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➔ TODAY'S VERSE

Romans 5:3 – 5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope; And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Emily Seig smile? "Coming to work every day and seeing these awesome kiddos and getting to really make a difference in their lives," said the program facilitator at the Boys & Girls Club of Noblesville. The former Club kid, who has worked for the club for five years, was found supervising the monthly pizza meal served up by Noblesville Elks Club. The 2017 Noblesville High School graduate, the daughter of Joe and Mary Theresa Seig, is 23 years old and a student at Ivy Tech Hamilton County Campus in Noblesville. "I go to school, and I come here after school." She is earning her associate's degree in General Studies before she moves to Florida to work at Walt Disney Co. full time. How did she get that gig? "I did the Disney college program for the past six months. From January to July, I was in Disney World working a regular parks job," enjoying a paid internship. She is finishing college thanks to an Ivy Tech scholarship. Once I go back, my leaders want me to pursue the Disney professional internship program. So I would have a leadership position at the park. I want to do entertainment, live shows and parades, said the former NHS MadJazz singer and cast member of "A Christmas Carol The Musical" at The Belfry Theatre. Donations to the Boys & Girls Club of Noblesville on Giving Tuesday today will be matched up to \$12,500 by George Kristo at p2p.onecause.com/dreambigatbgcn

And Another Few Things...

1. Grunwald Event

This Thursday, the Westfield Chamber is holding a Special Presentation featuring Frank Grunwald. Mr. Grunwald was born in 1932, and his homeland of Czechoslovakia was invaded by German troops when he was six. His family was taken to Terezin, a concentration camp. He survived being transferred to three additional concentration camps, including Auschwitz.

His life story was turned into a documentary that released in 2012 called "Misa's Fugue." Mr. Grunwald has a special desire to impact the youth, and has spoken at nearly 100 high schools and universities.

This event is open to the public, but registration is required to attend. Visit westfieldchamberofcommerce.growthzoneapp.com/ap/Events/Register/xP2Nb51P?mode=Attendee to see ticket options.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Andy Duval

The Boys & Girls Club of Noblesville, which is getting ready to start Boys and Girls Winter Basketball Leagues, is among many charities that are raising money on Giving Tuesday.

25+ Ways to Donate On Giving Tuesday



BETSY REASON
The Times Editor

Today is Giving Tuesday.

And there are many ways the community can donate to help others in our community.

Giving Tuesday -- which comes after Black Friday, Small Business Saturday and Cyber Monday -- is annually the first Tuesday after Thanksgiving and is a global day dedicated to giving back, celebrating philanthropy worldwide. A day to support your favorite charitable organizations that are improving lives of others.

And in Hamilton County, there are many nonprofit organi-

zations that need your help.

Today, I've included 20 nonprofit organizations, not in any certain order of need:

1. The Tom & Soni Sheehan Boys & Girls Club of Noblesville's "Dream Big at BGCN" campaign is seeking donations from the community, with up to \$12,500 in donations to the campaign generously matched again this year by George Kristo of Noblesville, retired executive director of Hamilton County Council on Alcohol & Other

➔ See BETSY Page A6



The Times photo courtesy of Tim Timmons

The ruins are all that remains of the spring where Jesus healed the cripple.

Israel Trip Ends at the Site of the Crucifixion and Tomb



TIM TIMMONS
Two Cents

What's the old saying, save the best for last?

On our final day of the Holy Land tour and personal pilgrimage, we began the morning at Ein Karen, the birthplace of John the Baptist, or John the Baptizer as some refer to him over here. We talked a lot about John this week, including his beheading by Herod Antipas.

In the Old City, we visited the Upper Room, the room where Jesus and His Apostles ate the

Sometimes Life Comes Down to a Simple 'Doink'



JOHN O. MARLOWE
With The Grain

Every time a National Football League placekicker lines up to kick a field goal, my friend Brian cringes. This holds true for college and high school field goal kicking, too, but his attention is most frequently focused on the professionals.

You see, Brian believes that field goal kickers are getting robbed.

I was over at his house, Sunday, watching the big game. At the end of the first half of the con-test, the visiting team rushed their field goal kicking

unit onto the field. They hoped to add three points to their score before heading into intermission.

As time ran down, the placekicker drew back his leg, and launched what would have been a 52-yard field goal had the ball made it successfully through the uprights. Instead, the football sailed end-over-end, and smacked squarely into the left upright, tumbling harmlessly back onto the field of play. The score remained tied to the delight of 60,000 people in the stands.

"That's just not right," said Brian, shaking his head in disgust.

"Sure it is," I said. "The ball hit the upright. It never made it through."

"I'm not talking about that. I know it didn't make it through. I just think there should be some points for that."

"It's a doink. No one gets any points for a doink," I said.

"What the [heck] is a doink? I don't remember seeing that term used in the rule book anywhere."

"It's not," I said. "Football analyst Cris Collinsworth gets

➔ See MARLOWE Page A6

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➔ OBITUARIES

Helen Daisy Dash
Joyce Smith Watson Frese
Phyllis J. Rinkenberg
...and more on Page A2

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

GWEN PETRICK
for subscribing!



➔ HONEST HOOSIER

For those of you keeping score at home, 22 days to the first day of winter. More importantly, 111 days to the first day of spring!



➔ TODAY'S HEALTH TIP

If you're inactive and overweight, get tested for diabetes.

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



➔ TODAY'S QUOTE

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

➔ TODAY'S JOKE

What do we call the day after Cyber Monday? Remorseful Tuesday (and tomorrow is Avoid Credit Card Bills Wednesday).



➔ OBITUARIES

Helen Daisy Dash

June 6, 1932-November 26, 2022

Helen Daisy Dash, 90, of Noblesville, passed away on Saturday, Nov. 26, 2022 at IU Health North Hospital in Carmel.

She was born on June 6, 1932 to Lewis and Lucille (Braddock) Dahlke in Noblesville.

Mrs. Dash was a 1950 graduate of Noblesville High School and worked on the assembly line at Western Electric. She enjoyed gardening, especially roses. She had a very artistic way about her and loved painting. Mrs. Dash was always on the go and was a very active lady.

Survivors include her 2 sisters Alice Nielson and Mary Berg; nieces and nephews; great-nieces and great-nephews; and 2 special friends Byron & Sara Gamble.

In addition to her parents, she was preceded in death by her husband Chester Dash; 2 brothers Robert "Bob" Dahlke and Bill Dahlke; and sister Ada Mae Kline.

Visitation is scheduled to be held from 11 a.m. to 12 p.m., with funeral services scheduled to begin at 12 p.m., on Tuesday, Nov. 29, 2022 at Randall & Roberts Funeral Home, 1150 Logan St., in Noblesville. The Rev. Stanley R. Sutton will officiate. Mrs. Dash will be laid to rest beside her husband at Oaklawn Memorial Gardens in Indianapolis.

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

Online condolences may be made at randallroberts.com

Joyce Smith Watson Frese

July 16, 1932-November 23, 2022

Joyce Smith Watson Frese, 90 of Carmel passed away Wednesday, Nov. 23, 2022 at Ascension St. Vincent in Carmel.

She was born in Tipton County on July 16, 1932 to Fred and Matie (Hinkle) Smith.

In 1988, she married Jerry Frese.

Mrs. Frese was a member of the East 91st Street Christian Church in Indianapolis. She was very involved and always looked forward to attending services. She enjoyed playing bridge, belonged to several bridge clubs over the years and was a member of Tri-Kappa Sorority. She was a 1950 graduate of Jefferson Township High School, Kempton, and attended Indiana University.

Mrs. Frese was a loving stay-at-home mother who inherited her talent for cooking from her mother, Matie. Her greatest gift to her family was her unwavering love. She made sure each of her girls, grandchildren, nieces and nephews felt her love. She would often speak of her parents and siblings, and how she would rejoice when they were all reunited.

Survivors include her 3 daughters Cindy Lunsford, Marta Elliott and Marianne Brophy; 6 grandchildren Sarah Grimm, Andy Lunsford, Katie Elliott, Roxie Elliott, Mac Elliott Jr. and Gannon Brophy; 4 great-grandchildren Colin Lunsford, Max Lunsford, Jackson Grimm and Ella Grimm.

She was preceded in death by her husband Jerry in 2016; and 4 siblings Virginia (Smith) Hahn, Phillip H. Smith, Clyde Smith and Dr. Chub Smith.

A memorial service is scheduled to be held on Saturday, Dec. 10 at 12 p.m., noon at Young-Nichols Funeral Home in Tipton. The family is scheduled to receive friends from 11 a.m. to 12 p.m., noon on Saturday. Burial will be in Tetersburg Cemetery.

Memorial donations may be made to the Tipton Community Foundation, 1020 W. Jefferson St., Tipton, IN 46072; or Bosma Visionary Opportunities Foundation, 7223 Woodland Dr., Indianapolis, IN 46278.

Phyllis J. Rinkenberg

October 1, 1930-November 22, 2022

Phyllis J. Rinkenberg, 92, of Sheridan, passed away on the afternoon of Tuesday, Nov. 22, 2022, at Maple Park Village in Westfield following a battle with recently identified cancer.

She was born Oct. 1, 1930 in Plymouth, Indiana, daughter of the late Floyd and Zula (Kaufman) Maxson.

Mrs. Rinkenberg attended and graduated from Plymouth schools. During her senior year she began a two-year employment at a local ice cream and cottage cheese factory.

She married Robert L. Rinkenberg on June 13, 1948 in Plymouth. They celebrated sixty-four wonderful years of marriage prior to his passing on Easter Sunday, March 31, 2013. Together they journeyed through life as a Wesleyan pastor and wife, serving Indiana churches. Their journey began in 1955 at Plummer's Chapel and later included serving congregations at Fowler, LaOtto and Fairmount before settling in Sheridan, where they served for nineteen years, retiring in 1990. During this time, Mrs. Rinkenberg served in numerous capacities, including Sunday school teacher, women's group leader, church office secretary and Central Indiana Camp office manager.

She was best known by her grandchildren for making excellent pies and sugar cookies. Her family and friends benefitted from her gentle smile and dedicated prayer life. Mrs. Rinkenberg enjoyed crocheting afghan blankets and doll clothes, and had an extensive doll collection encompassing several rooms of their small house.

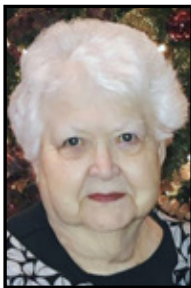
Survivors include her 3 sons J. Stephen (Melanie) Rinkenberg of Milford, Delaware, Bud (Sue) Rinkenberg of Kokomo and Keith (Ellen) Rinkenberg of Sheridan; brother Dennis (Lettie) Maxson of Plymouth; 9 grandchildren Tiffany, Samantha, Andrea, Laura, Jennifer, Jodi, James, Jacob and Joel; and more than a dozen great-grandchildren (with another great-grandchild due very soon).

She was preceded in death by her parents Floyd and Zula (Kaufman) Maxson; 3 sisters Vivian Rankert, Audrey Keller and Marjorie Bowen; 2 brothers Floyd Maxson, Jr. and Richard Maxson; granddaughter Kathryn Rinkenberg; and her husband, The Reverend Robert Rinkenberg.

Services are scheduled to be held on Monday, Nov. 28, 2022 at 7:30 p.m. at Six Points Church, 1545 W. 226th St., Sheridan, with visitation scheduled to run from 3 p.m. until the time of service.

An Interment Service is scheduled for 2 p.m. on Tuesday, Nov. 29, 2022 in the Chapel at New Oak Hill Cemetery, 1300 Chester St., Plymouth. Pastor Scott McDermid will be officiating.

Memorial contributions may be presented or mailed to the Six Points Wesleyan Church, 1545 W. 226th St, Sheridan, Indiana 46069.



William M. Simmermon

August 16, 1921-November 23, 2022

William M. Simmermon, 101, of Lapel, went home to be with his Lord and Savior surrounded by his family on Wednesday, Nov. 23, 2022, at his home.

He was born on Aug. 16, 1921, in Indianapolis to Willis and Nelle (Garrettson) Simmermon.

Mr. Simmermon graduated from Lapel High School and furthered his education at Indiana University where he was a brother of the Phi Kappa Psi Fraternity and graduated with a bachelor's degree in chemistry.

He served his country in the United States Army Air Corps where he was part of a B-29 Flight Crew. He was a lifelong farmer and enjoyed going out West to buy show cattle.

Mr. Simmermon was a very active member of Trinity United Methodist Church where he served on numerous committees such as: Trustees, Finance and Pastor Parish. He was also a previous member of the Stony Creek/Lapel Library Board and the St. John's/St. Vincent Hospital Development Board.

Survivors include his 3 children Teresa (Dwight) Monical of West Lafayette, John (Marcia) Simmermon of Lapel and Amy (John) VanBuskirk of Columbus, Ohio; 10 grandchildren Joseph, Mary, Thomas, Anna, Jonathan, Brad, Jill, William, Kimberly and Christina; and 6 great-grandchildren Nicholas, Graham, Reid, Wade, Taylor and Charlie.

He was preceded in death by his wife of 60 years Betty L. (Huston) Simmermon; his parents; and sister Barbara.

A funeral service is scheduled for 3:30 p.m. on Saturday, Dec. 3, 2022, at Trinity United Methodist Church, 217 East 7th St., Lapel with Pastor Susan Hobson officiating. Burial will follow in Brookside Cemetery in Lapel.

The family would like to give a special thanks to Spaugh and Company in Home Senior Services for the care of Mr. Simmermon.

Visitation is scheduled to be held from 1:30-3:30 p.m. on Saturday at the church.

Memorial contributions may be made to Trinity United Methodist Church, 217 East 7th St., Lapel, IN 46051.

Condolences may be shared at hersbergerbozell.com



Anna Swain-Boughner

March 31, 1929-November 27, 2022

Anna Swain-Boughner, 93 years young, passed away peacefully in her sleep on Nov. 27, 2022.

She was, born on March 31, 1929.

A lifelong Indiana and Florida native, Mrs. Swain-Boughner was well-loved by her family & friends. She was the mother of six children. Despite her large family, she always made time for everyone. She loved getting together for birthdays, holidays, and celebrations for all.

Mrs. Swain-Boughner always provided support and love for her family. She would proudly boast about how close her family was and how great it was to have the entire group of over 50 family members together for Christmas every year.

She was a daughter, sister, friend, mother, grandmother, great-grandmother and GiGi. She loved playing card games and would play any chance she got. Dancing at the square in the Villages of Florida with her friends is something Mrs. Swain-Boughner really enjoyed. She worked as a property manager for Gene B. Glick in Indianapolis.

She was preceded in death by her first husband George William Swain; second husband Don Boughner; 2 sons Ronald Swain and Richard Swain; and daughter Connie Swain.

Survivors include her 3 children Timothy Swain (Dena), Terry Swain and Christopher Swain (Sheila); 2 sisters Betty Silvers and Sherry Sanders; 13 grandchildren; 27 great-grandchildren; and 1 great-great-grandson.

Visitation is scheduled to be held from 10 a.m. to 12 p.m., noon, with services scheduled to begin at 12 p.m., noon on Thursday, Dec. 1, 2022 at Randall & Roberts Funeral Home, 1150 Logan St., in Noblesville. Burial will be at Crownland Cemetery in Noblesville.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 (stjude.org).

Online condolences may be made at randallroberts.com



David L. Williams

September 7, 1941-November 25, 2022

David L. Williams, 81, of Noblesville, passed away on Friday, Nov. 25, 2022 at St. Vincent Hospital in Indianapolis.

He was born on Sept. 7, 1941 to Dee and Ella (McCann) Williams in Sparta, Tennessee.

Mr. Williams worked on the line for Chrysler Corp. in Kokomo. He was a member of Noblesville Baptist Church where he volunteered by visiting the homebound every Saturday for 30 years. He also drove vehicles for Hare Chevrolet and was a security guard at Riverview Hospital. Mr. Williams enjoyed fishing and listening to Elvis Presley music.

Survivors include his daughter Barbara Thatcher.

In addition to his parents, he was preceded in death by his wife Emma "Peg" Lee Williams; and sister M. Sue Smith.

Visitation is scheduled to be held from 10 a.m. to 12 p.m., with services scheduled to begin at 12 p.m., on Saturday, Dec. 3, 2022 at Randall & Roberts Funeral Home, 1150 Logan St., in Noblesville. Mr. Williams will be laid to rest next to his wife at Oaklawn Memorial Gardens in Indianapolis.

Memorial contributions may be made to Alzheimer's Association, 8430 W Bryn Mawr Ave., Suite 800, Chicago, IL 60631 (alz.org/indiana).

Online condolences may be made at randallroberts.com



➔ Meeting Notice

Hamilton County Community Corrections Advisory Board

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

Advisory Board will meet at 12 p.m., noon on Thursday, Dec. 1, 2022 at Hamilton County Community Corrections, 18104 Cumberland Road, Noblesville, Indiana. The purpose of the meeting is to discuss agency business.

Obituary deadline

The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG. Daily obituary deadline is 4 p.m. for the following day's print publication. To read more obituaries, visit www.thetimes24-7.com.



The Times photo courtesy of Tim Timmons

The amphitheater at Bet She'an held 6,000 Romans in the capital of the Decapolis.

Baptisms in Jordan and Decapolis – Day Four



TIM TIMMONS

Two Cents from the Holy Land

Wednesday was more or less a travel day. We left Tiberias early in the morning with a scheduled stop at the "River" Jordan.

River is the key word, or actually, incorrect word here. As our guide explained, the Nile is a river. The Euphrates is a river. Jordan is just the Jordan.

May be, but it is forever famous in biblical and world history. John the Baptist baptized Jesus Christ in the Jordan. Mark memorialized it:

"In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And when He came up out of water, immediately he saw the heavens opened and the Spirit descending upon him like a dove, and a voice came from the heaven; Thou art my beloved Son; with thee I am well pleased."

Mark 1, 9-11

A minister from our group did the honors and a handful of fellow travelers donned swim wear with white robes (rented for \$20) and the group took stairs down to the water. Over the next 30 or so minutes, each was ceremoniously immersed in the water, confirming their faith.

A few others went down to the water and put hands and feet in – in their own personal and private way.

From there we took a

short jaunt to Bet She'an, a Roman city once known as the capital of the Decapolis. We saw the very well-preserved ruins of an ancient amphitheater that held 6,000 and was home to Roman theatrical productions. Overall, the city covered a large area and had things like an arena for chariot races and public and private bath houses.

Right after that was lunch, a delicious schnitzel – chicken in pita bread with cucumbers, lettuce, tomatoes, peppers and sauce. It was so good my wife let me eat mine and part of hers!

I mentioned it was mostly a travel day. After the morning activities, we boarded the bus and went from the Sea of Galilee in the north to the lowest place on earth, the Dead Sea. We basically went from the top of the country to the bottom – although you have to understand that Israel is only 260 or so miles from top to bottom.

We passed a few security checkpoints with armed members of the Israeli Defense Forces manning their posts. Our guide explained that as we entered the West Bank the area is also partly controlled by the Palestinians.

The time on the bus seemed long, but it also made you stop and think – Jesus and his Disciples walked much of what we were driving. What was minutes and hours to us was days and weeks to them.

Tomorrow: More about the Dead Sea.

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 ttimmons@thetimes24-7.com.

Sheridan Public Library Unveils December Events

Each month, the Sheridan Public Library hosts a wide variety of events for all ages and all interests. Below is a list of events and dates for you to look forward. And to stay up to date on any scheduling changes, visit sheridan.lib.in.us

Babies + Toddlers:

- Dec. 1, 8 and 15 at 11 a.m. - Discovery Time (ages 0-2)

Preschool:

- Dec. 2, 9 and 16 at 11 a.m. - Storytime with Wynn (ages 3-6)

Grades K-5:

- Dec. 7 at 4 p.m. - STEAM: Christmas
- Dec. 14 at 4 p.m. - Building Club: Christmas

Grades 6-12:

- Dec. 1 at 4 p.m. - Spill the Tea Book Club
- Dec. 8 at 4 p.m. - Cupcake "Nailed It"

Competition *Registration required

- Dec. 15 at 4 p.m. -

Intro to D+D

Adults:

- Dec. 8 at 6 p.m. - Ugly Sweater + Cookie Party *Registration required

- Dec. 13 and 27 at 1:30 p.m. - Euchre Club

All Ages:

- Dec. 2 at 5 p.m. - First Friday (Located on Main Street)
- Dec. 3 at 9:30 and 11:30 a.m. - Visit Santa + Mrs. Claus

- Dec. 9 at 6 p.m. - Bingo Night * Ham Dinner Grand Prize

- Dec. 16 at 5 p.m. - Home Alone Escape Room

- Dec. 16 at 6 p.m. - Family Movie Night: Home Alone Movie + Pizza

SPL will be closed on Dec/ 24, 26 and 31 for the holidays.

For more information on programming and services, visit sheridan.lib.in.us



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@tafflaw.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.

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317.770.7777

Holiday Safety Tips from the Fishers Police Department

The holiday season is always a special time of year. It is also a time when busy people can become distracted and vulnerable to theft and other acts of crime. The Fishers Police Department is encouraging residents and visitors to be careful, prepared and aware of their surroundings.

If you see something that does not look or feel right, call 911 immediately. Make sure to share this information with family, friends and neighbors. Below, find a list of quick and easy tips to keep yourself and your community safe.

Driving:

- Always wear your seatbelt.
- Never drink and drive.
- Put away cell phones or other devices that could cause a distraction
- Do not exceed the speed limit.
- Be courteous and patient with other drivers.
- Allow aggressive drivers to pass.
- Do not engage in verbal altercations. Calling out another driver's bad behavior could lead to criminal physical violence.
- Call 911 to report impaired or dangerous driving
- If driving alone, notify a friend or family member of your route and approximate time of arrival.
- Pack a weather preparedness kit (blanket, flashlight, cell phone charger, non-perishable snacks, etc.)

Automated Teller Machine (ATM):

- If you must use an ATM, choose one that is located near a police station, mall, or well-lighted location. Withdraw only the amount of cash you need.
- Protect your PIN by shielding the ATM keypad from anyone who is standing near you.
- Do not throw your ATM receipt away at the ATM location.



Shopping:

- Shop during daylight hours whenever possible. If you must shop at night, go with a friend and park in a well-lighted area.
- Park as close as you can to your destination and take notice of where you parked.
- Dress casually and comfortably.
- Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.
- Avoid carrying large amounts of cash.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Keep a record of all your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas and public transportation locations.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.
- Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must leave something in the car, lock it in the trunk or put it out of sight.
- When approaching and leaving your vehicle be aware of your surroundings.
- Do not approach your car alone if there are suspicious people in the area.
- If you are concerned about parking lot safety, ask mall or store security

for an escort before leaving your shopping location.

Children:

- Teach children to always stay close to you and to inform you if a stranger is bothering them.
- Never allow children to make unaccompanied trips to the bathroom.
- Children should never be allowed to go to the car alone and they should never be left alone in the car.
- Teach children their full name, address, and telephone number.

At Home:

- Do the 9PM Routine. Lock it, Hide it, Keep it.
- Always double check doors and windows, ensuring they are locked, when you leave the house, even for a few minutes.
- When leaving home for an extended time, have a neighbor or family member watch your house and pick up your mail and return garbage bins.
- Indoor and outdoor lights should be on an automatic timer.
- Leave a radio or television on so the house looks and sounds occupied.
- Contact the Fishers Police at (317) 595-3300 and/or fill out a Vacation Watch Form to notify us of your vacant home.
- Large displays of holiday gifts should not be visible through the windows and doors of your home.
- Residents should NEVER open the door to a stranger.
- Residents should announce that they are in the house and call 911 immediately.
- Be aware that criminals sometimes pose as couriers delivering gifts.
- It is not uncommon for criminals to take advantage of the generosity of people during the holiday season by soliciting donations door-to-door for charitable causes when no charity is involved.
- Donate to a recognized charitable organization.

Indy Airport Once Again Hosts Santa's Holiday Practice Run

The Indianapolis International Airport (IND) was once again the site of Santa's holiday practice run, as he arrived riding on a firetruck and hurried across the tarmac to greet more than 1,000 Hoosier families and children gathered in the Indy airport's Civic Plaza.

After two years of battling a global pandemic, families from across Central Indiana welcomed the return of the beloved and long-time tradition of meeting Santa as he launched his holiday practice run from Indianapolis.

"This is where the holiday season gets started," said Indianapolis Airport Authority Executive Director Mario Rodriguez.

"Santa knows Hoosiers are the most hospitable in the nation, and with IND being the best airport in North America, Indianapolis is at the top of his nice list."

The afternoon was filled with good cheer, as attendees of the sold-out

event had their photos taken with Santa, created ornaments, wrapped care packages to benefit Indiana USO military families, met Nutcracker ballerinas from Indianapolis Ballet, wrote letters to Santa, and participated in other free, festive activities.

Throughout the holiday season, passengers will be able to enjoy the decorations throughout the terminal or snap a photo next to the – NDY sign – with the holiday tree providing a festive backdrop – as travelers take off for their holiday travels.

In the coming days, IAA will be announcing additional holiday entertainment open to the public and travelers throughout December.

About the Indianapolis Airport Authority:

The Indianapolis Airport Authority owns and operates Indiana's largest airport system in the Indianapolis metropolitan area. In addition to the Indianapolis International Airport (IND), its facilities

include the Downtown Heliport, Eagle Creek Airpark, Hendricks County Airport-Gordon Graham Field, Indianapolis Regional Airport and Metropolitan Airport.

IND generates a \$7.5 billion total annual economic impact for Central Indiana – without relying on state or local taxes to fund operations. More than 11,000 people work at the airport each day, and 22,600 area jobs have a connection to the airport.

In 2021, IND served more than 7.1 million business and leisure travelers. IND is consistently ranked, year after year, as the best airport in North America and the nation, based on ease of use, passenger amenities, customer service, local retail offerings and public art. The airport is home of the world's second largest FedEx operation and the nation's eighth-largest cargo facility.

For more information, visit IND.com

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Emerging Artists On Display in Fishers in December

During the month of December, Fishers Arts Council will shine a spotlight on 10 Hamilton County artists who are up and coming and new to Fishers. Their artwork will be on display in the Gallery at the Collaboration Hub at Hamilton County Community Foundation (11810 Technology Drive, Fishers) from Dec. 5-30 and can be viewed Monday-Friday, 9 a.m. to 5 p.m., with select holiday closures.

A special “Meet the Artists” panel will be offered during the Second Friday reception on Dec. 9 at 6:45 p.m. and guests are welcome to drop in anytime from 6-8 p.m. for the family friendly event.

Josh Brinson defines himself as a muralist and graphic designer. He said, "In middle school (circa 2005) I discovered graffiti and street art. The idea that these huge pieces were on display in public and for all to see intrigued me. Plus the vibrant colors, dimensional structures and wild characters involved in the pieces gave life to what were once only stark barriers within a cityscape."

At that point, Brinson says he was committed to turning his passion into a full-time career. In the future, he hopes to focus on putting his art on apparel and merchandise, and he also hopes to create original figurines/designer toys.

Artist Larry Evans said he first became interested in art, "When I was a kid and saw my first Van Gogh painting and learned his background. I have always loved art and drawing, but that day art kind of became cool in a



Angee Walberry

super weird way, I guess. Van Gogh is still my favorite artist today."

Evans said his next goal as an artist is to do a large painting and mess around with gold foil somehow within that painting. He maintains that one of his greatest disappointments is losing first prize in a second grade art contest because the school principal said Evans' drawing was too good to have been done by a second grader. That principal's bad decision cost him the chance to win the \$250 prize.

Jacob Hernandez' approach to the concept of art and artist is unique.

"I am a firm believer that everyone is an artist in his or her own way, and I am a lover of all forms of art, whether that be traditional drawing/painting, photography, sculpture, architecture, design, literature, film, music, theater, and so on. Being an artist is a wonderful thing, and I encourage everyone to make use of their own inner artist," he said.

Visitors to the Emerging Artists exhibit will be able to experience how Hernandez has made use of his own "inner artist."

Julia Holland is a current Art + Design student at Butler University. "I have been passionate about art my



Riley Sims

entire life," she said, and has goals to pursue a life and career within the arts. While abstract art isn't her favorite, her portrait work truly sings.

Painter Barbara Howrey's story is one that is probably familiar to a lot of people: "I started my art journey by painting watercolors in 1992. I put my son, who was two years old at the time, into a Mom's Day Out program at a local church, and I signed up for watercolor classes at a framing shop in Brownsburg, IN. I was only able to attend classes for a year because life kind of got in the way. I began painting again in 2019, and in 2021, I discovered fluid art and decided I really liked it and began practicing that medium."

What is "fluid art"? Visitors to the exhibit will have to meet Howrey and see her work to find out.

Deb Lavengood is a woman of many talents. She cooks and enters cooking competitions--and wins--as well as painting with acrylics and watercolors. Her current passion is photography; she plans to put that talent to use this winter. Lavengood said, " My husband and I are going on a cruise to a number of different Caribbean islands this winter,



Justin Sicking

and I want to capture the beauty of the aqua Caribbean water and tranquil beaches to bring joy to myself and others during the dark winter months."

Oil painter Mike Martin early on fell in love with the inherent characteristics of oil paints. He said that his greatest success as an artist happened when he learned not to be his own worst critic. He realized that every painting goes through an "ugly duckling" period until it starts to flow, and it is important to focus on what "works" in the painting and improve on those elements.

Photography is Justin Sicking's passion. He said that he really enjoys learning new things and researching different techniques as they relate to "all different categories and niches of Photography. I love getting to see how small changes affect the outcome of an image, and I embrace the opportunity



Jacob Hernandez

to get better and better results with every shoot."

Riley Sims is currently a student at Ball State University and said, "My greatest success as an artist has to be actually being an artist. I think that is the hardest part. Changing my major from art education to just studio art is my greatest success as an artist because it was the first step to fulfilling my dream."

After she graduates in the spring, she hopes to attend an art residency program at one of the national parks and continue to pursue her artistic interests and techniques. Sims served as the first FAC intern this past summer, helping our team on a variety of projects.

Angee Walberry's experience in creating art began when she was home on disability leave and "sheer boredom led me to dabble in paint." She was happy that so many people liked the results of her "dabbling"



Barbara Howrey

that she kept on drawing and painting. Walberry is working on a new series with her "weird squiggly people." Her personal goal is to travel everywhere to capture people at play, at rest, and at work. She hopes that an art residency at Fire Island, New York, or in Key West, Florida, is in her future.

Fishers Arts Council hopes all art lovers join them in attending the Second Friday reception of “Art of the Emerging Artist” on Dec. 9 to meet these wonderful, creative people and hear their stories. Live music will be performed by Emily Ann Thompson.

Refreshments and a cash bar will be provided as well as a comfortable community space for connecting with artists and other art-lovers. Most artwork will be available for sale – and this is a great opportunity to support a local artist and get something one-of-a-kind for the holidays.



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Photos courtesy of Ford

2022 Ford Mach-E is the Mustang for Electric Crossover Lovers

For some of you, the idea of a five-door Ford Mustang galloping with electricity may be sacrilegious. For others, they may welcome the ability to carry kids, get through snow, and not spend a dime on gasoline. I fall in the latter and think many of the former will eventually join me in welcoming all that is the 2022 Ford Mustang Mach-E.

I've driven many Mustangs, but never has my daughter just hopped in the backseat while I powered open the hatch to throw in all my...and her... gear. With split/fold rear seats, you carry all of your camping gear or IKEA haul. It's nice having a sporty car in which you can live a normal life. Besides, the Mach-E is not the first Mustang to stray from the long-honored formula of a two-door convertible or coupe. Ford created design studies of a wagon and sedan in the

'60s.

Five doors, jacked up ride and all, the Mach-E looks like a Mustang. Sure, there's a plastic panel where a grille normally resides, but its Mustang logo leads squinty LED headlamps, flared hood forms, tightly-drawn fenders, muscular rear fender kick-ups, and fastback roofline that connect the Mach-E to other Mustangs. Around back, a wide stance and triple-barrel taillamps could be on no other vehicle. Put it all over 19" wheels and you have a practical crossover that channels its heritage fully.

Inside, all eyes focus on the large tablet in the center dash for controlling navigation, media, B&O audio, heated seats, heated steering wheel, and dual-zone automatic climate control. Connect with Apple CarPlay and Android Auto; charge wirelessly in the console.

A fixed panoramic glass roof lets in all the light. Safety is enhanced with automatic emergency braking, lane keep assist, cross traffic alert, and blind spot warning.

Riding on the highway, with hands off the steering wheel, it's obvious this is a different breed of Mustang. Ford's Blue Cruise adaptive cruise control allows the car to essentially drive itself on 130,000 miles of pre-approved roads. There's a camera on the steering column making sure drivers are alert, so no reading allowed. Relaxing with a soft drink or a cup of java is fine, however.

Beyond that, the electric powertrain is quite advanced. Even the base version with extended-range battery delivers a whopping 346 horsepower and 428 lb.-ft. of torque to whisk onto freeways with ease. Think 0-60 mph in 4.8 seconds.

2022 Ford Mustang Mach-E Five-passenger, AWD Crossover

Powertrain: Li-Ion batteries/motors
Output: 346hp/428 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 19"/19" alloy
Brakes f/r: regen disc/disc
Must-have features: Heritage, Driving
Driving range: 290 miles
0-60 mph: 4.8s
Recharge (10-80%): 45m
Economy (city/hwy): 96/84 mpg-e
Assembly: Cuautitlán, Mexico
Base/as-tested price: \$46,895/56,200

Fully charged and lightly accelerated, Ford claims 290 miles range. Charging is relatively quick. Go 10-80% in 45 minutes on a DC fast charger or fully charged overnight on a 240v home unit. Plugging into a household plug takes days.

Beyond slipping through traffic silently, the Mach-E provides a driving experience like no Mustang before. Battery weight

is kept low in a chassis that's tuned for a balance of handling and comfort. Strafing some of my favorite two-lane backroads, it handled corners expertly, stayed settled over crests, and zapped slow-moving farm trucks. All that, and all-wheel-drive provides an additional level of security on slick and snowy roads.

There is a deep well of love for Mustang. I've talked to many people who



CASEY WILLIAMS
Auto Reviews

respect the car's muscular American heritage, but say they need room for kids, want to carry their stuff, are worried about driving through snow, or don't want to spend so much for gas. For all of them, the Mach-E is a better Mustang. A base price of \$46,895 or \$56,200 puts it against the Tesla Model Y, Volkswagen ID.4, Kia EV6, Nissan Ariya, and upcoming Chevy Blazer EV.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com

Living as a Newcomer Can Have It's Moments



CARRIE CLASSON
The Postscript

My husband, Peter, and I feel like social butterflies.

We certainly are not. But it feels as if we are, because we are staying in a new city and finding it is easier to make new friends than any time since we were children.

When Peter and I moved back to Minnesota to be closer to our family, we missed our old routines and the friends we used to spend time with. Moving to a new city did not bring with it a lot of new friends. Everyone already had friends. Peter and I saw a lot more of our families, which was wonderful. But except for the friends we still had from when we lived here as teenagers, we didn't see a lot of new people.

This is not the way it works when we are in Mexico.

"Can we have brunch with Karina and Rick on Friday?" I asked.

"We're going to dinner with Joel and Chené on Friday."

"I thought we could do brunch."

"We're having brunch with Raul and Nathan."

"Oh."

I realized I had something scheduled every day this week. This is not like me.

Somehow, spending time with people who are all new to this place—leaving what is familiar and trying something new—something about this pulls us together. I realized it's because we're all newcomers.

As newcomers, we're eager to share our newcomer energy, to hear where other newcomers have been and where they're going next. Almost all the newcomers I meet are making changes, going to new places, trying something new. And, because they are newcomers, they all are excited (and a little nervous) to tell others about it.

"I started painting during the pandemic," Rosalie told us. She claims she is not an experienced painter, yet all her work has been eagerly taken by friends who have it hanging in their homes.

"I'm working on a memoir."

"I've taken up yoga."

"I'd like to write a novel."

"I'm fostering a dog."

The thing we newcomers all share is the opportunity to look at this new place with fresh eyes and apply that fresh perspective to our lives. I am amazed how few people I meet are trying to replicate the lives they have in the U.S. or Canada. Instead, they are figuring out how to do things differently in this very different place—where fireworks go off every night and occasionally at six in the morning, where roosters are constantly crowing, and dogs barking, and the streets are paved with cobblestones, and a lot of the shoes we brought do not work at all.

"Oh, my gosh! I nearly killed myself trying to walk in platform sandals last night!"

"I know. Platforms do not work!"

I love hearing stories about changing course, trying new things, getting off the beaten track.

Meanwhile, I keep working on my new project, getting my first novel ready to sell. My agent tells me we're almost ready. It will be a long process, she says, and there are no guarantees. I'm OK with that. I know I'm a newcomer to this as well.

Spending time with newcomers in Mexico has made me realize that most of us aren't attached to a particular outcome. We like what we are doing right now—and we like doing it together.

"It's about enjoying life while we're living it—and not worrying about when it's going to end," Karina, another newcomer, said over dinner last night.

I like that. And I think there might be time to squeeze in one more coffee this week.

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.
Montgomery Medicine

I've had some questions recently about cancer of the ovaries so I'll try and tackle this complex subject. Ovarian cancer is frightening because it is often very advanced before a woman receives a diagnosis. Most women present with stage III disease meaning the cancer has spread outside the ovary into the abdominal cavity and/or lymph nodes. This results in less than half of women surviving five years after diagnosis.

Ovarian cancer cases in the U.S. in 2021 numbered about 21,000 and approximately 14,000 died from the disease. It accounts for less than three percent of all female cancers. It is the fifth leading cause of cancer deaths in women following breast, lung, colorectal, and uterine cancers.

The chance of developing ovarian cancer increases with age and peaks in the late 70s with an average age of 63. Fortunately,

the prevalence of ovarian cancer is relatively low with about a 1.3 percent lifetime risk of developing it. Also, the incidence has been trending downward since the late 1980s.

Women have an increased risk of ovarian cancer with increasing age, infertility, endometriosis, polycystic ovarian syndrome, cigarette smoking, estrogen use, obesity, or a family history of breast or ovarian cancer (especially those who test positive for one or both of the BRCA1 or BRCA2 genes).

Women with one first-degree relative (mother or sister) with ovarian cancer have an increased risk of about 4 to 5 percent while those with two first-degree relatives have about a 7 percent risk. Women have a decreased risk if they have had a previous pregnancy, have breastfed, taken oral contraceptives, used an intrauterine device, or had a tubal ligation.

Signs and symptoms of ovarian cancer may be quite subtle or absent entirely. The most common symptoms, described by about half of women, are bloating or enlargement of the abdomen and abdominal or pelvic pain. Decreased appetite, a feeling of getting full quickly, urinary urgency and/or frequency, and a change in bowel habits, particularly constipation, may also be present.

Like most cancers,

diagnosing ovarian cancer at earlier stages leads to improved survival. However, there is no evidence that supports a benefit of routine screening of average risk, asymptomatic women. All screening strategies in this group are associated with a high rate of false-positive tests that can cause psychological stress and, more importantly, carry a risk of harm from invasive testing and surgery.

The disease is occasionally detected on routine pelvic exam, often when it is in an advanced stage. Women who are at increased risk for ovarian cancer or who have persistent, unexplained pelvic or abdominal symptoms, may benefit from a combination of pelvic examination, pelvic ultrasound and a blood test called CA-125.

The CA-125 blood test has been touted in social media posts as a screening tool for ovarian cancer. Some readers may have even received an e-mail describing the benefits of having a yearly CA-125 blood test to screen for ovarian cancer. Various versions of this e-mail have been circulating since 1998. The message states that if you don't have the test done regularly, you may be putting your life in danger. It also accuses the medical community and insurance companies of intentionally withholding the test from women.

While the CA-125 test is

useful for following women with diagnosed ovarian cancer in order to gauge their response to treatment, ongoing studies looking at the utility of the test as a screening tool continue to confirm its poor performance. Screening with CA-125 has never been shown to improve survival from ovarian cancer.

The test is not very sensitive since it's only elevated in about half of women with ovarian cancer and it frequently doesn't become elevated until the cancer has already spread. In other words, a negative test does not mean a woman doesn't have ovarian cancer.

The test is also very non-specific. It can be elevated for a number of reasons including normal menses, endometriosis, pregnancy and benign tumors of the uterus. It can also be elevated with pancreatitis, appendicitis and other cancers such as breast, lung and colon.

So, when should a woman be concerned? If she has any of the symptoms mentioned above for more than a few weeks, she should consult her care provider to provide her medical history and undergo a pelvic examination. Her provider may then recommend additional testing based on her overall risk and physical findings.

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



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TUESDAY

In The Kitchen

Tuesday, Nov. 29, 2022

A7



Apple Custard Sponge Trifle

Apple Custard Sponge Trifle

Servings: 8-10

- 6 Envy apples
- 2 tablespoons golden caster sugar
- 1 teaspoon cinnamon
- 1/2 cup, plus 2 tablespoons, water
- 1 tablespoon corn flour
- 1 large plain sponge cake
- 2 cups vanilla bean custard
- 1/2 cup caramel or butterscotch sauce, plus additional for arnish, divided
- 1/2 cup cream
- fresh apple slices
- fresh strawberry slices

Peel, core and dice apples; place in large saucepan. Add caster sugar, cinnamon and 1/2 cup water. Simmer apples 5-8 minutes until tender.

Combine corn flour and remaining water. Stir corn flour mixture into apples until apples are syrupy.

Cut sponge cake into 2-centimeter diced pieces. Arrange 1/3 of sponge pieces in base of serving bowl. Add half of cinnamon apple pieces, including syrupy juices. Add 1 cup custard and drizzle with 1/4 cup caramel sauce. Repeat with remaining ingredients, finishing with sponge cake; chill.

Whip cream and spoon dollops over sponge cake to cover top. Garnish with apple slices, strawberry slices and caramel sauce.

Make *Holiday Memories* with Sweet Eats

FAMILY FEATURES

Whether your festivities include immediate family or bring together relatives from around the country, the holidays are about making memories with loved ones. From the first days of the season to the last, many families spend their precious time together with favorite activities and the best foods the holidays have to offer.

This year, you can change things up and start new traditions with a fresh ingredient like Envy apples, which provide an easy way to update classics due to their sweet taste and availability. The sweet, sophisticated flavor; uplifting, fresh aroma; delightfully satisfying crunch; beautiful appearance; and naturally white flesh that doesn't brown as quickly as other apples all lend themselves to shareable recipes like this Apple Wreath Salad or Roasted Apple Macaroni and Cheese, both perfect for holiday parties.

Because cherished memories are made with sweet ingredients, you can turn cozy movie nights into festive and memorable events year after year by pairing Hallmark Channel's popular "Countdown to Christmas" holiday movies with delicious desserts like Apple Custard Sponge Trifle and Brown Butter Apple Pie.

Find more memory-making recipes at [EnvyApple.com](https://www.envyapples.com).



Apple Wreath Salad

Apple Wreath Salad

Recipe courtesy of "The Produce Moms" (@theproducemoms)

Balsamic Dressing:

- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon black pepper, finely ground
- 1 large garlic clove, minced
- 1/4 cup balsamic vinegar
- 3/4 cup extra-virgin olive oil

Salad:

- 10 ounces baby arugula

- 3 Envy apples, sliced
- 9 ounces goat cheese, crumbled
- 3 ounces pomegranate arils
- 3 ounces pecans, toasted

To make balsamic dressing: In small serving bowl, whisk honey, Dijon mustard, salt, pepper, garlic, balsamic vinegar and olive oil.

Place dressing bowl in center of large board or platter. Arrange arugula around dressing bowl in wreath shape.

Place apple slices on top of arugula. Sprinkle on goat cheese, pomegranate arils and pecans.

Brown Butter Apple Pie

Streusel Topping:

- 1/2 cup flour
- 1/4 cup chopped pecans
- 2 tablespoons light brown sugar
- 4 tablespoons butter, cut into 1/2-inch cubes

Filling:

- 4 tablespoons butter
- 2 pounds Envy apples, cut into 1/4-inch slices
- 1/2 cup light brown sugar
- 1/2 teaspoon cinnamon
- 1/8 teaspoon grated nutmeg
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 3 tablespoons flour

- 1 deep dish frozen pie shell

Preheat oven to 375 F.

To make streusel topping: Mix flour, chopped pecans and light brown sugar. Stir in butter using fingertips until incorporated with small lumps of butter visible. Refrigerate.

To make filling: In large skillet over medium heat, melt butter until amber, stirring often. Set aside to cool. In large bowl, stir sliced apples, brown sugar, cinnamon, nutmeg, salt, vanilla and flour using spatula. Pour brown butter over apples and mix, scraping skillet with rubber spatula to incorporate brown butter bits.

Place frozen pie shell on baking sheet. Add 2 cups apple mixture into shell, gently pressing apple slices for even base. Add remaining apple slices and gently press. Sprinkle streusel topping evenly over apples.

Bake 30 minutes then reduce oven temperature to 350 F and bake 35-45 minutes until topping is golden and apples feel tender when pierced with fork.



Brown Butter Apple Pie

Roasted Apple Macaroni and Cheese

- Salted water
- 1 pound macaroni noodles
- 4 tablespoons butter
- 1 Envy apple, peeled and diced
- 4 tablespoons flour
- 2 cups heavy cream
- 2 cups milk
- 3 cups sharp cheddar cheese, grated
- 1 cup Romano cheese, grated
- 1 cup gruyere cheese, grated
- 1 tablespoon kosher salt
- 1 teaspoon Worcestershire

Topping:

- 2 tablespoons butter
- 1 cup panko breadcrumbs

Bring large pot of salted water to boil. Add noodles and cook until just tender. Drain and set aside.

In large pot over high heat, melt butter then saute diced apple until caramelized and tender. Sprinkle in flour and stir. Cook 1 minute, stirring frequently.

Whisk in heavy cream and milk; bring to boil, stirring frequently so milk doesn't burn. Once boiling, turn heat to low and whisk in cheddar cheese, Romano cheese, gruyere cheese, salt and Worcestershire. Continue whisking until cheese is melted thoroughly.

Carefully pour mixture into large blender and blend on high until smooth. Pour cheese sauce over noodles and stir.

Pour macaroni and cheese into 9-by-13-inch pan and spread evenly.

Heat oven to broil.

To make topping: In medium bowl, melt butter and stir in panko breadcrumbs. Sprinkle breadcrumbs over macaroni and cheese; broil until golden brown.



Roasted Apple Macaroni and Cheese

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TUESDAY

In The Kitchen

Tuesday, Nov. 29, 2022

A8

Give Quick and Easy Meals a Fun Spin

FAMILY FEATURES

Work, school, extracurricular activities, social events and more can make the winter months feel frantic and it can often seem like you're running out of time. This seasonal time crunch makes it even more difficult to answer the age-old, mealtime question kids are always asking: "What are we having?" To help solve that daily meal dilemma and discover family-pleasing recipes that take 35 minutes or less, the RAGÚ Meal Wheel lets the entire family take an active role in choosing what's on the menu. Simply ask one of your kids to click the "spin" button to find delicious, quick-and-easy recipes like Chicken and Broccoli Alfredo with Fettuccine and Mini Turkey Sloppy Joes.

Both easy-to-make recipes take 35 minutes or less and feature RAGÚ sauces, which come in a variety of taste-tempting classic flavors and styles, perfect for any mealtime occasion. Created 85 years ago by an Italian mother using a family recipe she brought to the United States from Naples, Italy, the sauces are made from quality ingredients like vine-ripened tomatoes, hearty vegetables, Italian cheeses, herbs and spices, allowing home cooks to "Cook Like a Mother" and quickly create affordable, crowd-pleasing meals for their busy families.

To find more quick and mouthwatering recipes to feed your family during the chilly winter months, visit [RAGU.com/meal-wheel](https://ragu.com/meal-wheel).

Chicken and Broccoli Alfredo with Fettuccine

Prep time: 20 minutes
Cook time: 15 minutes
Servings: 4

- 1 tablespoon butter
- 1 1/2 pounds boneless, skinless chicken breasts, cut into strips
- 1 jar RAGÚ Classic Alfredo Sauce
- 1 package (12 ounces) frozen broccoli florets, thawed
- 1 package (12 ounces) fettuccine pasta
- grated Parmesan cheese, for topping (optional)

In large nonstick skillet over medium-high heat, melt butter. Cook chicken, in batches if necessary, stirring occasionally, until chicken is thoroughly cooked. Remove chicken and set aside.

In same skillet, add sauce and broccoli; stir. Bring to boil over medium-high heat. Reduce heat to low and simmer, covered, stirring occasionally, until broccoli is heated through, about 5 minutes. Stir in chicken and cook, stirring occasionally, until cooked through, about 2 minutes.

In separate pan, cook fettuccine according to package instructions.

Serve chicken, broccoli and sauce over hot fettuccine and sprinkle grated Parmesan cheese on top, if desired.



Chicken and Broccoli Alfredo with Fettuccine



Mini Turkey Sloppy Joes

Mini Turkey Sloppy Joes

Recipe courtesy of "Honey and Birch" on behalf of RAGÚ
Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

- 1 teaspoon extra-virgin olive oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 1 pound ground turkey
- 1 cup finely diced carrots
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 jar RAGÚ Simply Chunky Marinara Sauce
- 1 tablespoon Worcestershire sauce

- 1 teaspoon ground mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 mini buns

In large skillet over medium heat, heat extra-virgin olive oil. When hot, add onion and garlic; sauté until onion is translucent.

Add ground turkey. Break up meat and stir frequently until browned. Add carrots, green pepper and red pepper. Cook 5 minutes until vegetables begin to soften.

Add marinara sauce, Worcestershire sauce, ground mustard, salt and pepper. Stir and bring to boil. Reduce heat to simmer and partially cover pan. Cook 10 minutes.

Serve on mini buns.

Scan for More Recipes



Pair Soup and Sandwich for a Warming Winter Meal

FAMILY FEATURES

Cool winter days and their cold, crisp air call for a quick warmup in the form of a classic combo: soup and sandwich. Next time you need warmed up from the inside out, go for a homemade pairing that brings together a cheesy handheld and hearty minestrone.

When you sit down for a wintertime meal with the family, Gourmet Grilled Cheese with Aunt Nellie's

Pickled Beets provides the comfort you crave with caramelized onions, gooey melted cheese and toasted sourdough. Slowly simmered to savory perfection, 3-Bean Tortellini Minestrone – powered by READ 3-Bean Salad – plays the ideal complement to the griddled sandwiches as a filling soup without the hassle.

To find more comforting meal ideas made for combatting the cold, visit AuntNellies.com and READSalads.com.

Gourmet Grilled Cheese with Pickled Beets

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

Caramelized Onions:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 3 large yellow onions, halved, sliced 1/4-inch thick
- 1-2 tablespoons water (optional)
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper flakes

Sandwiches:

- 8 large sourdough slices, 1/2-inch thick
- 1/3 cup mayonnaise
- 4 ounces fresh goat cheese, at room temperature
- 8 ounces shredded gruyere cheese, at room temperature
- 1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
- 2 cups baby arugula
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided

To make caramelized onions: In Dutch oven over medium-high heat, melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.



3-Bean Tortellini Minestrone

Recipe courtesy of "Joy of Eating"
Prep time: 20 minutes
Cook time: 25 minutes

- 1 can (15 ounces) READ 3-Bean Salad
- 1/2 cup extra-virgin olive oil
- 1/2 medium yellow onion, diced
- 3 peeled garlic cloves, minced
- 2 pinches salt, plus additional to taste, divided
- 1 teaspoon Italian seasoning
- 1/4 teaspoon black pepper, plus additional to taste, divided
- 3 small carrots, trimmed, peeled and diced
- 2 celery stalks, trimmed and diced
- 1 medium zucchini, diced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 Parmesan rind (optional)
- 6 cups low-sodium vegetable broth

- 9-10 ounces refrigerated cheese tortellini
- 2 cups baby spinach
- jarred pesto, for serving (optional)

Drain and rinse bean salad; set aside.

In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and 1/4 teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.

Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.

Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired.

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TUESDAY

In The Kitchen

Tuesday, Nov. 29, 2022

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Classic Beef Wellington

Mouthwatering Recipes to Beef Up the *Holiday Menu*

FAMILY FEATURES

At this year's holiday gatherings, you can put together a showstopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. It all starts with beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider these holiday favorites from Beef Loving Texans, including a must-have main course like Classic Beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon mustard wrapped in a golden-brown puff pastry.

If you're serving a group, Top Sirloin Roast with Herb Garlic Peppercorn Crust is ideal for sharing and provides an eye-catching centerpiece at the dining room table.

Before bringing out the main course, however, there's an important aspect of seasonal parties that calls everyone to the kitchen: savory appetizers. You can invite your guests to share an option like Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce, a festive, easy-to-make favorite that can tide the cravings of a hungry crowd.

Find more beef-inspired holiday dishes at BeefLovingTexans.com.

Classic Beef Wellington

Recipe courtesy of Beef Loving Texans

Total time: 1 hour, 30 minutes

Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- 1 sheet puff pastry

In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper.

Press evenly onto all surfaces of roast.

Place roast in skillet; brown evenly.

Remove roast from skillet.

Heat oven to 425 F.

In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.

Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.

Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch

rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four (2-inch) vents in top of pastry.

Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160F for medium. Carve into slices and serve.

Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce

Recipe courtesy of Beef Loving Texans

Total time: 50 minutes

Servings: 12

- 1 pound ground beef
- 1 cup fresh zucchini, grated
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 small yellow onion, diced
- 1/2 inch
- 2 red bell peppers, diced
- 1/2 inch
- 2 green bell peppers, diced
- 1/2 inch
- 12 skewers (6 inches)

Cranberry Barbecue Sauce:

- 1 can (16 ounces) whole berry cranberry sauce
- 3 tablespoons barbecue sauce

Preheat oven to 400 F.

In medium bowl, lightly mix ground beef, zucchini, egg, salt and pepper until thoroughly combined. Shape into 24 1-inch meatballs. Alternately thread meatballs, onions, red peppers and green peppers onto skewers. Place skewers on shallow-rimmed baking sheet.

Bake 22-25 minutes, or until instant-read thermometer inserted into center of meatball registers 160 F.

To make cranberry barbecue sauce: In medium saucepan, combine cranberry sauce and barbecue sauce; simmer 5 minutes, or until flavors blend.

Drizzle sauce over skewers or serve as dipping sauce.



Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce



Top Sirloin Roast with Herb Garlic Peppercorn Crust

Top Sirloin Roast with Herb Garlic Peppercorn Crust

Recipe courtesy of Beef Loving Texans

Total time: 45 minutes

Servings: 8

- 1 center-cut sirloin beef roast (about 3 pounds)
- 1 tablespoon olive oil

Seasoning:

- 2 teaspoons kosher salt
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh thyme, chopped
- 5 cloves garlic, minced
- 2 teaspoons coarsely ground mixed peppercorns (black, white, green and pink)

Preheat oven to 350 F.

Rub roast with olive oil.

To make seasoning: In small bowl, combine salt, parsley, thyme, garlic and mixed peppercorns; press evenly into beef roast.

Place roast in roasting pan or baking dish with wire rack in bottom. Bake 40-60 minutes. Remove roast when meat thermometer registers 135 F for medium-rare or 150 F for medium.

Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10-15 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.

Carve roast into slices by cutting against grain.

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TUESDAY

Health and WELLNESS

Tuesday, Nov. 29, 2022

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Man's Best Friend Leads the Way to Early Cancer Detection

Cancer strikes without warning. Genetics can explain some of it, as well as environmental and lifestyle conditions. But there is no surefire way to predict who will develop cancer. That tragedy holds true for both humans and their closest domestic companions: dogs.

A canine cancer scientist at Purdue University's College of Veterinary Medicine is working to take the first steps to make a serious form of cancer in dogs — one with analogues to human health — easier to detect and treat before it has become more advanced.

Scottish terriers, famous for being presidential pets to presidents George W. Bush and Franklin D. Roosevelt, "Jock" in Disney's "Lady and the Tramp," and the cutest Monopoly game token, are also famous for a less cheerful reason: They get bladder cancer at rates 20 times that of other dog breeds. And when Scotties and other dogs develop bladder cancer, it is often an aggressive form similar to muscle invasive bladder cancer in humans.

That dog-human linkage is part of why Deborah Knapp, Purdue Distinguished Professor of Comparative Oncology, has studied bladder cancer in canines for three decades. Knapp is the Dolores L. McCall Professor of Comparative Oncology, director of the Purdue Comparative Oncology Program and a co-program leader in the Purdue Center for Cancer Research.

"For many types of cancer in dogs or in humans, the cancer is diagnosed 'late' when it

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is already progressing and causing harm. The early stages of cancer, such as bladder cancer, may not produce any symptoms, and, therefore, the cancer goes unnoticed. And when symptoms do develop, they resemble those of a urinary tract infection, often prompting treatment with antibiotics for a while," Knapp said. "When it becomes apparent that something more is going on and we see the dogs in the oncology clinic, the cancer has often become pretty extensive within and beyond the bladder. And it has changed so much on a molecular level that drug resistance is common."

Other than a few cancers physicians can and do screen for in humans — using things like mammograms, colonoscopies and PSA screening — most cancers are found only after they are well established. And in veterinary medicine, it's even worse because screening programs have not yet been developed.

Knapp and her team followed a group of 120 Scottish terriers for three years, performing urinary tract ultrasound exams and urinalyses every six months. When those tests raised suspicion for cancer, the team performed cystoscopic biopsies. Thirty-two of those 120

dogs turned out to have early-stage bladder cancer. The screening caught the cancer before symptoms began to emerge and before the dogs' behavior and health changed. Knapp's team also assessed the accuracy of two types of commercially available urine tests for bladder cancer screening but found that those tests did not accurately predict or identify cancer.

That early detection gave Knapp's team the ability to treat the cancer early and to study the way the cancer and tumors changed and developed at a molecular level as the cancer stages progressed. The dogs diagnosed with cancer were treated with deracoxib, a nonsteroidal anti-inflammatory drug (NSAID) that has antitumor activity in dogs and is typically used to treat bladder cancer in dogs. Usually, the drug results in a remission rate of 20% in dogs with the more typically advanced symptomatic bladder cancer. However, with the early detection from Knapp's team, the drug resulted in a 42% remission rate.

"Finding the cancer early in these dogs, who were behaving normally but walking around and brewing cancer in their bladders, meant we were able to treat them earlier in the cancer development process," Knapp said. "The drugs worked so much better because we started managing the cancer earlier. We expected the remission rate to be better than the 'usual' 20%, but we didn't expect to see quite this dramatic a difference. The drug we used, Deramaxx,

is considered a conservative, oral, affordable therapy. And it doubled the remission rate in the dogs, thanks to the early detection."

Scottish terriers' high genetic predisposition to bladder cancer means they make an excellent population in which to study early cancer detection, which also means veterinarians can do the most good and save the most lives and heartaches.

Owners of Scottish terriers know the risks going in. Scotties are prone to bladder cancer, as labs are prone to hip dysplasia and dachshunds are prone to spinal injuries. However, humans' dedication to their dogs is what made the study happen. The Scottie community supported the study, and people drove dogs hundreds of miles to participate in the trial, showing how meaningful early cancer detection is for them and highlighting how much hope people hold for early cancer screening in both dogs and people.

"From the veterinary perspective, our study shows that we ought to be screening dogs for bladder cancer," Knapp said. "This should become more routine for certain dogs in the future. But from the science side, we found so much more than that, especially in comparative genomics. Our study is the first to show that if you can truly find cancer early, and treat it, it makes a huge difference. Ours is the first, but we hope this will start a paradigm shift. We are moving toward a more personalized, proactive approach to addressing cancer."

Systemic Lupus Erythematosus

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,



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Hamilton Health

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.

Are You Living With Diabetes? Why You Need to Pay Attention to Your Feet

(StatePoint) Diabetes can impact the body in a number of ways, especially creating potentially serious complications for your feet.

"Foot care is a central component of overall diabetes care," says Bryce Paschold, DPM, FACFAS, a board-certified foot and ankle surgeon and a fellow member of the American College of Foot and Ankle Surgeons. "Without precautions, even small foot problems can lead to amputation or be life-threatening."

To help those living with diabetes understand potential complications and how to avoid them, ACFAS is sharing these important insights:

Potential Complications
Nerve damage that affects arms, hands, legs and feet known as diabetic peripheral neuropathy not only makes you more likely to experience numbness, burning, and loss of your protective sensation, but losing sensation in your feet can also make it easier to miss common minor skin pathologies and other foot issues while they're still relatively easy to treat.

With diabetes, the blood vessels below the knee

often become narrow and restrict blood flow, causing infections that don't heal. This common and serious complication can lead to the loss of your foot, leg or your life.

Stress fractures and sprains are commonplace among all athletes, but those living with diabetes who experience neuropathy are more likely to be unaware of foot and ankle injuries and exacerbate them by continuing their activities.

While still relatively rare, Charcot foot seems to be growing in prevalence as more Americans develop diabetes. This sudden destruction and erosion of the foot's bones, caused by severe nerve damage, can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation and even death. Symptoms appear suddenly and include warm and red skin, and swelling, but commonly without pain.

Prevention:
You can play a vital role in reducing your risk for complications. Here's how:

- **Inspect feet daily.** Check for cuts, blisters,

redness, swelling and nail problems. Use a magnifying mirror to look at the bottom of your feet. If you need assistance, have someone else do it for you. Be proactive by knowing what is going on with your feet on a daily basis.

- **Don't ignore pain.** Seek care immediately if you experience pain in your leg at night or with little activity. It could mean you have a blocked artery.

- **Don't perform "bathroom surgery."** Never trim calluses or corns yourself, and don't use over-the-counter medicated pads. See a foot and ankle surgeon for proper treatment.

- **Keep floors clear.** To prevent injury, make sure no needles, insulin syringes or other sharp objects are on the floor. You should also always wear shoes, indoors and outdoors.

- **Prevent Irritation.** Shake shoes free of small objects you may not be able to feel and ensure your socks aren't bunched up. Wear lighter colored socks so you'll notice blood or drainage if they occur.

- **Be temperature aware.** Never use heating

pads, hot water bottles, ice or electric blankets, and never put your feet in hot water without testing the temperature; you can easily burn your feet without noticing.

- **Stay active.** Improve circulation by wiggling your toes and moving your ankles for five minutes, two to three times a day.

- **Control blood sugar levels.** Good diabetes management reduces your risk of developing complications.

- **Book an appointment.** Visit a foot and ankle surgeon to determine if you have lost any feeling or circulation. Periodic foot exams can also help prevent complications. "Advanced therapies for foot wounds, such as the use of bioengineered skin substitutes and negative pressure wound therapy, are saving limbs and restoring mobility for people who suffer from nonhealing foot ulcers," says Dr. Paschold.

For more information and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.

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Obituary deadline

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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.

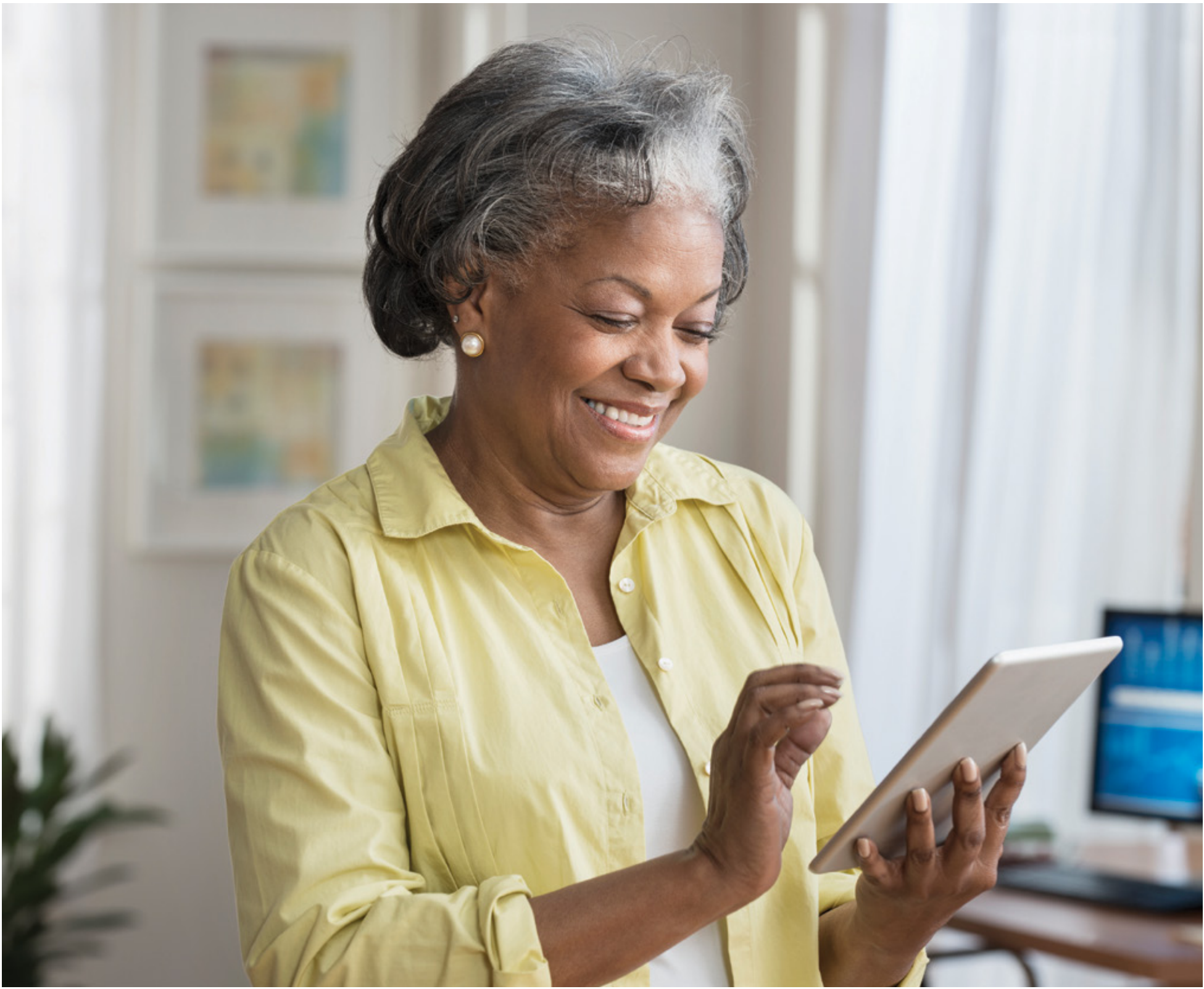
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TUESDAY

Health *and* WELLNESS

Tuesday, Nov. 29, 2022

A11



Photos courtesy of Getty Images

Smart Choices for Your Health

Resources for selecting a provider

FAMILY FEATURES

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

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

A Resource for Research

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

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

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

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

Finding Health Care Services

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

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

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

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

Finding a Doctor Who Fits

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

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

Comparing Nursing Homes

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

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

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

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

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



Caregiver Guide

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

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