nephews.

She was preceded in death by her parents Russel Warren and Anna Mildred (Goff) Bailey; sister Rebecca Mendenhall; and her husband of 47 years, Ross "Bud" Harris on Nov. 28, 2015. The two were married on Jan. 7, 1968.

A celebration of life is scheduled to take place at 7 p.m. on Saturday, Nov. 26, 2022, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, with visitation scheduled to run from 3 p.m. until the time of service. Pastor Bryan Wickens will be officiating.

Memorial contributions may be presented to Terhune United Methodist Church or Hills Baptist Church.

Carol Jean Klutey

December 28, 1954-November 17, 2022

Carol Jean Klutey, 67, of Westfield, passed away on Thursday, Nov. 17, 2022.

She was born on Dec. 28, 1954 in Indianapolis, daughter of the late Carl and Wilma (Ogle) Klutey.

Ms. Klutey was a 1972 graduate of Westfield High School. She enjoyed watching DVD movies of all types and also liked to read comics.

Survivors include her brother Darrell Klutey and several cousins.

In honoring Ms. Klutey's wishes, there will not be a service.

Bussell Family Funerals is privileged to care for Ms. Klutey and her family.



Westfield Winter Market Returns

After a three-year hiatus, The Downtown Westfield Association has announced that the Westfield Winter Market will return in January 2023.

The Winter Market will take place every Saturday morning from 9 a.m.-12 p.m., noon. The Winter Market will start on Jan. 7, concluding on April 1. Be on the lookout for more information and a list of vendors as opening day draws closer.

West Fork Whiskey has offered to host the Winter Market in their new event space. This 35,000 square foot facility is located at 10 E 191st St. in Westfield. West Fork Whiskey is home to The Mash House Restaurant, Stave Cocktail Lounge and 5,000 square foot Event Center. West Fork Whiskey offers whiskey education and tastings



downtownwestfield association

5 days a week with private dining and seasonal events. Their whiskey distilling operations are expected to be fully operational at the beginning of 2023, at which point distillery tours will begin.

The Westfield Winter Market serves Westfield

residents and guests and the greater Hamilton, Boone and Tipton County region. Every Vendor is carefully screened to ensure that WWM represents the highest quality locally produced products available.

The Westfield Winter

Market encourages honey, bread, pastry artisans, plant and flower growers, cheesemakers, specialty beverages, meat vendors, produce and pet food.

Westfield Winter Market vendor information can be found at d31h-zlhk6di2h5.cloudfront.net/20221121/ed/ce/b2/ff/5e6a45c7ac77e7bb3e-3f8ea9/2023_Westfield_Winter_Market_Vendor_Agreement.pdf

Download a copy of the Westfield Winter Market Vendor Agreement by visiting d31h-zlhk6di2h5.cloudfront.net/20221121/c2/39/44/9a/5222281f23a6b-10802c5994f/2023_Westfield_Winter_Market_Vendor_Agreement.pdf

The vendor application can be found online at managemymarket.com/home.aspx?orgID=2247.

CPA Looking to Host More Events with Expanded Events, Retail Staff

The Center for the Performing Arts has made several personnel moves as it expands its special events and venue rental operations.

In addition to its three performance venues – the Palladium, the Tarkington and the Studio Theater – the Center offers a variety of conference rooms, elegant lounges and other spaces available for a broad range of activities, including corporate retreats, weddings, school functions, and other business and social events, with catering, audiovisual and other services available.

Ramona Adams, who joined the Center in 2020 as Director of Events, has been promoted to the newly established position of Vice President of Events. She worked previously as private and special events manager for Spoke & Steele/Le Meridien Indianapolis, corporate director of sales for Ruth's Chris Steak House, sponsor services director for

Pacers Sports & Entertainment, and advertising and marketing promotions coordinator for the Indianapolis Star, among other positions.

Adams now oversees the Center's regular event production staff as well as three new positions related to special events and rentals.

Abigail Tomlin has been named Event Manager. She worked previously at DMT Entertainment in Chicago and has spent the past several years as a freelance stage manager for regional theater companies throughout the Midwest. She holds a bachelor's degree from Ball State University focusing on Production Stage Management.

Nicole Chernish and Sara Kious have joined team as Event Coordinators. Chernish, a Purdue University graduate, brings 12 years of event experience in commercial and nonprofit settings. Kious, an Indiana University graduate, has worked with



various nonprofit organizations as a philanthropy and event coordinator, overseeing staffing, promotion and on-site vendors.

"People know the Center primarily as the home of memorable performances by world-class artists," Adams said, "but the business community, local organizations and even families are realizing more and more that our venues can provide the perfect setting for the special events in their professional and personal lives. The spaces are beautiful, and our expanded staff enables us to devote extra attention to customer service and the guest experience."

About the Center for the Performing Arts:

The mission of the nonprofit Center for the Performing Arts is to engage and inspire the Indiana community

through enriching arts experiences. Its campus in Carmel, Indiana, includes the 1,500-seat Palladium concert hall, the 500-seat Tarkington proscenium theater and the black-box Studio Theater.

The Center presents and hosts hundreds of events each year, including the Center Presents performance series, featuring the best in classical, jazz, pop, rock, country, comedy and other genres. Educational and experiential programming for all ages includes children's concerts and camps, book clubs, lectures, and classes in music and dance. The Center is home to the affiliated Great American Songbook Foundation and provides space and support services for six resident arts companies.

More information is available at TheCenter-Presents.org.

All Lit Up: Westfield in Lights to Move to Grand Junction Plaza in December

Westfield in Lights makes its move to Grand Junction Plaza on Dec. 3 from 3-7 p.m. The event, hosted by Westfield Welcome and presented by Downtown Westfield Association, includes outdoor activities, winter-themed games, food vendors, retail merchants and live entertainment.

"We are thrilled to host Westfield in Lights at Grand Junction Plaza this year. Many events have moved into the plaza and it's become exactly what it was intended to be – a gathering space for residents and their families in the heart of our downtown," said Mayor Andy Cook.

Westfield in Lights – Saturday, Dec. 3

A number of activities will take place at Grand Junction Plaza (225 S Union St.) including free winter-themed games,

crafts, caricature artists, food vendors, retail merchants, live reindeer and llamas, a live nativity scene and a visit from Frosty the Snowman.

The event culminates at 6:50 p.m. with the traditional Tree Lighting Celebration on the Riverview Health Main Stage. Mayor Cook will officially light the tree at 7 p.m. to kick off to the holiday season in Westfield.

Free Shuttle and Parking

Due to the popularity of Westfield in Lights, there will be a free trolley service operating during the event. The Holiday Trolley, presented by Star Bank, will pick up and drop off attendees at Christ United Methodist Church (318 N Union St.) and Grand Junction Plaza (225 S Union St.) from 3-7:30 p.m.

Public parking for the event is also available in the gravel lot directly east

of Grand Junction Plaza, in the parking lot at the southwest corner of Poplar Street and Park Street and in designated on-street spots.

Pictures with Santa – Dec. 2 and Dec. 3

Pictures with Santa will operate on a ticketed system. Participants will need to reserve their time on westfieldwelcome.com, which began yesterday. Pictures with Santa will be available on Dec. 2 from 5-7 p.m. and Dec. 3 from 3-6:30 p.m.

Both sessions will be located inside Christ United Methodist Church (318 N Union St.). Attendees will have the chance to vote for their favorite gingerbread house hosted by the Girl Scouts of JoSheWe during the event on Saturday.

Letters to Santa

Letters to Santa will be available during Pictures with Santa at Christ United Methodist Church on Dec. 2 and Dec. 3. There will

also be a mailbox with direct service to the North Pole located at Grand Junction Plaza (225 S Union St.) beginning at Westfield in Lights from Dec. 3-16. Mailboxes will also be located outside Westfield City Services (2728 E 171st St., Westfield), Grand Park Events Center (19000 Grand Park Blvd., Westfield) and the Westfield Washington Township office (1549 E Greyhound Pass, Carmel). Please include a self-addressed stamped envelope so Santa can reply promptly.

About Westfield Welcome:

Westfield Welcome focuses on community engagement and hospitality for residents, businesses and visitors. As a department of the City of Westfield, Westfield Welcome hosts more than 25 annual events and provides hundreds of volunteer opportunities each year.

Employment Opportunity

The Town of Sheridan, Indiana is seeking qualified applicants for the position of **Street Superintendent**. This position is a department head level position comprised of several upper-level management and leadership duties. Candidates should have knowledge, skill, and experience in leading, planning, controlling, and managing operations of municipal streets and public works. The full job description is available at www.sheridan.org.

The Town of Sheridan offers benefits of health, vision, and dental insurances along with pension and deferred compensation retirement programs. The salary range for this position is \$56,000 to \$58,000.

Interested applicants can submit a cover letter and resume to Todd Burtron at tburtron@taftlaw.com or via United State Postal Service to Town of Sheridan, 506 South Main Street, Sheridan, Indiana 46069 Attn: Street Department job posting. Please submit resumes no later than close of business on Friday, December 2, 2022.

MACK LANDSCAPES

LANDSCAPE DESIGN
PLANTING
BOULDER INSTALL
RIP RAP/BULK STONE INSTALL

317.526.0462
macklandscapes.com

NOW Hiring

LIGHT DELIVERY ROUTE

Early Wednesday morning newspaper delivery route available!

This does NOT include home delivery. It is delivering to post offices mostly.

Must have insurance, reliable transportation and a clean driving record.

Send resume and vehicle information to jobs@thetimes24-7.com.

Obituary deadline

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

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

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

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

Humane Society for Hamilton County in Crisis Announces Black Friday Adoption Special

This Friday, the Humane Society for Hamilton County (HSHC) will host a "priceless" adoption event from 11 a.m.-5 p.m. allowing adopters to donate as little as \$1 to take home a new family member. All pets are spayed/neutered, microchipped, and have at least one round of age appropriate vaccinations.

HSHC is currently in a state of crisis as they are receiving an unprecedented amount of animals who come to the shelter in a variety of ways. The top reason has been "unwanted". While there are hundreds of dogs and cats at HSHC, dogs are the main capacity issue right now.

On Black Friday, they are asking you to "Fill Your Heart, Not Your Cart" to ensure the animals spend the holiday at home, and not homeless.

"Each day we are counting kennels to see where we can place dogs and cats coming into our shelter," said Rebecca Stevens, President & CEO of HSHC.

"We have to keep pets moving out the front door

so we have room for the ones coming in the back door. Without adoptions, we can't help other animals outside Hamilton County."

As the love of a furry family member is priceless, HSHC will ask adopters to make a donation - of any amount - at the time of adoption.* With an overcrowded shelter, now is the time to adopt. This will create additional space so HSHC can rescue animals from other Indiana shelters who are currently at-risk for euthanasia.

HSHC requires canine adopters to bring all family members as well as any dogs in the home to meet with a potential shelter dog. Cat adopters must bring all human family members. Those renting properties are recommended to bring the landlord's pet policy. All adopters are required to present government issued ID.

*Some exclusions may apply.

About the Humane Society for Hamilton County:

The mission of the Humane Society for

Hamilton County (HSHC) is "Saving Lives. Educating Communities. Completing Families." HSHC serves as both the animal control facility and Humane Society for Hamilton County, and as such, receives partial funding (approximately 20%) from Hamilton County. The majority of HSHC's operation is funded by individual donations.

HSHC is one of the few open-admission, truly "No-Kill" organizations in the United States in that it does not euthanize animals for time, space, treatable injuries, illnesses or rehabilitatable behavior issues regardless of age, breed, disability or special needs. HSHC also serves the community with a variety of unique programs like the Survivor Program and Pets Healing Vets (PetsHealingVets.com).

The Humane Society for Hamilton County (HSHC) is a non-profit 501(c)(3) charitable organization. It is not a United Way Agency and is not affiliated with any other animal welfare group in the United States.

Westfield Education Foundation Receives Grant from Duke Energy

The Westfield Education Foundation was the recipient of a \$15,000 grant from the Duke Energy Foundation to support the building of a wetland project housed at Shamrock Springs Elementary School. Called the Shamrock Outdoor Learning Lab, the 7-acre plot of wetland is being transformed into an educational green space to help students and community members develop positive relationships with the environment, other people and ourselves through interaction with nature.

Robb Hedges, principal at Shamrock Springs Elementary School, touts the importance of hands-on outdoor education.

"Studies show students who learn outdoors develop a sense of self, independence, confidence, creativity, decision-making

and problem-solving skills, empathy towards others, motor skills, self-discipline, and initiative," Hedges said.

"Obviously, these are things we want to develop in our Rocks and in our community, so we are glad that the Duke Energy Foundation is helping turn our vision into a reality."

The greenspace currently includes a pond, wetland animals, prairie grass, flowers, a trail and recently-planted sapling trees. A boardwalk is currently being constructed on the west side of the pond and is scheduled for completion this coming spring. With the grant, the foundation will purchase floating islands that will be located near the boardwalk.

Kim Vogelgesang, Duke Energy Foundation manager, said she is excited for the lasting

impact this project will have on the local community.

"We are pleased to support Westfield Washington Schools with their Shamrock Outdoor Learning Lab," she said. "This will serve the community for generations by enriching the development of the green space and managing the watershed through wetland creation and habitat restoration."

About the Westfield Education Foundation:

The mission of the Westfield Education Foundation is to empower and invest in our students, teachers, and staff. To date, The Foundation has given out nearly \$2 million in scholarships and grants to provide opportunities to help create lifelong learners. For more information, please visit www.wsef.org

Riverview Health Foundation Shaken, Not Stirred Event Raises Over \$200K

Riverview Health Foundation hosted Shaken, Not Stirred, a black-tie affair on Oct. 28 to benefit the acute inpatient rehabilitation unit at Riverview Health. Over 260 attendees enjoyed a fun-filled evening with casino style games, magicians, musicians and learned of the need to update and renovate the current acute inpatient rehabilitation unit.

American Structurepoint was the gold sponsor of the event along with Boomerang Development, Gaylor Electric and Riverview Health medical staff were silver sponsors for the evening. Smith's Jewelers donated a 1 carat diamond that was part of the Diamonds are Forever drawing.

Total proceeds from sponsorships, ticket sales, live and silent auctions, and gifts at the event totaled over \$200,000.

"We host an event like this once every three years, so we

wanted it to be a special night for everyone in attendance," said Megan Wiles, Riverview Health Foundation executive director. "The focus of the evening was to celebrate the amazing staff of Riverview Health and to raise awareness of this project. The renovation to the acute inpatient rehabilitation unit is the fundraising focus for the Foundation right now."

She went on to say, "Given current building costs, it will be \$2.7 million to completely renovate the unit. We're confident that former patients, family members, physicians and other philanthropic individuals and families will see the importance of supporting this project. In addition to individual and family gifts, proceeds from our event as well as upcoming events in 2023 will help to reach this lofty goal."

A video shown at the event highlighted the amazing care patients

receive in the unit and also the need for a renovation/refresh of the physical space. Patients Paul Howard and Genan Kirby shared their experiences and praise for the staff there. Dr. Ron Miller, medical director, Anna Panduku, director of the acute rehab unit and Dr. Norman Mindrebo, orthopedic surgeon, discussed the need for this project as well.

"We believe this is such an important project that will directly benefit the patients of this unit as well as their families. Riverview Health Foundation welcomes gifts of all sizes and we will be happy to talk with anyone about making a gift and potential naming opportunities," said Wiles.

To make a gift, go to riverview.org/donate or contact Megan Wiles at mwiles@riverview.org. To learn more about the project, visit the Riverview Health Foundation Facebook page.



Photo courtesy of HCPR

Hamilton County elected officials, joined county parks staff and leadership and family and friends of those being honored at the IPRA Awards of Excellence Banquet, recently held in Indianapolis.

IPRA Awards Work of Hamilton County Parks

What a night for Hamilton County! Three of the county's civic leaders and its parks department were honored at the Indiana Park and Recreation Association's (IPRA) annual Awards of Excellence Banquet.

The statewide association bestows awards on individuals and agencies that have contributed to the parks and recreation field in a manner worthy of recognition by the professional organization and its members.

At the banquet, held on Wednesday evening, November 16 in the historic Union Station, Downtown Indianapolis, Hamilton County Council Member and Parks Liaison, Steve Schwartz, was recognized as Elected Official of the Year. Hamilton County Parks Board President, Terry Prather, was named Distinguished Citizen, and Al Patterson, past County Parks Director, received the prestigious Distinguished Life Member Award.

All three award recipients are well-known and respected for their deep love of the outdoors and particularly their passion for parks - a passion they have turned into practice that has benefited Hamilton County community members for decades.



Photo provided

IPRA's Awards of Excellence Banquet honorees and attendees (left to right): Al Patterson, past HCPR Parks Director, Steve Dillinger, County Commissioner, Dr. Judith Campbell, Parks Board Member, Bruce Oldham, HCPR Deputy Director, Chris Stice, HCPR Director, Lori Schwartz, Steve Schwartz, County Council Member and Parks Liaison, Donna Prather, Terry Prather, HCPR Parks Board President, Andrea Peoples, Dan Stevens, County Director of Administration and Kimberly Cockrill.

On behalf of Hamilton County Parks and Recreation (HCPR), Parks Director Chris Stice accepted the coveted Clark Ketchum Conservation Award, an honor bestowed upon a parks department that has achieved a standard of excellence in conservation stewardship.

Upon receiving the award, Stice stated "This recognition," the second such award earned by HCPR, "is especially gratifying because it validates our parks department's commitment to act as stewards of the land entrusted to us, as expressed in our mission statement."

In a show of support for those being recognized, County Commissioner Steve Dillinger, County Director of Administration Dan Stevens, Parks Board member Dr. Judith Campbell and numerous family members and friends attended the ceremony. All agreed it was a good night for Hamilton County.

To learn more about Indiana Park and Recreation Association visit INPRA.org. Additional information about Hamilton County Parks and Recreation can be found on their facebook page or online at MyHamiltonCountyParks.com.

Are you facing challenges in your business?

Are you looking for help from EXPERTS that have found ways to make businesses successful?

Then....

TAG

we're it!

Contact
Timmons Advisory Group
& let our experienced staff help with

Strategic Directions
Operations
Personnel
P&L Management
Competitive Strategies
Marketing
Communications

Whether it's finding ways to get better or making sure practices line up with bottom-line goals, TAG can help make that happen!

www.tagtimmons.com

Contact us today for fast junk removal!

317-349-3169

7 AM - 10 PM
7 Days A Week

601 W. Main Street • Arcadia

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

IndianaPublicNotices.com
TheTimes24-7.com

Diego Morales, Indiana's Next Elections Chief, Faces Vote Fraud Reports. Could Legal Action Follow?

By Leslie Bonilla Muñiz

Diego Morales might have easily clinched the Secretary of State race, but his future is clouded by allegations of 2018 voting improprieties reminiscent of another Indiana elections chief convicted of voter fraud.

Lawyers and election experts — including the special prosecutor who handled former Secretary of State Charlie White's case in 2012 — expressed doubt that Morales would face a legal challenge in conversations with the Indiana Capital Chronicle.

Political calculations, subjective residency rules, the staleness of the alleged acts, and differences between the two men's circumstances complicate the issue, they said.

Any entity that took it up, for example, would face intense public scrutiny, and possibly the closed-door wrath of leading Republicans. The party dominates Indiana government bodies.

"Someone's got to come forward, even law enforcement, to pick it up and say, 'Hey, let's look into this.' If it doesn't get looked into, somebody can say so, to the judge in Hendricks County, via a request for special prosecutor," said Daniel Sigler, who served as one of three special prosecutors in White's case. The process is outlined in Indiana law.

But otherwise, he said, it's unlikely.

"Usually, law enforcement agencies stay away from those kinds of investigations unless they're asked or ordered to," said Sigler, now retired. "[That] seems to be the way it happens — nobody wants to pick up the ball."

And there's not much time left on the clock for even those that would want to take up an investigation or legal action. The five-year statute of limitations on the primary election would be up next May, and for the general election would be up next November.

What happened?

Five days before the General Election, the Indianapolis Star in an opinion column revealed that Morales appears to have lived in one county while voting in another, potentially violating the elections law he'll soon uphold.

Morales voted in Hendricks County twice in 2018 — in the May 8 primary and the November 6 general election — registered as the resident of a Plainfield condo. That year, he ran an unsuccessful campaign for the Republican nomination to Indiana's Fourth Congressional District, which includes none of Marion County.

But Morales and wife Sidonia Nicolae have owned a significantly

larger house in Marion County since 2016, and have claimed a homestead deduction on the property since 2017, according to county auditor records. To qualify for that common tax break, a house must be its owner's primary place of residence.

Morales didn't respond to multiple requests for comment from the Capital Chronicle, but issued an earlier statement to The Associated Press on the allegation saying "The issue regarding my residency has been previously vetted in the media and no wrongdoing was discovered then and nothing new is being reported now. I followed all applicable state and federal election and property tax laws. This defamation and character assassination by replaying old news and attaching damaging headlines is reprehensible."

Like for any potential crime, anyone can file a complaint with local law enforcement or a prosecutor — likely with Hendricks County Sheriff Brett Clark's office or Prosecutor Loren Delp — or Indiana State Police.

Charges typically begin with investigation by a police agency, which presents evidence to a prosecutor, who then chooses whether to move forward with prosecution. Delp didn't respond to multiple requests for comment.

Big consequences for a predecessor

With the news of Morales' 2018 voting registration change and ballots cast came immediate comparisons to White, another Republican felled under similar circumstances.

"Where people are making comparisons is that [White] was a troubled Republican candidate who campaigned on election integrity and ultimately was chased out of office," said Robert Dion, a political science professor at the University of Evansville. "And now years later, we have another troubled Republican candidate campaigning on election integrity."

"The question is: what's going to happen to [Morales]? What would be the consequences?" asked Dion, who is a research associate with the nonpartisan Mike Downs Center for Indiana Politics.

White in 2009 was a Fishers Town Councilor running for secretary of state. He rented and then bought a townhouse outside of his council district, but changed the address on his voter registration records to his ex-wife's house, which was inside the council district. And he voted using that address in the May 2010 primaries.

A jury in 2012 convicted White of six out of seven felony counts, including

submission of a fraudulent voter registration application, perjury regarding that registration change form, voting in another precinct and casting a fraudulent ballot.

The felony convictions automatically removed White from office, and then-Gov. Mitch Daniels, also a Republican, appointed an interim officeholder.

But White's actions, his successful candidacy and public scrutiny of both those factors occurred in the same year. Morales won office more than four years after casting the Hendricks County votes associated with his ill-fated congressional run.

A different deadline approaches

The Indiana Election Division could also play a role. Under Indiana code, a candidate, county party chair or state party chair can file a verified petition to request a recount, or contest the nomination or election of a state officer. That section of law doesn't apply to the governor or lieutenant governor.

That deadline is 14 days after election day: Tuesday at noon. And the division can reject the petition. Both Indiana Democratic Party Chair Mike Schmul and Democrat Secretary of State candidate Destiny Wells declined to comment on if they planned to file a verified petition.

In White's case, then-Indiana Democratic Party Chair Daniel Parker filed a verified petition for election contest with the division, according to court records. The Indiana Recount Commission, after holding a hearing and receiving evidence, declared White was eligible to run for secretary of state. The Marion County Circuit Court reversed the commission's decision, but the Indiana Supreme Court reaffirmed it.

Separately, the Hamilton County Prosecutor at the time petitioned for the appointment of a special prosecutor. A trial court appointed three, setting White on the path to his eventual criminal convictions. An appeals court later vacated three of his convictions, two of them vote-related because they constituted double jeopardy.

Not simple

Several lawyers and elections professionals cautioned that Morales' circumstances aren't clear-cut. If it is taken up, any results will depend on the specific facts of his situation — which could require things like mortgage applications, utility billing, cell phone records and more — and the nuances of Indiana code.

For example, the burden of proof in a dispute over residency rests on whoever's challenging it. And Indiana law seems subjective in terms of

residency.

Former Indiana House Speaker Brian Bosma — also an attorney — said the issue of residency goes back to the famed 1988 case involving whether Democrat Secretary of State Evan Bayh was allowed to run for governor.

Bayh's case was about residency in terms of a qualification to run for office, but many of the same concepts are instilled in Indiana's election statutes in terms of where to register to vote.

To qualify constitutionally to hold office, Bayh was required to have been a resident of Indiana from November 1983 to November 1988. However, for sixteen months during that time he lived in Washington, D.C. while working as a lawyer.

The case eventually worked its way to the Indiana Supreme Court, which essentially ruled that a person's residency is where they intend for it to be.

"That ruling makes all these cases hard to prove," Bosma said.

What now? Bosma didn't comment specifically on the details of Morales' circumstances, but noted the irony in Morales moving to an apartment in Hendricks County for his run for Congress.

That's because a person doesn't have to live in a congressional district to run for it.

That isn't the case for state House and Senate seats: "We've had legislative candidates on both sides essentially rent a broom closet to run," Bosma said.

In addition to the disincentives that exist for Hoosier police agencies and prosecutors, comes the will of the people: Hoosier voters overwhelmingly supported Morales on November 8.

Reports on his 2018 registration and votes were published days prior, in addition to months worth of controversies. Morales won 54% of the vote, while Democrat Wells earned 40% and Libertarian Jeff Maurer notched nearly 6%, according to Indiana Election Division results.

"This story made the news around the state, and voters more or less ignored it," Dion said. "We didn't see the political consequences that people thought it might [have]."

Indiana Capital Chronicle is part of States Newsroom, a network of news bureaus supported by grants and a coalition of donors as a 501c(3) public charity. Indiana Capital Chronicle maintains editorial independence. Follow Indiana Capital Chronicle on facebook.com/IndianaCapitalChronicle and twitter.com/INCapChronicle

Trump/Pence 3.0



BRIAN HOWEY
Howey Political Report

In gauging the dynamic of Trump/Pence 3.0, look no further than star-struck U.S. Rep. Jim Banks.

"Donald Trump remains a very popular figure in the Republican Party in each corner of the country," Banks told "Fox News Sunday" last weekend in the aftermath of Nov. 8. "I believe that Donald Trump was a very effective president for our country. I believe he could be a very effective president for our country again."

This assessment came after the Nov. 8 congressional Republican debacle, when a series of kooky GOP Senate candidates hand-picked by the former president lost in races that more mainstream Republicans would have easily won.

And there is the bizarre spectacle of Georgia Republican Senate nominee Herschel Walker, who said Wednesday, "I don't know if you know, but vampires are some cool people, are they not? But let me tell you something that I found out: A werewolf can kill a vampire."

Despite the torpid economy, Democrats kept control of the Senate while the GOP took a tiny majority in the House after many predicted they would pick up 25-40 seats.

Trump raised, and then hoarded about \$100 million in small donations that could have been used to help fund those candidates. His selection of "election denial" swing state candidates for governor and secretary of state that could have dramatically destroyed the key contour of democracy (accepting election results) all lost. Most, except for Arizona gubernatorial nominee Kari Lake (who told John McCain supporters to "get the hell out") conceded after their defeats.

The Banks assessment comes after Trump launched an insurrection at the U.S. Capitol that resulted in the deaths of five police officers (injuring 150 more), and could have cost the lives of the two top constitutional successors, Vice President Mike Pence and House Speaker Nancy Pelosi.

And Donald Trump stands to be indicted in the coming weeks and months for the top secret federal documents he hoarded at his Florida resort, as well as in Georgia where he allegedly conspired to render the will of the people moot.

We watched Donald Trump's presidential announcement Tuesday at Mar-a-Lago — the first in history to take place at a crime scene — with an uninspired, almost rote, low energy speech filled with lies and flubs. Most of the Trump clan did not attend, the cable networks didn't carry the whole speech, it was savaged by Murdoch media, security prevented a number of people tired of the rambling stream of consciousness leave, and former key aides lambasted it on air (former chief of staff Mick Mulvaney: "I think he's

the only Republican who could lose.")

Conservative commentator Amanda Carpenter: "Trump — who dragged his party to midterm losses in 2018, lost the White House in 2020 to the oldest man ever to have the job, incited an insurrectionist mob into attacking the U.S. Capitol, was impeached twice, and contributed to yet another GOP midterm flop last week — sneered and grimaced through his announcement. He slow-read prepared remarks in a monotone, digressing to riff on whatever non sequitur popped into his mind. The biggest bold-faced names spotted in the crowd were a grifter's row of deplorables and has-beens: Roger Stone, Madison Cawthorn, Mike Lindell, and Dick Morris."

And it's not like Rep. Banks doesn't have options. He could back fellow Hoosier Mike Pence.

Pence's new book, "So Help Me God," positioned him for an ABC "World News Tonight" interview with David Muir on Monday, a CNN town hall on Wednesday, and the beginning of Trump/Pence 3.0, which will be a vastly different dynamic than anything this political odd couple has been through before. "I think we will have better choices in 2024," Pence said. "I'm very confident that Republican primary voters will choose wisely."

"My conclusion," he said of the mid-term debacle, "is the candidates that were focused on the future, focused on the challenges the American people are facing today and solutions to those challenges did quite well." But those still questioning the 2020 results — as Trump demanded — "did not do as well."

And Pence had this scathing assessment of the Jan. 6 insurrection: "I'll never forget the simmering indignation that I felt that day, seeing those sights on the cellphones as we gathered in the loading dock below the Senate chamber. I couldn't help but think not this, not here, not in America."

Pence reacted to Trump's 2:24 p.m. Jan. 6 tweet ("Mike Pence doesn't have the courage"), noting that it "criticized me directly at a time that a riot was raging in the Capitol hallways. The president's words were reckless, and they endangered my family and everyone at the Capitol building."

"It didn't end well," Pence acknowledged in an epic understatement.

Pence is now pondering a 2024 presidential run. "We're giving it consideration in our house. Prayerful consideration," Pence told Muir.

And that would be a huge gamble for the former Indiana governor.

That not only reduced what was to be a "red wave" into a trickle; Trump's instincts will be to destroy any GOP opponent, and if denied the nomination, turn 2024 into what conservative commentator Charlie Sykes calls the Republican "red wedding," in reference to the murderously epic "Game of Thrones" episode. "He's prepared to burn it all down. They may be done with him, but he is not done with them."

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



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The **TIMES**
Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!
770-7777

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

IndianaPublicNotices.com
TheTimes24-7.com



Happy Thanksgiving

From The Times
and these
Hamilton County
Businesses

PET SUPPLIES PLUS. Minus the hassle.

Happy Thanksgiving

521 Noble Creek Dr.
Noblesville
317-770-1707

BUSSELL FAMILY FUNERALS

Serving Hamilton County and surrounding areas
BussellFamilyFunerals.com

Happy Thanksgiving

1621 E. Greyhound Pass
Carmel, IN 46032
317-587-2001

UNLIMITED MOTORS

Happy Thanksgiving

317-896-4488

Happy Thanksgiving

Discount Copies

317-773-8783

CI I

CENTRAL INDIANA INSULATION

(317) 219-3066

Happy Thanksgiving!

MUFFLERS & MORE

Happy Thanksgiving

317-936-5868
2235 Westfield Road • Noblesville

RENNER NIXON BODY WORKS
Earning Your Trust For Over 50 Years

The Best Decision in Collision

8190 E. 146 St.
317-773-9792

Happy Thanksgiving

service@rennerbodyworks.com

Adkins
Draperies & Blinds

317-896-3833
www.adkinsdraperyshop.com

3162 E. State Road 32
Westfield

Happy Thanksgiving! Monday-Friday 10 AM - 5 PM
Saturday 10 AM - 1 PM

BURTNER ELECTRIC INC.

Happy Thanksgiving!

Burtner Electric, Inc
317-773-7663
787 N 10th St.
Noblesville, IN 46060
BurtnerElectric.com

Alexander's
Auto & Radiator Repair

Happy Thanksgiving!

Hours:
Monday - Friday
8 AM - 5 PM

317-773-7098
820 Hannibal Street
Noblesville

Son-Shine Service Inc.

Happy Thanksgiving!

122 Cicero Rd
Noblesville
317-773-0924

Fisher's Towing Service

Hamilton County Impound Lot

Happy Thanksgiving

317-774-9943

Indiana Funeral Care

Happy Thanksgiving!

indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

CICERO POOL & SPA

Happy Thanksgiving from our family to yours!

175 W Jackson Street
Cicero
317-984-3212

NELSON'S BARBERSHOP

9165 Otis Ave Suite 267
Indianapolis

Happy Thanksgiving!

Happy Thanksgiving

UPTOWN CAFE

809 Conner St.
Noblesville
(317) 214-7553

formerly R&T Tire & Auto

BESTONE of Indy

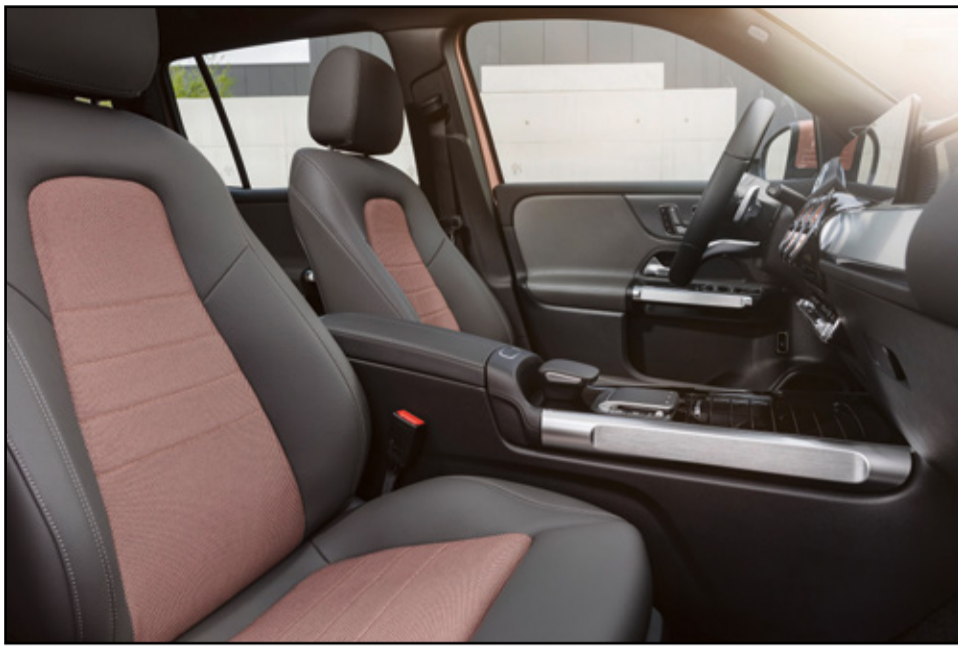
Selling tires. Serving people.

Happy Thanksgiving!

317-773-3130

17016 Clover Rd • Noblesville
BATTERIES • BRAKES • OIL CHANGES • TIRES • & MORE!

bestoneindy.com



Photos courtesy of Mercedes

'22 Mercedes EQB Circuits Electricity for A Better Compact Crossover

There's a certain feel to a Mercedes. They're smooth, sure, but with a heaviness that imbues a sense of quality and safety. Styling evolves over time so one generation doesn't completely obsolete the previous one. Interiors provide the technology and authentic touches upscale buyers appreciate. Mercedes could have delivered an entirely different type of vehicle when it contemplated a compact electric crossover, but the 2022 EQB300 is a proud Mercedes.

Unlike Tesla, which had a clean slate to create electric vehicles, Mercedes must build EVs and gas-powered models for now. So, the EQB looks much like the gas-powered GLB. That means the mini GLS styling connects it to Mercedes' larger crossover family with rounded upright forms, but cues like the flush front fascia,

streamlined 18" wheels, full-width rear lightbar, and EQS300 badging tell you this one goes without fossils.

Interior design riffs on the best hits from Mercedes, including round air vents from the '80s SL and twin screens for instruments and infotainment. A touchpad in the console can be used to swipe through menus for navigation, media, radio, and vehicle settings, but I prefer to use the screen itself. Apple CarPlay, Android Auto, and navigation with EV optimization add convenience – as do heated front seats, automatic climate control, power liftgate, and rain-sensing wipers.

There are many cool details like pixelated lighting on the dashboard, MB Tex seats, and faux suede that honor today's environmentally-conscious buyers. It's beautiful, but keeps trees towering and cows

grazing. A panoramic glass roof and changeable ambient lighting brightens the bunker. Safety, long a Mercedes strength, includes automatic emergency braking, blind spot warning, and rear cross path detection. It should have included adaptive cruise too.

Underway, lithium-ion batteries and twin motors deliver 225 horsepower and 288 lb.-ft. of torque to the all-wheel-drive system. Charging takes over 7.5 hours on a home or commercial 240-volt charger or can replenish 10-80% in 32 minutes on a DC fast charger. That provides 243 miles driving range. It's not the fastest, requiring 7 seconds to wisp from 0-60 mph, but accelerating onto fast freeways is easy. If you want to compare economy to your gas-powered car, it's rated 104/98-MPGe city/highway.

But, those are just the

2022 Mercedes EQB300 Five-passenger, AWD Crossover

Powertrain: Li-Ion batteries/motors
Output: 225hp/288 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: regen disc/disc
Must-have features: Style, Driving
Driving range: 243 miles
0-60 mph: 7.0s
Recharge (10-80%): 32m
Economy (city/hwy): 104/98 mpg-e
Assembly: Kecskemet, Hungary
Base/as-tested price: \$54,500/61,650

numbers. During nearly 200 miles of city and highway driving yesterday, I discovered how much I like driving the EQB. It has that iron sponge feel of wafting down the highway that was such a hallmark of classic Mercedes combined with smooth, instant acceleration when desired. The Dynamic Select configure accelerator sensitivity and steering feel from Sport

to Comfort and Eco. One pedal driving kicks in the regenerative braking upon lifting off. It's all very pleasant whether driving through the city to work or getting a weekend away.

I've been in and around Mercedes for nearly a half-century, so I was especially curious about the EQB300. I knew it would quiet, comfortable, and easy to plug in, perfect



CASEY WILLIAMS
Auto Reviews

for those wanting a smaller luxury crossover, but it's also a good Mercedes. It's a little pricey given excellent competitors, and range could improve, but there's much to like in everyday driving. A base price of \$54,500 - \$61,650 as-tested - puts the EQB300 against the Tesla Model Y, Cadillac LYRIQ, Audi Q4 e-tron, Genesis GV60, and Volvo XC40 Recharge. Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

Loved and Lost Lupus: What It Is and How to Manage It



CARRIE GLASSON
The Postscript

We thought we would miss the festivities, which just shows how much we still have to learn about Mexico.

My husband, Peter, and I arrived in San Miguel de Allende on the 2nd of November.

"It's too bad we'll miss the Day of the Dead," I told Peter when he made reservations. I knew a little about the Day of the Dead. I'd seen the elaborate skeleton costumes and the cemeteries filled with flowers and families. I figured it would be all over.

But when we arrived, the streets were festooned with streamers, and there were bright orange Mexican marigolds decorating every doorway. It did not appear the party was over yet.

My former sister-in-law, who is Catholic, explained it to me later.

"Oh! It's All Souls' Day!" she said. All Souls' Day follows All Saints' Day which, in Mexico, is the Day of the Dead.

There were long lines of booths where people were having their faces painted to look like skeletons in an infinite variety of styles. Everyone on the street was dressed in elaborate costumes—adults and children and even a few dogs. One little dog was dressed in festive local fabric in a vivid shade of pink.

"Aren't you cute?" Peter said. The little dog lunged at Peter and barked. It's hard to look vicious when you're all decked out in pink.

There was a man carrying a brightly colored iguana on his shoulder.

"Is it your pet?" I asked his daughter. She nodded.

"Is it nice or dangerous?" I asked. She laughed.

A mariachi band played in the square and a woman sang songs that it seemed everyone knew except me and, finally, there was

a parade with carriages pulled by giant draft horses in fancy harnesses, and enormous skeletons walking on stilts, and more bands, and police officers in dress uniforms riding in their jeeps and on their motorcycles, most of them with painted skeleton faces as well. It was marvelous.

But most memorable of all were the "ofrendas," the altars put up all around the square to honor the dead.

Some were quite large, and they were decorated with brilliant orange marigolds, photos of the dead, food, tequila, and other remembrances of things the deceased had loved. Some honored many family members. One was for victims of domestic violence. One was for men who had died on motorcycles. One was for a beloved nun. Most of them, we could only guess.

There was a framed photo of a beautiful woman that looked as if it had been taken several years ago. "Brave heart," the sign below her said. Peter, who lost two sisters to cancer in the last two years, was deeply touched.

Because, beneath all the festivities, there was a serious side to this wonderful celebration. It was a day to remember the souls of people loved and lost. It was a time set aside to remember how short life is and how we miss those who have left us. It was a day to honor them and remember them and feel their presence more keenly than most days of the year. We wish them well. We hope they wish the same for us.

Peter and I had dinner in a restaurant after the parade had passed and the light was growing dim. There would be fireworks later on, as there is for every celebration. The restaurant was filled with people in beautiful, colorful costumes that all, in some way, reminded us that we should enjoy this sweet day and celebrate the dead—before we, too, join their ranks.

Till next time,
Carrie

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



JOHN R. ROBERTS, M.D.
Hamilton Health

Thanks to Jill who asked me to write about lupus. Lupus is the common name for Systemic Lupus Erythematosus. It is an autoimmune disease first described by the physician Rogerius in the 12th Century. The origin of the name is uncertain, but one of the most popular is that many lupus sufferers have a rash on their faces resembling a wolf's face. Lupus is Latin for wolf.

Autoimmune diseases are a group of illnesses caused by the immune system attacking a person's own tissues. The clinical manifestations of lupus are caused by the immune system producing antibodies against proteins in the nuclei of cells, the part of the cell where DNA is located. Lupus sufferers likely have an underlying genetic predisposition to the disease. There is no single "lupus gene." Like most genetic diseases, it appears to involve problems with multiple genes

as well as environmental factors.

These environmental factors are felt to trigger damage to cells that exposes nuclear proteins to the immune system. These factors include ultraviolet light, stress, and some medications. Infections, likely by viruses, are also hypothesized to be instigators. Medication-induced lupus usually goes away when the offending drug is stopped.

It is estimated between 270,000 and 1.5 million people in the United States have lupus. It is ten times more likely to affect women than men, particularly young women. It is usually diagnosed between the ages of 16 and 55 and is also more common in African, Hispanic, Asian, and Native American populations. Other risk factors include being related to someone with it (5 to 12 percent chance), smoking, sun sensitivity, and post-menopausal estrogen replacement therapy.

Lupus is known as the "great imitator" because it can present with signs and symptoms found in many other diseases. This is because the antibodies attack many different tissues of the body. This makes it difficult to diagnose, accounting for an average delay of five years between symptom onset and diagnosis. It is often characterized by flare-ups of disease activity followed

by remissions.

The most common signs and symptoms of lupus include joint pain (especially the hands, wrists and knees), fever, rashes, muscle pain, fatigue, and weight loss. Some women report flares after ovulation and improvement with menstruation.

Since lupus involves an immune response, it can affect every organ system in the body. The most commonly affected include the heart, joints, skin, lungs, blood vessels, kidneys, and nervous system. Some people develop severe inflammation of the heart, kidneys or lungs. Joint involvement is present in about 90 percent of patients. The typical lupus rash is found on the cheeks and nose but can also present with scaling lesions elsewhere.

Diagnosing lupus can be very difficult. A patient has to have at least four of eleven symptom criteria either together, or over time. Each of the eleven criteria has varying specificity (if present the disease is likely) and sensitivity (if absent the disease is unlikely) for diagnosing lupus.

There are also laboratory tests that can help confirm the diagnosis. The most common is the ANA or Antinuclear Antibody test that looks for the antibodies that attack nuclear proteins. The likelihood of lupus is very low if the

ANA is negative. If it is positive, additional confirmatory tests that look more specifically for antibodies to proteins in the nucleus are often done.

There is no cure for lupus, so the goal of treatment is to prevent flares and shorten the duration and severity of symptoms. There are many types of medications used to treat the disease. First line drugs are non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and Aleve. If those fail, or more severe symptoms develop, stronger medications can be used to suppress the immune system.

There are also lifestyle changes that can reduce symptoms or limit flares. Patients should avoid direct sunlight and wear a high SPF sunscreen. Smokers should quit and those who are obese should lose weight to reduce stress on their joints.

The prognosis for lupus patients has improved dramatically. In the 1950s almost all patients died within five years of diagnosis. Patients can now expect to live five years 95 percent of the time. Infections from damaged organs and immune suppression from medications are the most common causes of death for lupus sufferers.

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



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The **TIMES**
Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!
770-7777

Thanks for reading The Times, Hamilton County!

Traveling for the Holidays? 'Waterproof' Your Home Before Leaving

For many, the holiday season includes travel, whether it is to join a family gathering or enjoy a holiday vacation. These traditional holiday trips stand to amplify an already growing travel demand. The U.S. Bureau of Transportation Statistics* reports that for July 2022, the number of people boarding a U.S. airline plane for domestic or international travel grew to 69.9 million, up 8.6 percent from July 2021 numbers.

As the holiday travel season approaches, the water and fire remediation specialists at SERVPRO caution homeowners that they need to go beyond buying tickets and packing a suitcase before they leave on a trip. Homeowners need to "waterproof" their homes.

"Your home is subject to water damage from

inside and out when you head out on a trip," said Rick Isaacson, CEO of Servpro Industries, LLC.

"Leaking or burst pipes can wreak havoc on the inside of your home. Severe weather can pose a flooding threat inside and outside your home. If you are planning to travel this holiday season, there are six important steps you can take before you leave to help ensure your home will be ready and welcoming when you return."

• **Ask Someone to Check on the House While You're Gone.** Taking the simple step of asking a friend or family member to stop by while you're gone may catch a potential problem before it becomes a disaster.

• **Check for leaks.** Inspect pipes under kitchen and bathroom sinks, check your water heater for cracks or rust,

and ensure that hoses connected to dishwashers, refrigerators, and washing machines are leak free.

• **Insulate exposed pipes.** Insulating exposed pipes can help prevent them from freezing in cold climates, but wherever you live, your home needs constant air circulation to help prevent water damage and mold caused by condensation. Keep the HVAC system turned on and open the cupboard doors under sinks to promote airflow.

• **Turn Off the Main Water Valve.** If you don't already know where this is, this is a good time to find out - and then shut it off if your home will be unattended and vacant during your trip.

• **Clear Gutters and Downspouts of Debris.** Clear out debris, dirt, leaves, and sticks and position downspouts to



direct water at least ten feet away from the home to prevent flooding.

• **Inspect and Test the Sump Pump.** If you have a sump pump, test it before you leave by filling the sump pit with water and watching to see if the pump empties out the water. This can mean the difference between finding a dry or flooded basement when you arrive home.

"SERVPRO specializes in water damage remediation so we know how difficult it can be to deal with flooding caused by burst pipes, failed sump pumps, or heavy rainfall, even if you discover the problem right away," says

Isaacson.

"It would be even more heartbreaking to return to your home after a holiday trip to find that water has been creating chaos while you were away. Taking steps to 'waterproof' your home before you leave on your holiday trip can help ensure you return to a dry, safe home, rested and relaxed from your time away."

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about SERVPRO, please visit www.servpro.com/.

For more information on SERVPRO in the Noblesville area, please contact please contact one of the local business owners below.

For SERVPRO of Hamilton County, contact Mike Johnson at (317) 773-0422 or office@servproindynorth.com.

About SERVPRO: For more than 50 years, SERVPRO has been a trusted leader in fire and water cleanup and restoration services, construction, mold mitigation and biohazard and pathogen remediation. SERVPRO's professional services network of more than 2,000 individually owned and operated franchises spans the United States and Canada, responding to property damage emergencies large and small - from million-square-foot commercial facilities to individual homes.

The Times SERVICE DIRECTORY

FUNERAL SERVICES

Traditional Services
Affordable Cremation
Pre-Planning

5539 North Main Street
Lapel, Indiana 46633
765-599-9122
www.hersbergerbozell.com

indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood

Serving Hamilton County and surrounding areas

BussellFamilyFunerals.com

Donna Bussell
Owner/Director

1621 E. Greyhound Pass
Carmel, IN 46032
317-587-2001



FEATURED BUSINESS

indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood

OUTDOOR MAINTENANCE

317-201-5732
draperfencing.com

We're the Highest Rated Fence Company in Central Indiana

Contact our advertising department at 765-361-0100 ext. 1 to be included in our next Service Directory.

RESTAURANTS

Online Ordering is HERE!
Visit our new website at www.jdrest.com to order now!
Sign up for our email list to receive weekly deals and specials!

Monday - Saturday 6:30 AM - 9 PM
Sunday 7:00 AM - 9:00 PM

2301 E. Conner Noblesville 317-773-3288

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com Deadlines for next-day publication:
Monday - Friday 9 a.m. to 4 p.m. Line ads: 1 p.m. | Display ads 11 a.m.

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com

Portable Oxygen Concentrator May be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-930-3271

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-551-9764

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-7069

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-844-961-0666

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-877-327-0930

Smart Home Installations? Geeks on Site will install your WIFI, Doorbells, Cameras, Home Theater Systems & Gaming Consoles. \$20 OFF coupon 42537! (Restrictions apply) 855-668-0067

LIVE PAIN FREE with CBD products from Ace-Wellness. We guarantee highest quality, most competitive pricing on CBD products. Softgels, Oils, Skincare, Vape & more. Coupon Code: PRINT20 Call Now 833-226-3105

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-517-6414

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-965-4916

New Starting Base Pay - .60 cpm w/ option to make .70 cpm for Class A CDL Flatbed Drivers, Excellent Benefits, Home Weekends, Call 800-648-9915 or boydandsons.com

DONATE YOUR CAR TO CHARITY! FAST FREE PICKUP-24 HR RESPONSE! Help Children in Need, Support Breast Cancer Education/Prevention or Veterans. Tax Deduction 844-820-9099

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award. NO Obligation, NO risk! We've recovered millions. Let us help you!! Call 24/7, 844-284-4920

Looking to SELL your Home? Save time & money, connect with the Top Agents in your area to get more MONEY and close FASTER! Call 317-854-9781

Wesley Financial Group, LLC - Timeshare Cancellation Experts - Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-329-1207

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF 2 FREE Months! 1-855-408-3894

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 888-715-8176

Need Help with Family Law? Can't Afford a \$5,000 Retainer? www.familycourtdirect.com/Family/Law-Low-Cost-Legal-Services-Pay-As-You-Go - As low as \$750-\$1,500 - Get Legal Help Now! Call 1-888-417-4602 Mon-Fri 7am to 4pm PCT

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/hoosier

AT&T TV - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997

Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-965-1444 or visit dorranceinfo.com/hoosier

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-888-885-8931

State Works to Advance Semiconductor Research

Governor Eric J. Holcomb and Secretary of Commerce Brad Chambers joined local officials and business executives yesterday in Odon to break ground on a new microelectronics campus at WestGate@Crane Technology Park that will power the growth of Indiana's semiconductor industry.

The \$84 million development, which has already attracted four semiconductor companies to the state, will leverage academic, corporate and defense partners to speed the re-shoring of semiconductor research and manufacturing in the U.S.

"Indiana's has a rich tradition of advanced manufacturing that continues to push new technologies and innovations forward," said Gov. Holcomb.

"Today's announcements solidify our Semiconductor Corridor strategy. With a growing microelectronics and CHIP industry, Indiana will be at the forefront of creating critical components to ensure both economic and national security."

"It is critical to our national security that innovations in microelectronics are homegrown," said Sec. Chambers.

"American leadership and ingenuity have changed the face of the globe for decades, and these investments in the Silicon Heartland will ensure that tradition continues well into the 21st century."

The new microelectronics campus, WestGate One, is a 10-acre public-private development that will create a hub for semiconductor excellence in the Indiana Uplands region, supporting technology innovation, talent development and infrastructure needs while fostering continued partnerships with the U.S. Department of Defense through the Naval Surface Warfare Center, Crane Division (NSWC Crane) to advance American-made microelectronics.

WestGate One, which is advancing with support from the nationally recognized Indiana Regional Economic Acceleration and Development Initiative (READI), has already secured four semiconductor companies - NHanced Semiconductors, which will anchor the development; Everspin Technologies; Trusted Semiconductor Solutions; and Reliable MicroSystems. Together, these companies plan to invest more than \$300 million in Indiana and create up to 549 new, specialized jobs in the coming years, advancing the verification, validation and production of critical microelectronics components in the U.S.

NHanced Semiconductors, an Illinois-based design and manufacturing innovator, will anchor the new campus, investing more than \$236 million to establish operations at WestGate One. The company will build out and equip 100,000 square feet to be the first U.S. fabrication facility (fab) built specifically for Advanced Packaging (AP). The fab will support NHanced's



suite of AP solutions: 3D-ICs, silicon interposers, 2.5D, chiplets, additive silicon manufacturing, photonics, microfluidics and more. NHanced will lease the remaining space at WestGate One to other industry companies and partner with USTF to build microelectronics collaborations, investments and innovations throughout the campus.

NHanced expects to move into its new space in mid-2024 and create up to 413 new jobs by the end of 2028. New positions should offer average salaries exceeding 250% of the Daviess County average.

"We're eager to see the growth and impact of this exceptional venture," said Bob Patti, president of NHanced.

"There's potential for truly revolutionary collaboration among government, industry and Indiana's first class educational institutions. As a Rose-Hulman alumnus, I'm excited to create an Indiana career path for talented young engineers."

Everspin Technologies, a publicly-traded company based in Arizona, plans to establish a 10,000-square-foot fabrication and R&D site at WestGate One. The new facility will allow the company to increase production and fulfillment of discrete and embedded Magnetoresistive RAM (MRAM), a specialized technology critical to next-generation defense applications. The company plans to begin its build out in 2023 and create up to 35 new, high-wage jobs by the end of 2027.

Trusted Semiconductor Solutions (TSS), which delivers high-reliability semiconductor and electronic assemblies, will invest more than \$34 million to establish operations at the new microelectronics campus. The Minnesota-based company will lease and equip 10,000 square feet to expand its operations, designing and delivering integrated circuits, radiation hardened products and electronic systems solutions for military and defense, space and industrial markets. The company, which expects to begin operating in Indiana in mid-2023, plans to create up to 40 new, high-wage jobs by the end of 2027.

Reliable MicroSystems, headquartered in Tennessee, will invest \$7.3 million to expand its operations to Indiana, establishing a presence at WestGate One. The company, which offers radiation effects modeling for large contractors, specializes in concept-to-foundry creation and maturation of high-reliability electronics for mission-critical applications. Reliable MicroSystems plans to start its new operations in 2023 and create up to 61 new,



Gov. Eric Holcomb

high-wage jobs to support its growth.

"Today's announcement is the result of tremendous collaboration among many local, regional and state partners over the past decade," said Joe Carley, interim CEO of the Uplands Science and Technology Foundation (USTF), a nonprofit foundation established to lead the physical development and enhance the vitality of WestGate. "With the rise of our region's defense sector and NSWC Crane as a national leader in emerging technologies, Indiana Uplands is growing as a vibrant hub for high-tech innovation. We are delighted to welcome these companies to WestGate and look forward to the opportunities they provide for continued industry growth, high-wage jobs and investment in the region."

Yesterday's announcement is the latest in a series of wins for Indiana's semiconductor industry. In May, the state announced a new Accelerating Microelectronics Production and Development (AMPD) taskforce to help companies in the semiconductor supply chain locate, innovate and produce in Indiana.

Soon after, Taiwan-based MediaTek announced plans to establish a new semiconductor design center in partnership with Purdue University, and in July, U.S.-based SkyWater Technology announced plans to establish operations in Indiana, building a \$1.8 billion semiconductor R&D and production facility in West Lafayette.

"In the past few years, we have all seen how global events can have an effect on our supply chains and our ability to get our hands on the goods and services we might need," said Dr. Angela Lewis, SES, technical director at NSWC Crane.

"It is NSWC Crane's job to get the fleet what they need for our nation's defense, when they need it, so having domestic microelectronics and semiconductor resources to call upon is critical to limiting microelectronics supply chain disruptions. NSWC Crane is a leader for innovation with microelectronics and has built a defense ecosystem here in the heartland with our partners, so this resource will certainly bolster our critical support for this defense requirement."

READI matching funds (up to \$10 million) are committed to support infrastructure needs for WestGate, accelerating this shovel-ready project that will transform Indiana's semiconductor industry, attract talent

to the region and create high-paying, quality jobs for Hoosiers. The project is a key part of the Indiana Uplands region's strategic plan being led by Regional Opportunity Initiatives. The region was awarded \$30 million in READI matching funds to advance its vision, which includes accelerating new technologies and industries while bolstering economic and community prosperity.

"This semiconductor development represents a transformational investment in our region, and Daviess County is privileged to collaborate with IEDC, state and technology partners to support this critical innovation," said Bryant Niehoff, executive director of the Daviess County Economic Development Corporation.

Pending approval from the Indiana Economic Development Corporation (IEDC) board of directors, the IEDC, based on the company's job creation plans, will commit an investment in NHanced Semiconductors of up to \$10 million in the form of incentive-based tax credits and up to \$1 million in training grants. These tax credits are performance-based, meaning the company is eligible to claim incentives once Hoosiers are hired. The IEDC will also invest up to \$10 million in redevelopment tax credits, which provide an incentive for companies to invest in redevelopment and revitalization to improve the quality of place within Indiana.

Additionally, the IEDC will commit investments in Everspin Technologies of up to \$1.3 million in incentive-based tax credits and up to \$150,000 in training grants; in Trusted Semiconductor Solutions of up to \$1.4 million in incentive-based tax credits and up to \$150,000 in training grants; and in Reliable MicroSystems of up to \$1.7 million in incentive-based tax credits and up to \$150,000 in training grants based on the companies' job creation plans.

Daviess County will consider additional incentives to support the four companies and the development of WestGate One, which is being led by StrongBox and will be constructed in the Daviess County section of the tri-county certified technology park off U.S. 231.

About IEDC:
The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers and governed by a 15-member board chaired by Gov. Eric Holcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts.

For more information about the IEDC, visit iedc.in.gov.

Police Ramping Up Patrols During Peak Thanksgiving Travel

Thanksgiving is one of the busiest travel seasons of the year. AAA is predicting 54.6 million people will be heading out for the holiday. Of those, nearly 49 million will be traveling by car, a rebound to almost pre-pandemic levels. This time of year is also associated with higher drinking rates, which combined with the sheer number of drivers on the road, makes it an especially dangerous time for motorists.

To prevent crashes, more than 200 state and local law enforcement agencies will be ramping up enforcement as part of the Safe Family Travel campaign. Starting this week, officers will be out in greater numbers conducting sobriety checkpoints and saturation patrols designed to discourage impaired driving and promote seat belt use.

Safe Family Travel operations begin before Thanksgiving each year and run through New Year's Day. The extra high-visibility enforcement is funded with grants provided by the National Highway Traffic Safety Administration (NHTSA) through the Indiana Criminal Justice Institute (ICJI).

"We're anticipating a very busy travel season this year, so for those sharing the road, remember to slow down, drive sober and buckle up," said Devon McDonald, ICJI Executive Director.

"Most fatal crashes are avoidable, not inevitable. We want everyone to make it to the Thanksgiving table safely."

According to NHTSA, drunk driving and fatal crashes spike during the Thanksgiving holiday season. This can be attributed, in part, to cultural phenomena like "Blackout Wednesday" or "Drinksgiving," an event synonymous with heavy alcohol consumption. This year's holiday also comes at a time when fatal crashes and dangerous driving are up across the state and nation.

In Indiana, 932 people lost their lives on the road last year, a 4% increase from 2020. Of those fatalities, 12 occurred during the Thanksgiving holiday season, with more than half (7) found unbuckled at the time of the crash.

On average, approximately one-fourth of the state's traffic fatalities are caused by drunk drivers.

"Impaired driving is life-threatening, but even more so around the holidays," said Robert



Duckworth, ICJI Traffic Safety Director.

"With so many ride options available, there's no reason that should be the case. We're asking everyone to plan accordingly and to make safety a priority. Our goal is zero fatalities this year."

With officers on high-alert, motorists are encouraged to plan ahead to get home safely by designating a sober driver or by using public transportation or a ride service like Uber or Lyft. Even if one drink is consumed, never drive impaired or let friends get behind the wheel if they've been drinking.

It's also important to wear a seat belt, put away the distractions and follow posted speed limits. Travelers are encouraged to check road conditions before each trip and to leave with plenty of time to reach their destination safely.

Driving under the influence of drugs or alcohol is illegal in Indiana and all 50 states. Those who choose to drive impaired are, not only risking their life and the lives of others, but also could face an arrest, jail time, and substantial fines and attorney fees. The average drunk driving arrest costs up to \$10,000.

Motorists are encouraged to call 911 if they encounter an impaired or unsafe driver on the road.

For safety tips, visit nhtsa.gov/risky-driving/drunk-driving. To learn more about the Indiana Criminal Justice Institute, visit www.cji.in.gov.

About the Indiana Criminal Justice Institute:

The Indiana Criminal Justice Institute (ICJI) is the state planning agency for criminal justice, juvenile justice, traffic safety and victim services. ICJI is designated as the state administering agency for distribution of federal funds and as the state Statistical Analysis Center for research.

ICJI is responsible for coordinating and collaborating with local, state and federal entities to identify, assess, plan, resource and evaluate new and emerging issues facing the criminal justice and public safety spectrum.

Visit cji.in.gov to learn more about the agency.

NOW Hiring



LIGHT DELIVERY ROUTE

Early Wednesday morning newspaper delivery route available!

This does NOT include home delivery. It is delivering to post offices mostly.

Must have insurance, reliable transportation and a clean driving record.

Send resume and vehicle information to jobs@thetimes24-7.com.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The TIMES

Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!

770-7777

The Times

Public Notices Deadline: 11:00 a.m.

2 Business Days Prior to Publication

legals@thetimes24-7.com

Private Party Notices Submitted After Deadline

May Be Subject To \$25.00 Fee

In Addition To The Cost Of The Advertisement

TIMMONS From Page A1

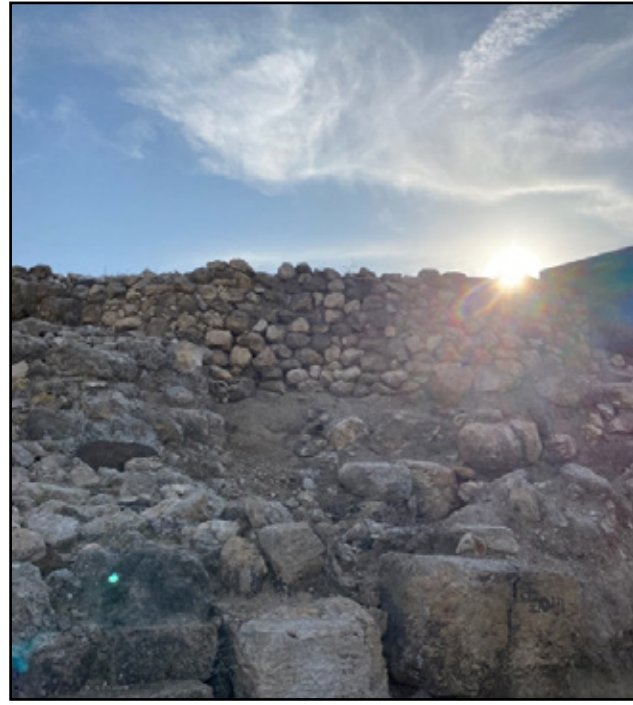


Photo courtesy of Tim Timmons

This was the setting son Monday over Megiddo, the site for Armageddon.

me, slept well. But by Monday morning we were ready to go.

And what a day Monday was. We began in Old Town Jaffa, believed to be the oldest port city in the world. The apostle Peter spent time here, as did Jonah, as in Jonah and the whale. We toured the Church of St. Peter and left not long after for Caesara, the capital of Judea under the Romans.

We also learned that it was the first day of the World Cup – something we saw evinced multiple times with people celebrating in the streets here.

We also learned that during excavations in Caesara, the names Pontius Pilate and Herod were found, historically documenting their time there.

From there we headed to Nazareth, Megiddo (the site for the final battle of Armageddon), Mt. Carmel and of course the Mediterranean.

Breathtaking doesn't begin to describe.

At one point I was standing on an overlook, Megiddo straight in front of me

and Jerusalem a little off to the side. To think about the coming battle that will take place at the end of days filled me with a sense of awe and wonder.

Actually, the whole day did.

At Nazareth, we walked through the Church of the Annunciation, a shrine devoted to the Virgin Mary. As if that wasn't neat enough, underneath was an excavated area of Nazareth dating back to the time Jesus Christ walked the streets. He spent 25 years or so in Nazareth. It's not a stretch to think we could well have been looking at where the son of God walked.

The pilgrimage continues tomorrow with a trip to the Sea of Galilee, the Golan Heights and the place where Jesus said, "On this rock I will build my church."

Sagamore News Media's Tim Timmons is on a pilgrimage to Israel and the Holy Land. He will be writing occasionally during the trip. Timmons can be contacted at timmons@thetimes24-7.com.

MARLOWE From Page A1

wrap this up in time."

Juror One: "Don't be in such a hurry. We haven't even elected a foreman, yet."

Juror Five: "Did any of you see the loo when we came down the hallway? I had the oysters at the Plymouth Tavern, and I really need to find the loo."

Juror Ten: "I nominate Juror Four as foreman. He's the only one in the room who knows how to use 'thee' and 'thou' properly."

Juror Six: "Why bother with a foreman? It is obvious that the Pilgrims are innocent. These sad Puritans were tired of getting picked on for their religious beliefs back in England, and someone had the crazy notion of sailing across the ocean to get away. To me, they should be admired for their daring."

Juror Nine: "Do they serve snacks in here? I'm hungry."

Juror Seven: "Yeah, but the Pilgrims brought all kinds of diseases with them that overwhelmed the Native American's immune systems."

Juror Six: "That's hardly the Pilgrims' fault! They didn't plan on it. Viruses weren't even discovered until 1898, some 278 years later. They had no way of knowing. That's like blaming some dude for showing up at his wedding, and learning that his ex-wife is Matron of Honor. It's horrible, but did he really have a say in it?"

Juror Eleven: "Did anyone wonder why there are no women on this jury?"

Juror Three: "Not now, Eleven! By the way, that's a smart-looking belt buckle you have there. Gucci?"

Juror Seven: "The Pilgrims ultimately cheated the Wampanoags out of much of their land and resources. The Wampanoags consider Thanksgiving to be a day of mourning, not celebration. They should get reparations."

Juror Six: "That's just business. It wasn't the Pilgrims' fault that the

locals weren't great business people. Next you'll be blaming Elon Musk for ruining Twitter!"

Juror Twelve: "But the Native Americans were friendly to the Pilgrims. They offered them peace."

Juror Six: "Only because the Wampanoags were getting their butts kicked by the Narragansetts. The Pilgrims were partly welcomed because their alliance shifted the balance of power with their rivals."

Juror Nine: "Does anyone smell gravy?"

Juror Twelve: "None of that matters. It's about the kids."

Juror Two: "I still have my construction paper Pilgrims hat. Wanna see it?"

Judge Upright: "Mr. Foreman, has the jury reached a decision?"

Juror Four: "We the jury, after careful consideration, find in favor of The Future."

Judge Upright: "You what?"

Juror Four: "Yes, Your Honor. It is the belief of this jury that we should not, must not, ignore the past. That we live in a chaotic and sometimes punishing world. That all men and women are created equal, but circumstances nearly always belie that fact. That the first act of peace is always forgiveness. That being truly thankful for who we are, and what we have starts with the full understanding of the costs paid and the debts owed to others. That our children should know that one scene does not tell the whole story. And that it is important to hope, even if reality often disappoints us."

Judge Upright: "Thank you, jury, for your careful discernment. Was this decision unanimous?"

Juror Four: "We voted 11-0. We couldn't find Juror Five. We're pretty sure he was in the loo."

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

TheTimes24-7.com
TheTimes24-7.com
TheTimes24-7.com

BETSY From Page A1



Photo courtesy of Reynolds Farm Equipment and Conner Prairie

Take a stroll during A Merry Prairie Holiday outdoor lighting display, opening at 6 p.m. Friday at Conner Prairie in Fishers, featuring thousands of holiday lights, courtesy of Reynolds Farm Equipment, plus visits to Prairietown and more.

High School strings ensemble, and several Noblesville show choir duos and soloists, including Gabbie Manns, Mason Kebrdle, Maddux Morrison, Kari Verdeyen, Sarah Rolinson, Sean Wood and Colin McCabe.

Here are details of 29 more holiday things to do this week and beyond:

1. The Federal Hill Commons Ice Plaza opened Saturday and will remain open through Jan. 9 in Noblesville. Rink hours are 5 p.m. to 9 p.m. Wednesdays through Fridays and 11 a.m. to 9 p.m. Saturdays and 11 a.m. to 7 p.m. Sundays, 11 a.m. to 4 p.m. Dec. 24, and closed Thanksgiving Day and Christmas Day. Admission includes skate rental, \$13 for ages 13 and older, \$11 for ages 12 and younger. Punch passes are available, 10 skate passes for \$110; 5 skate passes for \$60; skate aid rental \$3. Admission and skate rental are good for all day skating. Skate, take a break, shop, grab lunch and come back to skate later the same day for no additional cost.

2. Enjoy a holiday walking light tour, with displays and holiday photo opportunities, every evening now throughout the holiday season at Federal Hill Commons in Noblesville. A special Santa mailbox will also be available at the Christmas Cottage.

3. Take a drive through the Magic of Lights: Drive-Through Holiday Lights Experience," now open nightly at Ruoff Music Center in Noblesville.

4. While there's a waiting list for Reindeer Rides through Dec. 23 on the Nickel Plate Express in Noblesville, there are still some adult Holiday Cheers rides available this season. Take a 75-minute ride with Santa and see Santa's workshop and cross over Morse Reservoir while singing Christmas carols and sipping hot chocolate, with tickets at nickelplate-express.com.

5. A 2023 Noblesville Community Toboggan Build Organizational Meeting will be at 8 p.m. today (Tuesday) at Primeval Brewing Co. and will offer a grass-roots gathering to talk about how Geoff Davis can help you build a sled. Many folks have asked how they can build a toboggan and represent Noblesville at the Nationals Toboggan Championships in beautiful Camden, Maine.

6. Join the Drinksgiving with The Dead Squirrels celebration at 7 p.m. Wednesday at 1205 Distillery North in Westfield.

7. Enjoy the music of Jai Baker 3 at 9 p.m. Wednesday (pre-Thanksgiving party) at Joe's Grille in Westfield.

8. Dress in your warm gear and join the 15th annual Michael Treinen Foundation Turkey Trot, annually at 9 a.m. on Thanksgiving Day Thursday, by registering at michaeltreinenfoundation.org/

9. Good Samaritan Network of Hamilton County's 42nd annual free Community Thanksgiving Dinner will be 11 a.m. to 2 p.m. Thursday, Thanksgiving Day, with a drive-thru meal only available at White River Christian Church, 1685 N. 10th St., Noblesville; at Sheridan Community Center, 300 E. Sixth St., Sheridan; at St. Louis deMontfort Catholic Church, 11441 Hague Road, Noblesville.

10. Partake in the sixth annual My Country Needed Me Thanksgiving Dinner at 11 a.m. Thursday for all who want to come and have a Thanksgiving meal at the Noblesville VFW Post 6246.

11. The Belfry Theatre presents "The Sound of Music" Friday through Dec. 4, at 8 p.m. Fridays and Saturday and 2 p.m. Saturdays and Sundays, at The Ivy Tech Auditorium in Noblesville and tickets -- \$20 for adults and \$15 for students, ages 65 and older and military -- at thebelfrytheatre.com

12. Suburban Indy Holiday Show will be open for shopping 11 a.m. to 7 p.m. Friday, 10 a.m. to 7 p.m. Saturday and 10 a.m. to 5 p.m. Sunday at Grand Park in Westfield.

13. Take a stroll during A Merry Prairie Holiday outdoor lighting display, opening at 6 p.m. Friday at Conner Prairie in Fishers, featuring thousands of holiday lights, courtesy of Reynolds Farm Equipment, plus visits to Prairietown, food and more.

14. Shop Small Business Saturday is Friday through Monday in downtown Noblesville, encouraging the community to shop local.

15. Hear Fishers vocalist Peter Fulton perform during Carmel Christkindlmarkt in downtown Carmel at 6 p.m. Saturday and Sunday, 5 p.m. Sunday, 5 p.m. Dec. 20, 8 p.m. Dec. 21 with Songbook Academy, 2 p.m. Dec. 22, 5 p.m. Dec. 27 and 29 and 8 p.m. Dec. 30, all 45-minute sets.

16. All ages can visit the Hamilton County Historical Society's Santa House when Santa officially arrives on Sunday, with hours 2 p.m. to 6 p.m. Nov. 27; 5 p.m. to 8 p.m. Dec. 1 and 15 (both virtual); 5 p.m. to 9 p.m. Dec. 2 (First Friday); 1:30 p.m. to 5 p.m. Dec. 3; noon to 3 p.m. Dec. 4 and 11; 5 p.m. to 8 p.m. Dec. 8 (virtual); 5 p.m. to 8 p.m. Dec. 9, 16 and 23; noon to 5 p.m. Dec. 10, 17, 18; and noon to 4 p.m. Dec. 24.

17. Join Deck the Downtown beginning at 5 p.m. Dec. 2 with Santa on the Square, Lights Over Seminary (Park), Midnight Madness (5 p.m. to midnight) ice skating at Federal Hill and a trolley to take you everywhere.

18. Enjoy Westfield in



The Times photo courtesy of Betsy Reason

All ages can visit the Hamilton County Historical Society's Santa House when Santa officially arrives on Sunday at the Courthouse Square.



Photo courtesy of Michael Treinen Foundation

Dress in your warm gear and join the 15th annual Michael Treinen Foundation Turkey Trot, annually at 9 a.m. on Thanksgiving Day Thursday, by registering at michaeltreinenfoundation.org/

Lights 3 p.m. to 7 p.m. Dec. 2 at Grand Junction Plaza in downtown Westfield.

19. Take a stroll around downtown Noblesville and get your stocking filled with treats and toys from participating businesses from 5 p.m. to 8 p.m. Dec. 2, sponsored by Church, Church, Hittle & Antrim. Stockings are \$15 each and proceeds benefit Noblesville Youth Assistance Program.

20. Shop the Noblesville Main Street Holiday Market 11 a.m. to 4 p.m. Dec. 3 at Federal Hill Commons, with food trucks, ice skating, and holiday vendors.

21. Families can reserve a private 15-minute carriage ride, weekends Dec. 3-18, through downtown Noblesville for \$75 or a carriage ride with Santa for \$125. Carriage rides can seat up to six adults and three to five children on adults' laps (Santa rides seat five adults and three to five children on adults' laps).

22. The Noblesville Christmas Parade is back on in 2022 but has moved to 2 p.m. Saturday, Dec. 3, on the traditional parade route, starting in the Ivy Tech Hamilton County Campus parking lot in Noblesville and traveling south on 16th Street, west on Logan Street, north on Ninth Street and west on Monument Street back to the college. Nonprofits only are invited to participate in the parade. The parade is part of Mayor Chris Jensen's "Home for the Holidays Tour," which will begin at 9 a.m. Dec. 3 with three parade routes, and another three parade routes on Dec. 5 west of the White River. Nonprofits may register for the 2 p.m. Dec. 4 downtown parade at cityofnoblesville.org/santaparade

23. Our Town Cicero will present a Tree Lighting Festival and Parade on Dec. 3, with the parade at 6 p.m. Dec. 3, with a Tree Lighting Festival from 5 p.m. to 9 p.m., with 2023 Morse Lake calendars and prints available.

24. Auditions for The Attic Theatre's youth production of "The Little Mermaid," for ages 18 and younger, will be 1 p.m. to 6 p.m. Dec. 4 at Oasis Community Church in Tipton with the performances Feb. 16-18 at The Ivy Tech Auditorium in Noblesville, with RSVP required for a time slot

at rebecca.atticetheatre@gmail.com

25. Make reservations for Noblesville Main Street's Holiday Dinner benefiting the nonprofit from 6 p.m. to 9 p.m. Dec. 8 in the historic Lacy (Arts) Building (former Kirk Hardware) at 848 Logan St., with tickets starting at \$150 for a catered meal and featuring Old Town musician Kelli Ray Yates, a wine pull and auction and more.

26. Enjoy "Christmas at the Playhouse" at 7:30 p.m. Dec. 9 and 10 and 2:30 p.m. Dec. 11 at Basile Westfield Playhouse featuring six original one-act plays, "A Requiem for Sherry-last Minute Shoppers," "Clara The Christmas Angel," "Holiday Cards," "Garland, Gynos and Gurneys" and Traditions," directed by Nicole Amsler, Kelly Keller and Jen Otterman, with tickets \$12-\$15 and veterans and military free, at westfield-playhouse.org.

27. Hear the Noblesville First UMC Chancel Choir during a Christmas Festival of Music & Art at 6 p.m. Dec. 11 at the church, with a Janus Art Sale, following by a Christmas concert at 7 p.m., with free admission.

28. The Attic Theatre presents "Hello Dolly!" musical at 7 p.m. Dec. 14-17 at Ivy Tech with show times at \$12 tickets, \$8 for ages 4-12, tickets at theattictheatre.com.

29. EnPointe Indiana Ballet presents "An EnPointe Christmas" at 7 p.m. Dec. 16 and 2 p.m. Dec. 17 at Noblesville High School Auditorium, with tickets, at \$10, available at <https://enpointe-yapsody.com>. The show features 108 dancers and more than 25 dance numbers with a mix of classical and contemporary ballet, jazz, tap, hip hop, modern, plus a nine-minute finale to a playful rendition of "The Twelve Days of Christmas."

Contact Betsy Reason at betsy@thetimes24-7.com. Save the Date in January 2023: The Underdog Theatre presents "The Choices We Make," an original one-act play written and directed by Clay Howard, a 2022 Noblesville High School graduate, and featuring students, on stage for three performances, at 7 p.m. Jan. 6 and 2 p.m. and 7 p.m. Jan. 7, at the Noblesville First United Methodist Church in Celebration Hall. Visit underdogtheatre.org

got stuff?
sell it in the classifieds.
317.770.7777

The Times
Public Notices Deadline:
11:00 a.m.
2 Business Days Prior to Publication
legals@thetimes24-7.com
Private Party Notices Submitted After Deadline
May Be Subject To \$25.00 Fee
In Addition To The Cost Of The Advertisement

NOW Hiring
The Times
LIGHT DELIVERY ROUTE
Early Wednesday morning newspaper delivery route available!
This does NOT include home delivery. It is delivering to post offices mostly.
Must have insurance, reliable transportation and a clean driving record.
Send resume and vehicle information to jobs@thetimes24-7.com.

TUESDAY

In The Kitchen

Tuesday, Nov. 22, 2022

A10

A Full, Festive Menu for Holiday Celebrations

FAMILY FEATURES

From the hors d'oeuvres to the main course and all the way through dessert, creating a full holiday menu doesn't have to be hard. The key to a successful feast is focusing on dishes that can please loved ones of all ages and palates, such as a festive salad before the turkey or ham main dish, which can be accompanied by complementary sides like au gratin potatoes. Finally, top off the celebration with a divine dessert featuring classic cranberry flavor. To find more holiday recipe inspiration, visit Culinary.net.



Photo courtesy of Getty Images

Start Holiday Celebrations with a Salad

With a bed of tender, leafy green spinach and pops of red cranberries, a salad lends itself perfectly to the colors and flavors of the holiday season. Plus, as a lighter bite ahead of the big meal, it makes for a delicious introduction to festive dinner parties, family gatherings and get-togethers.

This Spinach Christmas Tree Salad offers a fresh, festive option that adds a seasonal presentation to the table while inviting guests to take a bite. Harvested at the peak of flavor, tender Fresh Express Baby Spinach has a mild and delicate taste that makes it an ideal addition to recipes throughout the holidays.

Find more ways to freshen up your holiday menu at FreshExpress.com.

Spinach Christmas Tree Salad

Servings: 6

- 2 packages (5 ounces each) Fresh Express Baby Spinach
- 1/2 cup dried cranberries, divided
- 1/3 cup pistachios, divided
- 1/2 cup feta cheese, divided
- 1 red pepper, cored, cut into thin strips
- 1 large apple, thinly sliced, cut into star shapes

Dressing:

- 1 cup whole berry cranberry sauce
- 3 tablespoons cranberry juice
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 1/4 cup olive oil
- 1 tablespoon light brown sugar
- 1/4 teaspoon salt



In large bowl, toss baby spinach with 1/4 cup dried cranberries, 1/6 cup pistachios and 1/4 cup feta cheese. Transfer to Christmas tree cake mold. Neatly arrange spinach leaves to create smooth surface.

Arrange red pepper strips, trimming as needed, to create garland. Arrange remaining dried cranberries, remaining pistachios and remaining feta cheese as "ornaments" on top of spinach. Create tree topper with one apple star; place remaining apple stars around "tree."

To make dressing: In blender, process cranberry sauce, cranberry juice, balsamic vinegar, honey, olive oil, brown sugar and salt until smooth.

A Hearty Holiday Side Dish

From appetizers and snacks to the main course, sides and sweets, almost everyone has a favorite holiday dish. However, it's the pairings and complementary dishes that make festive get-togethers special.

This Creamy Au Gratin Potatoes with Kale and Gruyere is an ideal example of a savory side that goes well with a variety of holiday meals, making it a perfect option for families seeking a versatile recipe to serve with dinner. Rosy-skinned and white-fleshed, Wisconsin Round Red potatoes have a firm, smooth and moist texture, making them well-suited for roasting in this hearty dish.

Visit eatwisconsinpotatoes.com to discover more recipes fit for serving your loved ones.

Creamy Au Gratin Potatoes with Kale and Gruyere

Recipe courtesy of Wisconsin Potatoes

- 1 1/2 cups heavy cream
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cloves garlic, smashed
- 3 sprigs fresh thyme
- 2 tablespoons butter
- 3 cloves shallots, diced
- 4 large kale leaves, finely chopped (discard stems)
- 2 pounds red potatoes, sliced 1/8 inch
- 2 ounces gruyere cheese, grated
- 1 ounce Parmesan cheese, grated

Heat oven to 325 F.

In small saucepan over medium heat, combine cream, salt, black pepper, garlic and thyme; stir constantly, until cream starts to bubble, 4-6 minutes. When bubbling, remove from heat and stir until slightly cooled. Let cream sit.

Heat large (12-inch) oven-safe skillet over medium-high heat. Add butter. When butter melts, add shallots and kale leaves. Sauté until kale is tender and bright green, about 4 minutes. Turn off burner.

Add sliced potatoes to skillet, fanning over top of kale.

Use slotted spoon to remove garlic and thyme from heavy cream. Pour heavy cream over potatoes.

Cover skillet tightly with foil and bake until potatoes are tender, 75-85 minutes.

Remove skillet from oven and turn on broiler. Discard foil. Sprinkle gruyere and Parmesan cheeses over potatoes, tucking some cheese between potato slices.

Return skillet to oven and broil until top is golden brown, 5-6 minutes.

Dish Up a Divine Holiday Dessert

Give your holiday gatherings a new twist this year with a creamy cranberry delight that's a cause for celebration all on its own. Smooth, divine taste at the dessert table can be the memorable moment your family craves year after year.

This rich, festive Cranberry Cheesecake combines classic flavor with a homemade cranberry compote-infused layer above a crust sweetly made using C&H Light Brown Sugar and graham crackers. Top it all off with fresh and sugared cranberries, rosemary sprigs and whipped cream for a tempting treat that tastes as good as it looks.

To find more sweet eats to celebrate the holidays, visit chsugar.com.

Cranberry Cheesecake

Prep time: 45 minutes
Cook time: 1 hour, 15 minutes

Cranberry Compote:

- 2 cups fresh cranberries
- 1 cup C&H Light Brown Sugar
- 1/4 cup freshly squeezed orange juice
- 1 teaspoon freshly grated orange zest



Crust:

- 2 cups graham cracker crumbs
- 6 tablespoons unsalted butter, melted
- 3 tablespoons C&H Light Brown Sugar
- 1/4 teaspoon salt

Cheesecake:

- 3 packages (8 ounces each) cream cheese, at room temperature
- 2 cups C&H Organic Raw Cane Sugar
- 3 tablespoons all-purpose flour
- 2 teaspoons pure vanilla extract
- 1/4 teaspoon salt
- 4 large eggs, at room temperature
- 1/2 cup sour cream, at room temperature
- 1/2 cup cranberry compote

- fresh cranberries
- sugared cranberries
- rosemary sprigs
- whipped cream

To make cranberry compote: In medium saucepan, bring cranberries, brown sugar, orange juice and orange zest to boil. Lower heat and simmer 10-15 minutes, or until most cranberries burst. Remove from heat. Cool completely at room temperature then transfer to bowl; refrigerate.

To make crust: Preheat oven to 350 F. Butter 8-inch springform pan and line bottom with parchment paper. Set aside.

In medium bowl, mix cracker crumbs, butter, brown sugar and salt. Press crumb mixture into bottom of prepared pan. Bake 15 minutes. Remove from oven and set aside. Reduce oven temperature to 325 F.

To make cheesecake: In bowl of electric mixer fitted with paddle attachment, beat cream cheese at medium speed until smooth. Add cane sugar and beat 2-3 minutes. Scrape sides of bowl as needed. Add flour, vanilla and salt. Beat 1 minute until incorporated.

Add one egg at a time, mixing until incorporated. Add sour cream and mix 1 minute. Scrape sides of bowl as needed. In medium bowl, mix half of cheesecake batter with 1/2 cup cranberry compote.

Wrap springform pan with aluminum foil and place in large roasting pan. Pour cream cheese and cranberry mixture into prepared pan. Top with remaining cream cheese batter. Place roasting pan in oven and add hot water to 1-inch of springform pan. Bake 1 hour, 15 minutes, or until cake looks set in center. Remove from oven and rest 1 hour. Refrigerate in pan overnight.

Decorate cake with fresh and sugared cranberries, rosemary sprigs and whipped cream.



www.TheTimes24-7.com
www.TheTimes24-7.com

TUESDAY

In The Kitchen

Tuesday, Nov. 22, 2022

A11

Festive Recipes for Hosting an Inclusive Holiday Gathering

FAMILY FEATURES

Memories made and recipes shared are the trademarks of a successful holiday gathering, and this year, you can host your way to a practically perfect party with delicious dishes that resonate with the flavors of the season.

A family-favorite meal starts with a main course that looks and smells as good as it tastes. Creamy Mushroom Pasta Nests deliver that festive flavor with a robust blend of breadcrumbs, earthy mushrooms and a homemade sauce crafted with Violife Just Like Cream

Cheese. Developed to capture the taste of dairy cream cheese, it's designed to be enjoyed by everyone at the table this holiday season as a non-GMO solution free from dairy, soy, nuts, gluten, preservatives and lactose.

Dishing out a dessert that boasts the colors of the season is a perfect way to cap off a gathering of friends and family. With pops of red and deliciously sweet flavor, Pomegranate Cheesecake is ideal for serving in individual tins so guests can delight in the creamy deliciousness together without the hassle of cutting and serving.

Visit ViolifeFoods.com to find more holiday-worthy recipes.

To make crust: In blender, blitz gingerbread biscuits until they form powder. Add butter and salt; blitz again until combined.

Place in six individual greased tart tins and smooth over base with back of spoon. Refrigerate to set.

To make cheesecake: In small pot over low heat, dissolve agar-agar in coconut milk, whisking constantly. Once boiling, remove from heat and set aside.

In large bowl, mix cream cheese, maple syrup, lemon juice and vanilla essence; slowly pour over warm coconut milk, whisking until combined and creamy. Divide evenly among tart tins and refrigerate 4 hours.

To make pomegranate syrup: In small bowl, combine 3 fluid ounces pomegranate juice with cornstarch. In small pot, boil remaining pomegranate juice 5 minutes. Pour in cornstarch and pomegranate mixture; whisk 5 minutes until syrup forms. Cool.

When cheesecakes have set, remove from tins and serve on plates. Pour pomegranate syrup on top and garnish with pomegranate seeds.

Pomegranate Cheesecake

Prep time: 5 hours, 30 minutes
Servings: 6 individual cheesecakes

Crust:
10 1/2 ounces vegan gingerbread biscuits
6 ounces plant-based butter
1/4 teaspoon salt

Cheesecake:
0.07 ounces agar-agar
3 1/2 ounces canned coconut milk
2 packages Violife Just Like Cream Cheese Original
2 tablespoons maple syrup
1 tablespoon lemon juice
1 teaspoon vanilla essence

Pomegranate Syrup:
10 fluid ounces pomegranate juice, divided
3 tablespoons cornstarch
pomegranate seeds, for garnish



Creamy Mushroom Pasta Nests

Creamy Mushroom Pasta Nests

Prep time: 30 minutes
Cook time: 20 minutes
Servings: 4

Marinade:
2 tablespoons olive oil
3 1/2 ounces hoisin sauce
2 tablespoons sesame oil
1 tablespoon garlic chili paste
2 tablespoons black and white sesame seeds
1 teaspoon harissa paste

Breadcrumbs:
1 tablespoon Violife Plant Butter
1/2 cup panko breadcrumbs
1 tablespoon fresh rosemary
1 teaspoon dried garlic

Pasta:
17 1/2 ounces mushrooms, roughly sliced
2 tablespoons olive oil
10 1/2 ounces fresh spinach
1 package Violife Just Like Cream Cheese Original

17 1/2 ounces whole-wheat spaghetti
1 teaspoon red pepper flakes
3 1/2 ounces Violife Just Like Parmesan Wedge, grated

To make marinade: Whisk olive oil, hoisin sauce, sesame oil, garlic chili paste, sesame seeds and harissa paste. Set aside.

To make breadcrumbs: In frying pan, heat plant butter. Add breadcrumbs, rosemary and garlic; saute 3-5 minutes until golden. Remove from heat and set aside.

To make pasta: Saute mushrooms in olive oil 5-7 minutes until golden. Add spinach, 2-3 minutes, and pour over marinade. Add cream cheese and whisk until creamy.

Boil pasta according to package instructions. Sieve and reserve 1/2 cup pasta water, adding to pasta sauce. Whisk constantly until combined.

Using tongs, make small nests in pasta, place on plates and pour creamy mushroom sauce on top.

Sprinkle with breadcrumbs, red pepper flakes and grated Parmesan.



Pomegranate Cheesecake

Celebrate the Holidays with Festive Mexican Favorites

FAMILY FEATURES

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

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

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

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

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



Chorizo and Oaxaca Tamales

Chorizo and Oaxaca Tamales

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

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

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

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

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

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

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

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

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

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

Oaxaca, Potato and Chorizo Empanadas

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

Dough:

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

Filling:

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

Preheat oven to 350 F.

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

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

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

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



Oaxaca, Potato and Chorizo Empanadas

www.TheTimes24-7.com
www.TheTimes24-7.com

TUESDAY

In The Kitchen

Tuesday, Nov. 22, 2022

A12

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

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

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

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

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

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

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

Huevos Rancheros

Servings: 4

Salsa:

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

Huevos Rancheros:

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

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

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

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

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

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



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

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

Cook quinoa according to package directions. Remove from heat.

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

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

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

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

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

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

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

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

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



Egg, Avocado and Black Bean Breakfast Burritos

Buy. Sell. Rent. Lease.



THE TIMES classifieds.

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

IndianaPublicNotices.com

TheTimes24-7.com

TUESDAY

Health and WELLNESS

Tuesday, Nov. 22, 2022

A13

Winter Viruses & the Busy Travel Season: Doctors Share Tips to Stay Healthy

Fall is upon us, which means colder-weather illnesses are too. Common viruses and close contact when traveling can wreak havoc on your immune system - especially during the holidays when we see peak travel days across the US. Doctors at MedStar Health share advice on how to stay protected when traveling:

If you don't feel well, stay home

Delaying a trip is much better than spreading a virus. You'll feel much better when traveling once recovered, and those you share transportation with will thank you too.

Avoid alcohol when traveling

Alcohol consumption can impair the body's immune system, as well as impair sleep - which is vital to maintaining the immune system. It also dehydrates the body.

Open the vents above



MedStar Health

your seat on planes

Airlines adopted new airflow technology at the onset of the COVID-19 pandemic, with filters able to circulate clean air every 2-3 minutes. This new technology vastly improves ventilation on airplanes - as long as the vents above your seat are open!

Wear a mask when in crowded situations

Viruses spread through respiratory secretions (saliva and mucus) when an infected person coughs, sneezes or touches a surface that another person then touches. The best way to stop the spread of saliva and mucus is by wearing a mask when you are in a close contact environment (public transportation,

crowds and airplanes).

Stay vigilant with hygiene

Practicing good hygiene, such as washing hands frequently and using hand sanitizer, will slow the spread of viruses. The spread of viruses is drastically slowed when proper hygiene is practiced.

Take a multivitamin

Taking a multivitamin year-round, especially during winter months, helps support your body and your immune system. Adding a Vitamin C supplement during the winter helps shorten colds, keeping you healthy both when you travel and at home. Start taking a Vitamin C supplement at least 48 hours before travel and continue during your trav-

els for maximum effect.

Stay hydrated

Drink plenty of water before and during traveling. If you bring a refillable water bottle, you can find refilling stations in most airports so you don't have to buy overpriced bottled water.

Wear layers

When going through multiple temperature changes, it is important to be able to help your body regulate your temperature by wearing appropriate clothing. Layering up will help you shed layers if you get warm, and add more if you are in an air conditioned or cold outdoor environment.

Stay up to date on vaccinations

For all those eligible, get the COVID-19, flu, and pneumonia vaccines before you travel and gather with family and friends. It can help protect you and your loved ones.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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.

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

Cancer-Fighting Advocates Mark the American Cancer Society's Great American Smokeout by Calling for Action to Help People Quit Tobacco

Cancer patients and survivors are marking the American Cancer Society's 47th annual Great American Smokeout Thursday by calling on elected officials to protect the health of all Hoosiers by increasing tobacco taxes and investing in tobacco control programs.

"The Great American Smokeout is about helping people quit, and we know that significantly increasing tobacco taxes and dedicating a portion of the revenue to tobacco control programs is one of the best ways to encourage quitting," said Bryan Hannon, American Cancer Society Cancer Action Network government relations director. "A tax increase of \$2.00 per pack of cigarettes with a parallel tax on all other tobacco products, including e-cigarettes, would generate revenue, protect kids, and save lives. Increasing the cigarette tax by \$2.00 per pack would help 50,200 adults who smoke quit and save 19,900 lives. Significant tobacco tax increases are one of the most effective ways to prevent kids from starting to use tobacco and



help those already addicted to quit."

Tobacco use is still the leading preventable cause of disease and death in Indiana, and smoking is now linked to at least 12 cancers, including lung, liver and colorectal cancers. A new ACS study found that in 2019, 34% of cancer deaths in Indiana were due to smoking. In 2020, the prevalence of tobacco product use was higher among adults living in rural areas (27.3%) compared to adults living in urban areas (17.7%).

"We urge state lawmakers to mark the Great American Smokeout by

prioritizing tobacco control measures, including increasing the cigarette tax by \$2.00 per pack, increasing the tax on all other tobacco products, including e-cigarettes, to parallel the new cigarette tax, and investing \$15 million in tobacco control programs. In doing so, Indiana will take a decisive step towards reducing tobacco use and its devastating toll on our communities while advancing our mission to end cancer as we know it for everyone," said Hannon.

Free resources on quitting tobacco can be found at Quit Now Indiana

or through the American Cancer Society's new cessation program, Empowered to Quit.

About ACS CAN:

The American Cancer Society Cancer Action Network (ACS CAN) makes cancer a top priority for policymakers at every level of government. ACS CAN empowers volunteers across the country to make their voices heard to influence evidence-based public policy change that improves the lives of people with cancer and their families. We believe everyone should have a fair and just opportunity to prevent, find, treat, and survive cancer. Since 2001, as the American Cancer Society's nonprofit, nonpartisan advocacy affiliate, ACS CAN has successfully advocated for billions of dollars in cancer research funding, expanded access to quality affordable health care, and advanced proven tobacco control measures. We're more determined than ever to stand together with our volunteers to end cancer as we know it, for everyone. Join the fight by visiting www.fightcancer.org.



Life without local news is like hearing crickets
STOP LISTENING TO CRICKETS



SUBSCRIBE TODAY!
770-7777

TUESDAY

Health and WELLNESS

Tuesday, Nov. 22, 2022

A14



Photos courtesy of Getty Images

The Unseen Mental Health Effects of the Pandemic

Eating disorders are on the rise and treatment can help

FAMILY FEATURES

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

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

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

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

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

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

Medical Treatment

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

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

Relational

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

Nutrition

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

Movement

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

Therapeutic

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

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

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

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



How to Identify an Eating Disorder

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

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