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TODAY'S VERSE

Proverbs 3: 5-6 *Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.*



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Linda Roberts smile? "My grandkids," said the 74-year-old Noblesville resident, who has lived in Noblesville all of her life. She has seven grandchildren, the majority of them living here, with three living in Montana, "a lovely place to visit." She and husband, Tony, of 54 years, were found enjoying the chicken livers special at Ginger's Cafe on South 10th Street. The 1965 graduate of Noblesville High School has three children. She worked in accounting for many years in downtown Indianapolis and for several years now as part time as an assistant for F.C. Tucker Co. Realtor Peggy Deakyne in Noblesville. When she's not working? "I love crafts." Knitting is one of her favorites. "My mother taught me.... I've tried to teach my grandchildren..." What else? She's always wanted to learn crocheting. She loves reading. She volunteers with Noblesville First United Methodist Church and loves to go see shows at The Belfry Theatre in Noblesville. Interesting tidbit? Her side of the family, the Hairs, moved from Ohio to settle in Wayne Township in 1823. Ginger's Cafe is open 4 p.m. to 7 p.m. today for the last Taco Tuesday fundraiser being served up by Noblesville Kiwanis Sunrisers and to benefit the Boys & Girls Club of Noblesville, Riley Children's Health and community youth needs. Tickets are \$15 and are available from any Sunriser Kiwanian or at the door. The cost is \$5 for kids. There will also be face painting, balloon smiles and prizes for the kids.

And Another Few Things...

1. Elks Hoop Shoot

The Noblesville Elks will again host the Elks Hoops Shoot contest this Sunday at the Noblesville Boys and Girls Club. No pre-registration required for the event. Doors open on Sunday at 10:30 a.m. for registration; warm-ups and the competition begin at 11 a.m. It is open to all boys and girls who live in the area. Attendees should enter the B&GC Community Center at Door #4 on the north side of the facility, facing Ivy Tech. Basketballs provided. Contestants will shoot 25 free throws to determine a local Elks Lodge Champion.

2. Homeowner Grants

Four Indiana communities have been awarded Owner Occupied Rehabilitation grants totaling \$1,000,000. The grants will be used to empower the communities to directly fund homeowners of low-moderate income to make needed repairs on their homes. Communities awarded will set up a program to fund low- and moderate-income homeowners to make repairs on their homes. Eligible repairs include roof repair or replacement, ADA accessibility, heating and cooling replacement, lighting and electrical upgrades, and water heater replacement.

The four Hoosier communities received \$250,000 each: the cities are Lawrenceburg, North Vernon and Seymour along with Jefferson County.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo courtesy of Noblesville Fire Department

Noblesville Fire Department Station No. 71 A-Crew members – Firefighter Paramedic Nate Smith (from left), Capt. Joe Wilson, Firefighter Travis Lee, Firefighter Patrick Perry, Firefighter Paramedic Alex Casselman and Firefighter Mitchell Elmore – show some of the toy donations they've received during the NFD's 45th annual Christmas Food & Toy Drive, which accepts donations through Friday.

NFD Still Seeking Donations for Toy and Food Drive in 45th Year



BETSY REASON
The Times Editor

As you are checking off your Christmas lists this season, don't forget Noblesville Fire Department, which is accepting donations of food and toys for the 45th annual Christmas Food and Toy Drive through this Friday. "So far, donations are coming in a little slower than years past," said NFD division chief and public information officer Trevor Hash. So what items do they still need? "While we would be extremely grateful for any donation, gift items for teens and preteens would be greatly appreciated,"

he said. Hash's suggestions for teen gifts include curling irons, blow dryers, makeup, personal hygiene gift sets for boys and girls, basketballs, footballs, soccer balls, school supplies, mittens, gloves, scarves, winter hats, large candy bars, chewing gum and any other items that would be good gifts for teens. And, of course, NFD is always in need of canned food and nonperishable items. "The most popular canned food items are always corn and green beans,"

➔ See BETSY Page A7

Marlowe's Three Wise Men: Balthasar, Melchior and Butkus



JOHN O. MARLOWE
With The Grain

I believe that I'll put my Christmas tree up, this year. Until a few years ago, that would have been odd to write. I love Christmas trees. We put one up every year when I was a child, sometimes two. I continued the tradition into my adult years, although I am not blessed with children in my home making merry around it. I always

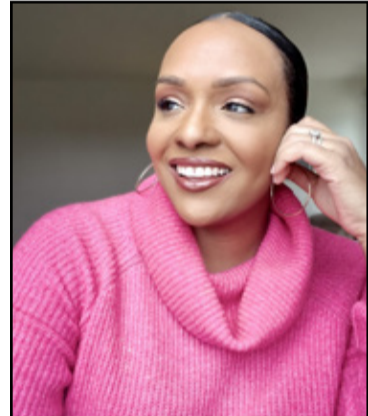
went to the trouble of decorating the Christmas tree with do-dads, ornaments and twinkling light strands, anyway. Until three years ago. A combination of a lingering heartache, the fact that I was never home on Christmas and the residue of an endless home remodeling gave me little reason to go to the trouble of dragging the tree up from storage. I didn't turn my back on Christmas entirely. Close perhaps. Regardless, I did manage to set up a little tabletop Christmas tree each year. I found a scraggly loblolly in a thrift store, and like the renowned Charlie Brown, I took it home because it shared my sense of holiday forsakenness. This sorrowful spruce has served me well, but this year I want to put up the official "family" Christmas tree -- the big tree that stood sentry not too near the fireplace in the family room for decades of Christmases.

➔ See MARLOWE Page A7

Church Crosses Gender and Race Hurdles with Pastor Appointment

Noblesville First United Methodist Church is delighted to announce the appointment of the Rev. Nicole Caldwell-Gross to the senior pastor role for the church. "We are thrilled to welcome Pastor Nicole to Noblesville First. She radiates warmth and energy and brings a wealth of knowledge and experience to our community," explained Julia Kozicki, chair of the church's Staff-Parish Relations Committee. "In her initial months, she has already demonstrated her abundant gifts for story-telling, preaching and teaching." "It has been an exciting three months," Caldwell-Gross shared. "I am certain that God brought our family to Noblesville to share in creating a space where ALL people can experience the grace of God-- no exceptions. Every community needs congregations like Noblesville First- that break barriers with the inclusive love of Jesus."

"We are excited to have crossed gender and race hurdles



with Pastor Nicole's appointment as senior pastor," Kozicki shared. "Her dynamic presence and leadership are a blessing to both our church and the Noblesville community." A Noblesville resident since 2020, Caldwell-Gross' journey to ministry began on the front pew of her grandparents' church in Detroit, Michigan. After receiving a Bachelor of Arts in Politics from Mount Holyoke College in South Hadley, Mass.,

➔ See PASTOR Page A7

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HONEST HOOSIER

19 Hamilton County shopping days until Christmas. Let's give our United Way a big ol' present!



TODAY'S HEALTH TIP

Don't go the grocery hungry. 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

"I want to become small again this Christmas so that I can feel again the entire joy of Christmas without the worries of the world on my mind."

- Unknown

TODAY'S JOKE

What does Santa call lazy reindeer? Delicious.

OBITUARIES

Nancy Lou Chapman
Donnell Wayne Parks
...and more on Page A2.

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



13 WTHR 7 DAY FORECAST

40/48 CLOUDY TUE	45/52 MAINLY CLOUDY WED	38/52 RAINY THU	40/44 WET AND WETTER FRI	30/43 MAINLY CLOUDY SAT	29/43 PARTLY SUNNY SUN	33/42 CHANCE OF RAIN/SNOW MON
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OBITUARIES

Nancy Lou Chapman

May 26, 1934-December 1, 2022

Nancy Lou Chapman, 88, passed away in her home on Thursday, Dec. 1, 2022, surrounded by loved ones.

She was born on May 26, 1934, in Hortonville, Indiana, to Merrill and Esther Horney.

Mrs. Chapman grew up on a dairy farm near Westfield and belonged to the Quaker Friend's Church in Hortonville. She belonged to Job's Daughters, was active in 4-H and was valedictorian of her graduating class. After high school, she went on to attend nursing school but was just shy of graduation when she married Joseph Lee Chapman on Sept. 4, 1953.

Together, they started a career in dairy farming on a rented farm in Noblesville. In 1961, they purchased a farm of their own in Eminence, Ind. where they continued to milk cows, every morning and night, for the next 25 years when they sold off the dairy cows in 1986. They continued to farm the ground until Mrs. Chapman sold the farm in 2000 and moved to Indianapolis to be closer to her children. Despite the time constraints of owning a dairy, she grew beautiful gardens and canned all the family's vegetables. On Sundays and special occasions, she made good use of the fresh cream from their dairy to make delicious pies, whipped cream, and homemade ice cream to share with family and friends. She loved to cook and sew and passed those skills on to her daughter. Mrs. Chapman was a true partner in the farming business spending time in the barn milking cows regularly and time in the tractor when needed. In addition, she also served as a school room mother, a den mom for cub scouts, assisted with fundraisers and sewed uniforms for cheerleaders and costumes for 4-H members in "Share the Fun." She made and delivered meals for families in need, prepared communion for church, and taught Vacation Bible School. Mrs. Chapman's volunteerism and service to the community was unparalleled.

Dairy farmers aren't afforded many vacations, so the couple built a pond at the back of their property for camping, fishing, swimming, hayrides, ice skating and family reunions. Mrs. Chapman cherished the year-round memories with family and friends. She loved, supported and cared for her husband until his untimely death at the age of 63. Afterwards, she continued to take care of her mother several times a week until her illness prevailed.

Survivors include her 2 sons Michael (Misty) Chapman and Gary (Betty) Chapman; daughter Kathryn McEntire; 11 grandchildren Cole (Jourdan) Chapman, Kyla McEntire, Grant (Lara) Chapman, Cassie (Christian) Swinney, Anna (Quinn) Whitaker, Clair (Michael) Black, Chandler Chapman, Carly Chapman, McKenzie Chapman, Jace Chapman and Jesse Chapman; 4 great-grandchildren Ford Chapman, Henley Chapman, Arabelle Chapman and Levi Black; sister Linda Makowski; brother Gordon Horney (Vicki); 2 nephews Greg Makowski and AJ (Katie) Horney; and 3 nieces Laura Quist, Nikki (Ray) DeGrave and Suzi (Dave) Stokell.

She was preceded in death by her parents Merrill and Esther Horney; and husband Joe Chapman.

She also leaves behind several loving caregivers who have provided for her the past 15 years: Jill Burger, Julie, Rachel, and Kyle Salmon, Adrien, Candace, Melanie, Erica, Odalys, Alyssa, Tinisha, Juliany, Julio, Kerra, Jayla and Cristina.

Services are scheduled to be held at 10 a.m. on Dec. 10, 2022, at Randall & Roberts Funeral Home, 1685 Westfield Road in Noblesville. Visitation is scheduled to begin at 9 a.m., prior to the service. Lunch will follow at The Palamino, 481 S 1200 E, Zionsville.

The family ask that you consider donating in Mrs. Chapman's memory to the Alzheimer's Association (act. alz.org). "The disease might hide the person underneath, but there's still a person in there who needs your love and attention." - Jamie Calandriello

Online condolences may be made at randallroberts.com

Donnell Wayne Parks

July 6, 1942-November 30, 2022

Donnell Wayne Parks, 80, of Sheridan, passed away on Wednesday, Nov. 30, 2022, in Edinburg, Texas.

He was born July 6, 1942, in Lebanon, Indiana, son of the late Beryl Eugene and Olive Lorene (Lane) Parks.

On June 15, 1962, Mr. Parks was married to Sharon Delores (Rose) Parks in Carmel.

He was a 1960 graduate of Sheridan High School. He worked as an engineer for Biddle Precision Components for over 39 years until his retirement in 2004.

He enjoyed wintering in Texas, traveling and visiting friends. Mr. Parks was a dedicated family man and was a proud father and grandfather.

Survivors include his wife Sharon Parks of Sheridan; 3 children Karen S. (Rex) Freeman of Sheridan, Kevin L. (Julie) Parks of Zionsville and Daniel A. Parks of Frankton; 4 grandchildren Michonne (Tim) Stepp, Jon (Hunter) Garrison-Malone, Kristen Parks and Caitlin Parks; brother Dennis L. (Rita) Parks of Naples, Florida; sister: Janis K. Moore of Lebanon; and several nieces and nephews

In addition to his parents, he was preceded in death by an infant son, David Wayne Parks; and brother-in-law Lee Rider.

Funeral Services are scheduled to be held at 2 p.m. on Thursday, Dec. 8, 2022, at Myers Mortuary, 1502 North Lebanon St., in Lebanon. Visitation is scheduled to be held from 12 p.m., noon until the time of services. Interment will follow services at Oak Hill Cemetery in Lebanon.

Memorials may be made in his memory to the Christian Liberty Church, 5999 US-421, Sheridan, IN 46069.

Online condolences may be made at myersmortuary.com

PUBLIC NOTICES

TOWN OF SHERIDAN BOARD OF ZONING APPEALS PUBLIC NOTICE

NOTICE IS HEREBY GIVEN THAT the Sheridan Board of Zoning Appeals will hold a public hearing on Thursday, January 5, 2023, at 6:00 p.m. at The Sheridan Community Center, 308 E. 6th Street, Sheridan, Indiana, to consider petition(s) 23-V-01, filed by Mark Thorpe (Weihe Engineers) on behalf of United Animal Health. The request pertains to real estate comprising approximately 20.4 acres and generally located at 4310 S.R. 38, Sheridan, Indiana.

The request is for approval of a Variance of Development Standard to allow unpainted concrete pre-cast walls and overhead doors from a visible face on the proposed truck wash.

Specific details regarding this request, including the application, file, and property legal description, may be obtained from the Town of Sheridan, or by emailing pam@zonedimplanning.com.

Written suggestions or objections relative to the request may be filed with the Town of Sheridan, at or before the public hearing, by emailing pam@zonedimplanning.com, or by mail to the address below. Interested persons desiring to present their views upon the request, either in writing or verbally, will be given the opportunity to be heard at the above-mentioned time and place. Such hearing may be continued from time to time as may be found necessary.

APPLICANT:
United Animal Health - Steve Schneider
322 S. Main Street
Sheridan, IN 46069
317 758-4495
TOWN OF SHERIDAN:
506 S. Main Street
Sheridan, Indiana, 46069
www.sheridan.org
REPRESENTATIVE:
Weihe Engineers - Mark Thorpe
10505 N. College Avenue
Indianapolis, IN 46280
317 846-6611

TL19876 12/06 12/07 21 hspaxlp

Anita 'Carol' Wallace

July 6, 1942-December 1, 2022

Anita 'Carol' Wallace, 80, of Tipton, was called home by her Lord and Savior Thursday, Dec. 1, 2022 at The Waters of Tipton, surrounded by her family.

She was born on July 6, 1942 to Kenneth and Deloris (Cobb) Lindenmayer at their home in Tipton, Indiana.

Mrs. Wallace married the love of her life Don (Wally) Wallace on Dec. 10, 1960. She enjoyed reading, listening to music and was an avid movie fan. Most of all, she loved making memories with her family and friends, which on occasion might include a cocktail or two.... She worked as a bookkeeper and in environmental services until she retired in 2008.

Survivors include her 4 daughters Jennifer Walker, Julia (Chris) Smith, Karla (Kim) Southard and Marla Wallace; 10 grandchildren; and 8 great-grandchildren.

In addition to her parents, she was preceded in death by her daughter Tracy Straley; 1 grandson; 2 great-grandsons; and the father of her surviving girls Don Wallace.

The family will have a private service at a future date to remember Carol and celebrate her beautiful life.

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

Gene Edward Wernersbach

March 8, 1943-November 30, 2022

Gene Edward Wernersbach, 79, of Noblesville, passed away on Wednesday, Nov. 30, 2022 at Golden Living Center Brookview in Indianapolis.

He was born on March 8, 1943 to Max and Ann (Kuzemka) Wernersbach in East Chicago, Indiana.

Mr. Wernersbach proudly served his country in the United States Air Force during the Vietnam War. He retired after more than 30 years in mechanical engineering/IT. He was a past member of Christ Lutheran Church of Hammond, Ind., and a current member of Bethel Lutheran Church of Noblesville. Mr. Wernersbach was an avid train enthusiast and the founder of the Lionel Modular Train Club.

Survivors include his wife Judy Wernersbach; daughter Stacy Mulcahy; son Scott (Rachel) Wernersbach; brother Bob Wernersbach; 4 grandchildren Emma Wernersbach, Channon Seifert, Jack Mulcahy, and Finnley Carter; as well as many nieces, nephews and cousins.

Visitation is scheduled to be held from 11 a.m. to 1 p.m., with services scheduled for 1 p.m., on Saturday, Dec. 10, 2022 at Bethel Lutheran Church, 20650 Cumberland Road, in Noblesville. Pastor Dave Hill will officiate.

Mr. Wernersbach's wishes were to be cremated and his ashes spread on an active train line.

Online condolences may be made at randallroberts.com

News Briefs



The Times photo courtesy of Betsy Reason

Enjoy a fun night at Ginger's Cafe eating tacos while helping a cause during Noblesville Kiwanis Sunrisers Taco Tuesday 4-7 p.m. today.

Kiwanis Sunrisers' Taco Tuesday Fundraiser Today at Ginger's Cafe

Enjoy a fun night at Ginger's Cafe eating tacos while helping a cause. Join Noblesville Kiwanis Sunrisers Taco Tuesday 4-7 p.m. today (Dec. 6) in support of the Boys & Girls Club of Noblesville, Riley Children's Health and community youth needs.

The cost is \$15 for adults

and \$5 for kids with tickets from a Sunriser Kiwanian or at Ginger's Cafe at the door, 1111 S. 10th St., Noblesville.

There will be face painting, balloon smiles and prizes for kids.

For information, contact Barb Purvis at (317) 437-7657

Meeting Notes

Hamilton County Parks & Recreation Board

Meeting agenda

Meeting begins at 6 p.m. on Dec. 12, 2022 (5:30 p.m. - Executive Session-Land Acquisition and Litigation)

H CPR Administration Building, 400 Lafayette Road, Noblesville

1. Call to Order
2. Approval of Nov. 14, 2022 Minutes
3. Finance Report:
 - A. Approval of Payroll
 - B. Approval of Claims
 - C. Encumbrances and transfers
4. Committee Reports
 - A. Foundation Update
 - B. Old Business:

- A. Project updates
 - a. Campground
 - i. Steven R. Nation Trail
 - b. Potter's Bridge
- Roof Timeline
 - c. Miscellaneous
6. New Business
 - A. Regulated Drain at Bishop Park
 - B. Impact Fee Study
 - C. Community Garden Expansion at Bray
 - D. Campground
 - a. Bids
 - b. Opening Date 2023
 - c. Policy Exemptions
 - d. Shelter Roof Replacement
7. Miscellaneous
8. Director's Report
9. Deputy Director's Report
10. Additions/Announcements



Photo courtesy of the Noblesville Lions

Noblesville Lions Enjoying the Christmas Parade
This past Saturday, the Noblesville Lions participated in the city Holiday Parade. Fun was had by all, in spite of the very cool weather, even for Stanley, the Lion mascot. Above, participants from this past weekend included (from left to right) Lions Steve Shaw, John Grimes, George Long, Dale Unger, Gordon Resler, Stanley the Lion (Steve Craig) and Julia Kozicki.

Meeting Notice

Noblesville Police Merit Commission

The Noblesville Police Merit Commission will meet in Executive Session on Wednesday, Dec. 7, 2022 at 4:30 p.m. in the Conference Room at the

Noblesville Police Department Annex Building, 501 South 9th St. The meeting will be held pursuant to IC 5-14-1.5-6.1 (2)(b)(6)(A), with respect to any individual over whom the governing body has jurisdiction, to receive information concerning the individual's alleged misconduct.

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.

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Tuesday	9-7	Saturday	9-5
Wednesday	9-7	Sunday	10-2
Thursday	9-9		

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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.

What is Carpal Tunnel Syndrome? Dr. Roberts Explains How It Works and Treatment Options

I have seen many people who suffered from carpal tunnel syndrome. Carpal tunnel is very common, often a result of repetitive injury at home or in the workplace. It is one of a number of repetitive strain injuries or “RSIs.”

Carpal tunnel symptoms usually include numbness and/or pain in the hand and wrist that may extend up into the arm, shoulder, or even neck. The numbness, tingling, or pain frequently wakes people from sleep.

To understand carpal tunnel, it’s helpful to have a lesson in wrist anatomy (see accompanying diagram). There are eight carpal bones that make up the wrist. If you hold your wrist with your palm facing up, these bones form a U-shaped valley. The top of the valley is covered by a piece of connective tissue called the transverse carpal ligament. These structures form the carpal tunnel.

The carpal tunnel is a cramped space with very important structures traversing it. There are nine flexor tendons and the median nerve. The tendons connect the muscles in the palm side of the forearm to the bones in the fingers. When the muscles in your forearm contract, the flexor tendons slide through the tunnel and pull on your finger bones, allowing you to make a fist (finger flexion).



JOHN R. ROBERTS, M.D.
Hamilton Health

The median nerve runs directly under the transverse carpal ligament and is responsible for the feeling in the thumb, index, middle, and the thumb side of the ring finger. It also controls the muscles in the thumb that allow you to touch your thumb to your fingers.

Knowing the anatomy makes it easier to understand what leads to the signs and symptoms of carpal tunnel syndrome. Occupations or hobbies requiring repetitive or forced finger flexion (using the flexor tendons) increase the risk for developing carpal tunnel.

Manual laborers, particularly those who encounter heavy vibration when operating machinery like a chain saw or jackhammer, frequently suffer irritation of the median nerve. Keyboard operators may be at some increased risk as well.

Typing 60 words per minute will move their flexor tendons in and out of the tunnel 18,000 times per hour!

The constant back and forth movement of the tendons through the tunnel leads to swelling that puts pressure on the median nerve causing inflammation. The space in the tunnel becomes even more cramped when the wrist is bent toward the palm (flexed) or back (extended), causing additional pressure on the nerve. The nerve inflammation leads to the numbness and pain associated with carpal tunnel syndrome. The fibers that form the median nerve leave the spinal cord in the neck and course down the arm to the wrist. This is why the pain can be found at any point along the path of these fibers.

Diagnosing carpal tunnel is usually fairly straightforward. The history is often all that is needed. There are some simple physical exam tests that can also be done by a medical provider. The tests increase the pressure in the tunnel or put pressure directly on the nerve. Some cases are more difficult to diagnose and may require specialized electrical nerve testing to confirm involvement of the median nerve.

Once the diagnosis is made, the treatment is usually straightforward

depending on the severity of the condition. Mild cases usually respond to activity modification by reducing repetitive motion of the fingers, intensity of gripping, or vibration. Splints that keep the wrist in a neutral position (not flexed or extended) can be helpful, particularly when worn at night. Anti-inflammatory medications may help as well. The goals of these treatments are to decrease the pressure in the tunnel and reduce inflammation, allowing the nerve to heal.

People who don’t respond to activity modification and splinting may need to consider more invasive treatments such as injecting a steroid into the tunnel. Very severe cases can cause damage to the nerve, resulting in weakness of the muscles responsible for thumb movement. Patients with pain that is unresponsive to these treatments or who have muscle weakness may need to undergo surgery to relieve the pressure. This is done by cutting the transverse carpal ligament. This is a fairly simple surgery that is usually quite successful if patients follow their post-operative instructions and don’t return to activity too soon.

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

Purdue Winter Commencement to Celebrate Giant Leap for Over 3,000 New Boilermaker Grads

Years of persistence and thousands of small steps together will culminate for nearly 3,000 Boilermakers at Purdue University’s three Winter 2022 Commencement ceremonies on Dec. 17-18 in Elliott Hall of Music.

Eligible to participate in Purdue’s winter commencement are 2,957 students, including 1,679 undergraduates and 946 master’s, 326 doctor of philosophy and six professional program candidates. And 67 Purdue alumni who were unable to participate in previous commencements — 18 baccalaureate, 25 master’s and 24 PhD alumni — plan to take part.

From their first day at Purdue through these final months, these Boilermakers persisted in overcoming unexpected turns, difficult classes, brutal nights, a global pandemic. Big challenges and small victories. Again and again, they kept going, determined to reach this milestone in their academic journey.

Shelley M. MacDermid Wadsworth, Distinguished Professor of Human Development and Family Studies at Purdue and director of both the Center for Families and the Military Family Research Institute, will deliver the Division III commencement address for Sunday’s ceremony.

The commencement ceremonies will take place as follows:

- Division I - Saturday, Dec. 17, 9:30 a.m. - Undergraduate, professional and master’s degrees for College of Health and Human Sciences, School of Management, College of Pharmacy, Polytechnic Institute, College of Science and College of Veterinary Medicine.

- Division II - Saturday, Dec. 17, 2 p.m. - Undergraduate and master’s degrees for the College of Agriculture, College of Education, College of Engineering and College of Liberal Arts.

- Division III - Sunday, Dec. 18, 9:30 a.m. - Graduate School (doctor of philosophy only).

Deepak Boes to give student responses:

Giving the student response at the Division I ceremony is Eesha Deepak of San Jose, California, who is receiving a Bachelor of Science in computer science and data science with a focus on machine intelligence. Deepak will begin her professional journey as an entry-level software engineer with Intel in Santa Clara, California.

Kevin Boes of Great Falls, Montana, who is receiving a Bachelor of Science in mechanical engineering, will be the student responder for the Division II ceremony. Boes, who worked as a Starship operations engineering intern at SpaceX in Texas, plans to continue his research in pursuit of a PhD through Purdue’s Maurice J. Zucrow Laboratories.

Admission tickets required:

Tickets are required for admission into Elliott Hall. Doors open 90 minutes before each ceremony. Any bags attendees are carrying will be checked at the door before entry into the venue. All ceremonies will be livestreamed (info available at purdue.edu/commencement/winter2022/Graduation-Ceremony.php.) For those who have tickets to attend in person, parking information is available at purdue.edu/commencement/parking/index.html.

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Indiana Specialty Crop Projects to Receive USDA Grant Funding



Earlier this week, the Indiana State Department of Agriculture (ISDA) announced four Indiana specialty crop projects received a total sum of \$414,051.89 through funding provided by the United States Department of Agriculture's (USDA) Specialty Crop Block Grant Program (SCBGP).

"Agriculture is big business in Indiana and encompasses more than traditional row crops and livestock," said Lt. Gov. Suzanne Crouch, who also serves as the state's Secretary of Agriculture and Rural Development.

"Indiana is home to a robust specialty crop industry that is a critical piece of our agricultural economy. I look forward to seeing the good work these projects accomplish."

Specialty crops include fruits, vegetables, tree nuts, dried fruits and horticulture and nursery crops. For a full list of specialty crops please visit ams.usda.gov.

Annually, Specialty Crop Block Grants are available to non-profit and for-profit organizations, governments, public or private colleges and universities for up to a three-year project term and will fund specialty crop research, education and market development. To qualify, projects must aim to benefit the industry as a whole, rather than one product, individual or organization. Applications undergo a competitive scoring process, including review by an external scoring committee.

Some of the projects awarded this grant cycle include City of Indianapolis Seed to Store, which is a farm-to-retail program that fosters connections between local minority-led urban farms and small businesses in Indianapolis and Marion County. A honey education trailer for youth education and a new method for growing and protecting strawberries in Indiana also received grants.

"This funding from USDA is critical to advancing our specialty crop sector, and each year many different research areas are supported," said Bruce Kettler, Director, Indiana State Department of Agriculture.

"Everything from sourcing local food and

aquaponics research and from youth development to increasing farmer involvement, these awards will go far in enhancing our Hoosier specialty crop industry."

Indiana's funding is part of a total \$72.9 million in non-competitive fiscal year 2022 SCBGP funding awarded to 55 states, territories and the District of Columbia. The SCBGP funding supports farmers growing specialty crops, including fruits, vegetables, tree nuts and nursery crops.

USDA's support strengthens U.S. specialty crop production and markets, ensuring an abundant, affordable supply of highly nutritious fruits, vegetables and other specialty crops, which are vital to the health and well-being of all Americans.

"USDA applauds Indiana's continued commitment to supporting our nation's producers of fruits, vegetables, tree nuts, and nursery crops through the Specialty Crop Block Grant Program," said USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt.

"The projects funded will foster innovative research and new market opportunities within the specialty crop sector, while furthering USDA's goals of creating a fairer and equitable food system and supporting local and regional producers."

The following list includes the organizations that received funding for the 2022-2025 grant cycle:

Local Food Ecosystem Project + Seed to Store

Award: \$129,846
Project: The City of Indianapolis requested funding for its Local Food Ecosystem project, Seed to Store, which is a farm to retail program that fosters connections between local minority-led urban farms and small businesses in Indianapolis and Marion County. Indianapolis' Division of Community Nutrition and Food Policy will act as the lead agency in administering this project in partnership with farmers, grocers and other business owners. Seed to Store aims to boost specialty crops sales, build capacity for the local food economy and improve access to and awareness of healthy

specialty crops through direct-to-consumer marketing. Seed to Store partner farms grow specialty crops such as collards, watermelon, tomatoes, lettuce, peppers and eggplant. Now in its second year, Seed to Store will implement infrastructure improvements through cold storage, farm labor support and software for inventory management and ecommerce. Targeted marketing and promotions initiatives will also help develop connections between consumers and the specialty crop industry and provide education for increased accessibility.

Honey Education Trailer

Award: \$69,335.32
Project: At Ease Orchard will develop an education plan across the State of Indiana utilizing a Bee Demonstration Trailer and experience beekeepers. The demonstration trailer will consist of live bees in an enclosed demo box, harvesting equipment, hive equipment and the ability to demonstrate harvesting honey from the hives as well as multiple other beekeeping techniques such as sanitizing a hive and queen rearing. The trailer will be manned and attend events at 4H clubs, Farm Shows, Bee Club events and schools. The goal is to attend a minimum of one event per month. Similarly, the Bee Trailer will meet Indiana Health Department standards for honey harvesting and be available to support on-site training at residences to teach beekeepers how to properly harvest and bottle honey. The intended outcome of this grant is to increase education on honey food safety, to support beginning farmers and beekeepers and to increase the popularity and knowledge of honey as a specialty crop.

Leveraging Farm to ECE Partnerships to Increase Demand and Access for Specialty Crops

Award: \$87,413.90
Project: Green Bridge Growers will increase demand for locally grown produce through a Farm to Early Care and Education (ECE) initiative that incorporates local food

sourcing, food and agricultural education and family engagement to promote healthy eating practices right from the start for young children and their caregivers. ECEs are an important market for small farmers because of relatively low barriers to entry and have the added benefit of promoting household nutrition knowledge and the consumption of specialty crops. By partnering with ECEs to better understand and influence the role farmers can play in this market, our project will develop replicable models, outreach on best practices for other farmers entering the ECE market and expand food access for under-resourced families throughout the state.

Purdue University - Developing a Novel Multi-Year Production System for Strawberries Grown on Plastic Mulch in Indiana

Award: \$127,456.67
Project: Purdue University will address two of the greatest barriers to the profitability and sustainability of multi-year plasticulture strawberry production in Indiana by improving runner management through cultivar selection and chemical runner suppression and establishing safe and effective weed management strategies. There is increased demand for local pick-your-own strawberries and decreased access to the timely and abundant labor required to grow the crop. This project represents the first meaningful research effort into a multi-year plastic mulch production system for strawberries in Indiana and directly addresses the most pressing concerns identified by stakeholders. Recommendations generated from this project will be used to ensure that growers adopting multi-year plasticulture production have the greatest likelihood of sustainable success through cultivar selection and chemical control of runners and effective weed management strategies. Visit isda.in.gov for more information about the Specialty Crop Block Grant program.

Indiana Man Who Helped Others Through Tissue Donation to be Honored During Rose Bowl Parade

When McKenzie Leichtnam was born in 1990, doctors quickly determined his heart wasn't functioning properly. He was diagnosed with hypoplastic left heart syndrome, a condition where one side of his heart didn't develop as it should have. He needed a heart transplant to survive.

He was put on the national transplant waiting list at just three days old and 10 days later, a donor heart became available. After surgery and two months of recovery, Leichtnam went home to celebrate his first Christmas with his family.

For the next 20 years, Leichtnam lived a normal life. Twice-daily medications, annual biopsies and routine stress tests kept the Carmel, Indiana native's heart strong. After graduating from Carmel High School, he studied for two years at Vincennes University and was set to transfer to Indiana University to complete his undergraduate degree. But a day after visiting campus with his parents, Leichtnam unexpectedly died in his sleep, just shy of his 21st birthday.

Leichtnam became a tissue donor to heal the lives of many others in need. But his impact did not end there.

His experience as a transplant recipient and his gift of life as a tissue donor inspired his sister, Kelsey Leichtnam, to pay things forward. Today, honoring her brother, his heart donor and the donor's family, she works as a hospital liaison for Indiana Donor Network, the organization that managed her brother's gift of life. Her work makes the gift of donation and transplantation possible for others.

"McKenzie's life was filled with friends, vacations, sporting events and an abundance of love," she said. "His laugh was infectious. His jokes were hilarious. His love was once in a lifetime."

Life, donation decision to be honored nationally Jan. 2

Leichtnam will be one of 44 donor heroes who will be honored in January during the 134th annual Rose Parade in Pasadena, California.

To honor Leichtnam's final act of compassion, a floragraph was created and will be displayed on the Donate Life Rose Parade float, which since 2004 has memorialized donor heroes and raised awareness about how critically important organ and tissue donations are in saving lives.

Floragraphs are artistic portraits created with floral materials, including spices, seeds and other organic materials that cover a digitized photograph of

honorees.

"Stories like McKenzie's ignite Hoosiers and people throughout the country to sign up to become organ and tissue donors and ultimately give the gift of life," said Kellie Tremain, president and CEO of Indiana Donor Network, the federally designated organ recovery organization that coordinates organ and tissue donation in Indiana and transplantation throughout the U.S. "The Rose Parade float is a fitting tribute to McKenzie's legacy as a donor hero and his family's selfless decision to heal lives through tissue donation."

Rose Parade float theme: 'Lifting Each Other Up'

The theme of this year's Donate Life Rose Parade float is "Lifting Each Other Up." The float will join dozens of other floats, marching bands, equestrian units and tournament entries that will travel down the streets of Pasadena during the Rose Parade, which will be nationally televised in the U.S. starting at 8 am Jan. 2 by broadcast partners ABC, NBC, HGTV, Hallmark Channel, Univision and more. For more information, visit DonateLifeFloat.org.

A Chinese street dragon will be the centerpiece of the float. In the Chinese culture, dragons symbolize great power and are considered a sign of good fortune and strength. Dragons bring prosperity and abundance to everyone. The colorful dragon weaves through flowering trees, lanterns and fans and will showcase floragraphs honoring donor heroes from throughout the U.S. who gave the gift of life.

The dragon will be supported on poles by living donors and surrounded by organ and tissue recipients. A traditional paifang bridge is featured in the back of the float, with a special message in mandarin that highlights the power of donation and transplantation.

Thousands of individually dedicated roses will also be part of this year's Donate Life float. These roses will be placed in special pods along the float, sharing personal messages dedicated to those who have given the gift of life to others and recognizing organ recipients, transplant professionals and other honorees.

During the parade, the float will be surrounded by recipients whose lives have been saved and healed through organ and tissue donation.

Despite age or medical history, anyone can sign up to be a donor online at donatelifelifeindiana.org

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Photos courtesy of Ford

Ford, Lincoln Family Wagons Offer Full-Size Luxury

All-purpose family wagons do not get much bigger nor more luxurious than the beefy Ford Expedition and its bougie sister, the Lincoln Navigator. In a market dominated by General Motors, Ford makes new strides to keep up and even surpass its rivals with advanced luxury, safety, and autonomous driving.

2022 Ford Expedition Limited

It's a big box, made surprisingly sporty with the Stealth Performance Edition that includes 22" dark alloy wheels, black trim, power running boards, and even...red brake calipers. It has a sport-tuned suspension too – independent in the rear – but it still rumbles over rough pavement like a big truck. At least it looks cool in the parking garage and basketball game.

Family will notice little of that from inside the lush cabin lavished with second-row captain's chairs, panoramic glass roof, three-zone automatic climate control, and active noise cancellation. Heated and ventilated front seats plus a heated

2022 Ford Expedition Limited Seven-passenger, AWD SUV

Powertrain: 3.5-liter TTV6, 10-spd trans
Output: 400hp/480 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Style, Towing
Towing: 9,200 lbs.
Fuel economy: 16/22 mpg city/hwy
Assembly: Louisville, KY
Base/As-tested price: \$53,875/\$83,000

steering wheel add comforts. Echoing the F-150 Lightning, infotainment is handled through a giant flatscreen. It's a little difficult to scroll through radio stations, but works well enough for Apple and Android connectivity. Charge wirelessly in the console.

The Expedition sallies forth with a 3.5-liter twin-turbo V6 engine delivering 400 horsepower and 480 lb.-ft. of torque – all routed to the all-wheel-drive system through a 10-speed automatic transmission. That's enough power to ramp up freeways or to pull up to 9,200 lbs. of mobile mansion. Fuel economy isn't terrible at

16/22-MPG city/highway.

Safety is fortified with a full suite of gear that includes automatic emergency braking, adaptive cruise, blind spot warning, lane centering, and reverse auto brake.

Stylish, comfortable, and capacious, the Expedition Limited is only out-classed by Lincoln. Though, a base price of \$53,875 or \$83,000 as-tested is not far behind. If that seems a bit dear, check out the very practical three-row Ford Explorer crossover that starts at \$36,760.

2022 Lincoln Navigator Black Label

Luxury rises when you trade Ford ovals for a Lincoln Black Label. Beyond

2022 Lincoln Navigator Black Label Seven-passenger, AWD SUV

Powertrain: 3.5-liter TTV6, 10-spd trans
Output: 440hp/510 lb.-ft. torque
Suspension f/r: Elect. Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Power, Luxury
Towing: 8,300 lbs.
Fuel economy: 16/20 mpg city/hwy
Assembly: Louisville, KY
Base/As-tested price: \$77,635/\$107,050

an adaptive suspension that previews the road ahead and adjusts proactively, the Navigator looks the part of a luxury SUV with black accents, 22" wheels, tall grille, sleek roofline, and full-width taillamps. Wherever you arrive, people notice.

Inside, soft Black Onyx Venetian Leather with brandy stitching, suede headliner, piano key shifter, and Revel 28-speakers 3D Audio definitely elevates the traveling experience. Go further with heated and ventilated front/rear seats plus massagers in both rows. And, the chimes you hear? They're from the Detroit Symphony Orchestra. Classy.

The Navigator shares the Expedition's Turbocharged V6, but increases output to 440 horsepower and 510 lb.-ft. of torque for even more expeditious acceleration when passing on backroads or cruising lazily on the Interstate. Towing is rated 8,300 lbs. while fuel economy drops to 16/20-MPG city/highway. Still, that's pretty impressive for a full-size SUV with that much power and panache.

Our Navigator has Lincoln's Active Glide system that allows for hands-off cruising on designated highways. It's a little unnerving at first, but adds to relaxation on long trips – goes well with seat massagers. There's



CASEY WILLIAMS
Auto Reviews

a camera watching you watching the road, so don't get too woozy. Beyond that, safety is enhanced with a head-up display, automatic emergency braking, lane keep assist, and cross traffic alerts. It can even semi-autonomously parallel park itself.

You shouldn't be surprised to learn the Navigator Black Label has a price tag to match the Mercedes-Benz GLS, Cadillac Escalade, BMW X7, Jeep Grand Wagoneer, and Range Rover. Base Navigators start at \$77,635, but ours rose to a lofty \$107,050.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

Waiting for My Laundry



CARRIE CLASSON
The Postscript

It's an odd experience watching someone fold your underwear.

I was thinking this yesterday as I was waiting for my laundry. When my husband, Peter, and I packed to go to Mexico, we knew there would be a wide range of temperatures. San Miguel de Allende is in the mountains, so the days can be quite hot, and the nights can be cold, and the weather changes a lot in November everywhere, so we had to be prepared for anything.

We do not have a washing machine in the little place we rent, so I walk a few blocks to the tiny neighborhood laundry and leave my clothes there.

The truth is I don't need a lot of clothes. I joked during the pandemic that all I wore were pajamas at night and clothes that looked like pajamas during the day. This has not changed significantly. Ninety percent of the time, I am wearing the same uniform.

Yesterday, all the variations on my uniform were dirty, so I went to the laundry.

The laundry service holds two washing machines, two dryers and a constantly changing cast of one to three cheerful women who weigh the laundry, wash it, throw it in the dryer, carefully fold it on top of the two dryers and return it to my laundry bag for approximately three dollars.

If I leave it in the afternoon, I have to wait until the next day to pick it up. But since I don't have that many clothes, I try to get there before noon. They will then tell me to return at three o'clock to pick it up. Three o'clock does

not mean precisely three o'clock—I know this by now—so I come a little later. But even so, they were not quite finished when I arrived yesterday.

So I stood on the sidewalk (There is no room for a customer in this tiny place!) and waited while my underwear was folded.

For the record, I don't usually fold my underwear. I'm not sure if that makes me a savage, but I just don't. It doesn't wrinkle, and it doesn't seem to stay folded, so I don't see the point. But the two ladies at the laundry were carefully folding my undies and there was nothing I could say to stop them. They also folded all of Peter's socks and Peter's underwear, and I stood by, helpless, not feeling I deserved—or wanted—quite this much customer service.

The laundry ladies were not in a hurry. They were chatting away, oblivious to the anxious gringo lady standing at the counter on the sidewalk, and I realized I had no reason to be anxious—in either sense of the word. I was not in a hurry and certainly, when it comes to underwear, these ladies had seen it all. So I tried to relax while I waited for my laundry.

And, as I watched them, it occurred to me how little I really need. That small pile of clothes was everything Peter and I had worn for the last two weeks, and we had everything we needed. I thought of all the clothes I have at home and wondered how they earned their keep.

That is, perhaps, one of the greatest gifts this time in Mexico gives us. It's good to be reminded that I have enough clothes and I have enough time. It's good to be reminded that, most of the time, living simply is better. And it's good to remember that it doesn't really matter if someone sees my underwear.

Till next time,
Carrie

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

Did Mike Pence Save the Republic?



BRIAN HOWEY
Howey Political Report

Did Mike Pence save the republic and American democracy?

What we didn't realize last June when the House Jan. 6 Committee began its hearings was that it was the recalcitrance of Vice President Pence that kept the American democracy as we knew it from unraveling before our disbelieving eyes.

We didn't realize that if Pence had caved to President Trump, delaying the Electoral College certification that day, that 245 years of existence as a democratic republic could have been lost.

That if a delay in the Electoral College count on Jan. 6 had occurred, that would have given President Trump an opening to invoke the Insurrection Act, declare martial law, and deputize the Oath Keeper and Proud Boy militias, who had planned to gather their weapon caches at a hotel across the Potomac River in Arlington and occupy the Capitol and White House in an effort to, as Trump advisor Steve Bannon put it, "kill the Biden presidency in the crib."

While Trump had been laying the "rigged election" groundwork for months, even years, on Election Night Trump did just what Bannon predicted: "This is a fraud on the American public. Frankly, we did win this election."

Except he didn't. Trump

lost to Biden by more than 7 million votes. He lost the Electoral College 306-232.

Court defense documents in Oath Keeper founder Stewart Rhodes's seditious trial reveal: "When he believed that the President would issue an order invoking the Insurrection Act, he was prepared to follow it. When that invocation did not come, he did precisely nothing," Rhodes lawyers wrote in court documents.

Trump did not invoke the insurrection act on Jan. 6 because Vice President Pence refused to join the coup d'etat.

Shocked Americans (and the whole world) watched as President Trump begged Secret Service to let his armed supporters enter his speech at the Ellipse before he sent the mob to the Capitol. By the end of the day, some 150 Capitol and Metro PD officers had been wounded in what was described as "medieval" hand-to-hand combat that killed five people. A couple later committed suicide. It is a wonder that under siege police didn't fire into the crowd, setting off a gun battle inside the citadel of American democracy. The worst case scenario had, somehow, some way, been averted. And yet, some 900 Americans are facing charges ranging from disorderly conduct to sedition.

According to Politico, Trump and Pence had a tense phone conversation on the morning of Jan. 6. The conversation came after Trump had pressured his vice president for weeks to try and somehow object or delay as he presided over Biden's certification, Politico reported. Pence firmly resisted and would gavel down Trump's defeat in the early hours of Jan. 7, after rioters had been cleared from the Capitol.

"Vice President Pence uttered what I think are the six most chilling words of this entire thing I've seen so far: 'I'm not getting in that car,'" Rep. Jamie Raskin (D-MD) described Pence's refusal to Secret Service to evacuate the Capitol. "He knew exactly what this inside coup they had planned for was going to do."

Pence evacuated the Senate just minutes before the chamber was breached, and later was rushed to safety as rioters were just 40 feet away. Greg Jacob, the vice president's lawyer, testified at the third hearing and said he had not known they were that close. Jacob said Secret Service agents wanted them to leave the building but Pence refused to get into the car. "The vice president didn't want to take any chance" that the world would see him leaving the Capitol, Jacob said.

At 4:08 p.m., Pence gave an order to top Pentagon officials that was technically not his to issue: "Clear the Capitol. Get troops here. Get them here now."

The vice president's order to the military seemed to have finally snapped things into place. Pence had let congressional leaders know that armed Guard troops were on the way. "To those who wreaked havoc in our Capitol today, you did not win," Vice President Pence said once lawmakers reconvened after many spent hours in lockdown. "Violence never wins. Freedom wins, and this is still the people's house."

At 3:32 a.m., Pence cited the results for Biden's victory in Vermont, which pushed the Democrat past the 270 electoral votes for Congress to confirm him as the next president nearly

15 hours after the joint session began.

Is Mike Pence an American hero?

Had he gone along with President Trump's coup conspiracy, we would be living in a very different nation than the one we grew up in.

Pence told David Muir on ABC World News Tonight, "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.

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

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What Does Indiana's Transgender Athlete Ban Mean for Schools?

By Casey Smith

After Indiana's law banning transgender girls from competing in girls school sports took effect in July, at least one Hoosier school district is grappling with what the new statute does — and does not — require of schools.

The controversy centers around a proposed plan to codify the state ban in district policy — a move the Indiana School Boards Association and American Civil Liberties Union of Indiana (ACLU) say is unnecessary.

Indiana lawmakers passed the bill, which specifically blocks transgender girls from playing on K-12 girls' school sports teams. It doesn't impact transgender boys or college and professional sports.

Republican Gov. Eric Holcomb vetoed the bill, saying there is no current problem in Indiana and noting the Indiana High School Athletic Association (IHSAA) already has a policy in place to ensure fair competition. Legislators then returned in May to override the veto.

The ban has since been put on-hold for Indianapolis Public Schools after a federal judge in July issued a preliminary injunction in favor of a transgender girl who would be blocked from playing girls' sports under the state's new ban.

ACLU sued the school district on behalf of the 10-year-old student who said she would no longer be able to play softball on her school's all-girls' softball team.

Attorney General Todd Rokita has emphasized that the law remains in effect across the state and maintains his office will continue to defend the law "to protect Indiana's students."

School district floats its own ban

Indiana schools were required to align their policies with the new legislation by July 1.

But West Lafayette Community School Corporation officials drew criticism last month after the district proposed its own outright ban on certain transgender student-athletes.

The draft policy seeks to prohibit transgender girls from competing on girls school sports teams in the district. It would also lay out a specific grievance procedure for students who feel unfairly barred from a sports team.

West Lafayette school board members said their interpretation of the state law requires them to adopt a specific transgender athlete ban at the district level, too — even if they disagree with the policy.

One board member, Amy Austin, said she morally disapproved of the



ACLU of Indiana Legal Director Ken Falk

policy, but echoed other district officials' concerns that they must adhere to the state statute.

"We have to obviously follow the law, we're a state agency, right?" Austin said at the November school board meeting. "But, I didn't feel comfortable letting that go by without mentioning that I will grudgingly do what it takes to follow the law ... because people's very personal lives should not be subject to the government's interference."

School board President Rachel Witt added that the Indiana attorney general has made "clear" the need for schools to specifically enforce the statewide ban at the district level.

The ACLU of Indiana said in a statement that the school district's policy is unnecessary and "sends the wrong message," however. Instead, West Lafayette schools can better serve students by "making

it clear that they disagree" with the state's attempt to ban trans girls from sports, "not enshrining the ban into school policy."

ACLU of Indiana Legal Director Ken Falk additionally told the Indiana Capital Chronicle that the law is not enforced by the state, but rather by "people who are concerned that transgender females are playing sports."

The law makes clear that schools must have in place a grievance procedure for students who feel they've been "deprived of an athletic opportunity." The law does not make clear what those policies should specifically consist of, but Falk said a grievance policy could simply require an email to an athletic director.

If a student or parent is not satisfied with the outcome of that grievance process, they can then file a lawsuit against the school corporation arguing that the law is being violated.

"At this point, given that this ban is state law, it's unclear why the school should have rules at all," Falk said. "This is all made up — this is a problem that doesn't exist."

West Lafayette superintendent Shawn Greiner asked school board members to table the policy now. Witt said the district is waiting for legal battles to play out in court before moving forward.

What is — and isn't — required of schools

Indiana joins more than a dozen other states adopting similar laws in the past two years.

Earlier, when the ban was under debate in the legislature, IHSAA Commissioner Paul Neidig expressed reservations that the legislation only addressed "a single gender and the grievance procedure."

He added that the IHSAA's long-standing gender policy already provides "the flexibility to assess competitive advantage in each unique case." The policy requires transgender girls who want to play sports to show they've completed hormone therapy, and that their muscle mass or bone density is typical of other girls the same age.

Even so, the association has not had any transgender girls finalize a request to play on a girls team.

"We have not received any inquiries for legal guidance from our member schools but if we do receive questions, we would refer them to the IHSAA Gender Policy," Neidig said in a statement to the Indiana Capital Chronicle Friday.

Lisa Tanselle, general counsel for the Indiana School Boards Association, said the statewide organization has not fielded questions or concerns

about transgender athletes policies from individual school districts.

"I have yet to entertain a phone call from a school board on this particular issue. Although that's not to say that doesn't mean school boards haven't done this," she said. "The statute doesn't really refer to the board adopting a policy. If a school corporation has a grievance procedure in place, that's good enough — that would suffice."

Multiple Indiana school districts, including the Fort Wayne and Evansville community school districts, did not reply to the Indiana Capital Chronicle's requests for comment about their athlete policies and grievance procedures.

Still, Title IV already requires school corporations to have a grievance procedure in place for complaints alleging sex discrimination. Tanselle noted that policies relevant to those federal guidelines could be enough to fulfill the Indiana requirement.

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BETSY From Page A1



Photo courtesy of Noblesville Fire Department

Noblesville Fire Department Station No. 71 A-Crew members Capt. Murray Dixon (left) and Firefighter Paramedic Nate Smith show fellow firefighters a couple of the toys received for NFD's 45th annual Christmas Food & Toy Drive, which runs through Friday.

and this year is no exception," he said.

While he said donations seem to be a little slower than years past at the fire station drop-off sites, he said, "We will know more when we start picking up from Noblesville Schools and local businesses closer to the (Dec. 17) delivery date."

Hash said, "We usually try to fill two large boxes with canned goods, one box with dry goods and one with items that need to be refrigerated that we pick up from Kroger the morning of the delivery."

Sifting through and organizing donations for delivery day is a lot of work but NFD loves to do the food and toy drive.

"Members of the NFD sort the food items as they come in, then we set up numbered boxes and dis-

tribute it to each family," Hash said. The gifts are organized by age for the children by both NFD personnel and staff of the Public Safety Building.

"Most of the department is involved in some way. Each station is a collection point and those crews bring the food and toys into Station 71, where it is organized for delivery," Hash said.

The delivery list is organized by neighborhood and NFD members and their families load trucks, vans and trailers to deliver the food and toys, he said.

What's the best part about NFD's food and toy drive?

"For four and a half decades, the Noblesville Fire Department has had the honor of delivering food and toys on behalf of the generous citizens and

businesses of Noblesville," said Noblesville Fire Chief Matt Mitchell. "We truly appreciate the opportunity to impact families in our community around the holidays with the assistance of our residents."

During the food and toy drive, the fire department accepts canned goods; non-perishable food items; new, unwrapped toys; and monetary donations. Monetary donations can be made by 1) mailing a check to NFD; 135 S. 9th St., Noblesville, IN 46060 (checks made payable to the NFD Hamilton County Community Foundation), or 2) making a secure online donation through the Central Indiana Community Foundation (cicf.org/giving/give-now/existing-fund/) donor portal. If making an online donation, please type in "Noblesville

PASTOR From Page A1

Want TO HELP?

What: Noblesville Fire Department's 45th annual Christmas Food and Toy Drive to benefit about 100 families in Noblesville.

When: Through Dec. 9.

Where: Drop off donations at Noblesville City Hall and at Station 71, 135 S. Ninth St.; Station 72, 400 S. Harbour Dr.; Station 3, 2101 Greenfield Ave.; Station 74, 20777 Hague Rd.; Station 75, 10170 E. 191st St.; Station 76, 16800 Hazel Dell Rd.; and Station 77, 15251 Olio Rd.

How to help: Donate canned goods; non-perishable food items; new, unwrapped toys; and monetary donations. Monetary donations can be made by mailing a check to NFD; 135 S. 9th St., Noblesville, IN 46060 (checks made payable to the NFD Hamilton County Community Foundation); or by making a secure online donation through the Central Indiana Community Foundation (cicf.org/giving/give-now/existing-fund/) donor portal. If making an online donation, please type in "Noblesville Firefighters Fund" under the Fund Name section.

Who to call for more information: Noblesville Fire Department at (317) 776-6336.

Firefighters Fund" under the Fund Name section.

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

she earned a Masters of Divinity from Princeton Theological Seminary where she was awarded the George L. Rentschler prize in Speech Communication.

Her career began in the roles of associate pastor of youth and non-profit public relations director. She served as Director of Mission and Community Development for the United Methodist Church of Greater New Jersey. There she launched hope centers across the region that provide wrap around services for families experiencing poverty. She also preached, equipped and developed teams of disciples in rural, suburban and urban congregations.

Prior to her appointment at Noblesville First, she served as the Pastor of Mission and Mobilization at St. Luke's United Methodist Church in Indianapolis, one of the largest congregations in the United Methodist Church. She led a team that served 10,000 people annually in housing, education, justice and food insecurity while deploying over 3,000 volunteers.

She also led the congregation in the launch of a small business incubator, Northside Indianapolis' first Freedom School, and community-wide trainings on becoming Anti-Racist. An advocate for children's education and equity, Caldwell-Gross was twice awarded Washington Township School's Superintendent's Service Award.

In 2018, Caldwell-Gross

founded The Well, a virtual community of women that grew to 500 members in 90 days. She later transformed this community into a podcast, The Well Unfiltered. Noting her ability to connect with people in digital and physical spaces, Caldwell-Gross has been tapped to develop resources and convene conversations with Amplify Media and Abingdon Press.

In 2020, she co-authored Justice or Just Us: A Biblical Call to Confront Racism and this year released The Big Picture: Seeing God's Dream for Your Life with co-author Rev. Dr. Jevon Caldwell-Gross.

While God's call has led Nicole to Dubai, Calcutta, Johannesburg, and Havana, her most meaningful mission field is here in Noblesville, where she resides with her partner in marriage and ministry, Rev. Dr. Jevon Caldwell-Gross. They are outnumbered by their three children Joshua, Olivia and Isabella.

Learn more and listen to a sample sermon at NoblesvilleFirst.com/Caldwell-Gross.

About Noblesville First United Methodist Church:

Noblesville First United Methodist Church was founded in 1822 and today serves the spiritual needs of over 1,600 members in and around Hamilton County, with outreach ministries that are rooted in love, connecting people, and planting seeds of hope.

MARLOWE From Page A1

to go to the trouble of dragging the tree up from storage.

I didn't turn my back on Christmas entirely. Close perhaps.

Regardless, I did manage to set up a little tabletop Christmas tree each year. I found a scraggly loblolly in a thrift store, and like the renowned Charlie Brown, I took it home because it shared my sense of holiday forsakenness.

This sorrowful spruce has served me well, but this year I want to put up the official "family" Christmas tree -- the big tree that stood sentry not too near the fireplace in the family room for decades of Christmases.

The tree, a traditional fresh-cut evergreen in the early years, was a big part of our family heritage. I remember standing in front of it each year, transfixed by the array of bubble lights percolating on the boughs.

It always had silver garland, because Mom disliked gold, and bore all the heirloom Christmas ornaments passed through the generations.

I had two favorite ornaments. The first was a ceramic ornament depicting a somewhat athletic Santa Claus riding a white and red rocket. Perhaps it was a nuclear missile, I don't know. It was the height of

the Cold War, but I preferred to think Santa was riding off to explore the galaxy rather than noking a foreign adversary.

The other Christmas bauble that I cherished was a plastic ornament about the size of a deck of cards that depicted the Nativity scene. Mother picked it up while in Germany visiting Grandad, who was stationed there. The creche had a decided Bavarian theme, complete with giant Black Forest pine trees and a snowcapped chalet for a manger, neither of which would likely be found near Bethlehem.

That didn't matter to me. I used to stare into the scene, and imagined myself a witness to the extraordinary birth. I envisioned myself as one of the wise men, a demonstration no doubt of my youthful hubris.

I was the wiseman, "Murry." Since I had no idea what myrrh was, that's the name I gave the wiseman who brought the spice to the baby. "Frank" brought frankincense; "Goldie" brought the gold. I made up pretend scenarios for each of the characters in the scene, including the arrival of King Herod one year, only to be trampled by the "watch camel" guarding the babe.

One year, while pulling the ornament out of the box, we noticed that Mur-

ry was missing-- probably at the hands (or paws) of our cat, Biscuit, who considered the Christmas tree his own personal playground. Gaspar, the wiseman from India was gone. Sheared off at the base; only his two buddies Balthasar and Melchior remaining to attend the baby.

That didn't deter me, though. Earlier that fall I had saved enough cereal box tops, and -- along with my \$1.50 in hard currency -- had sent away for a 1/60th scale replica of my favorite football player, Dick Butkus of the Chicago Bears.

Much to my parents' chagrin, Butkus was the perfect size, and I glued the middle linebacker right into Gaspar's sandals. For years Butkus hovered over the stable daring anyone to challenge the infant in the crib.

Today, the creche exists as a mere shred of its original splendor. Even Butkus is gone, along with the camel, the star, and at least three pine trees. Yet, in looking back, I can't help recognizing a metaphor: No matter how out of place you feel, there is always room for you under the Nativity tent . . . or Bavarian chalet, as the case may be.

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

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THE TIMES

TUESDAY

In The Kitchen

Tuesday, Dec. 6, 2022

A8



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.

Apple Custard Sponge Trifle

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.



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

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.

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, whisking 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, Dec. 6, 2022

A9

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.

Chicken and Broccoli Alfredo with Fettuccine

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

- 1 **teaspoon 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 **teaspoon 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



Serve Up Smiles with Favorite Holiday Sides

FAMILY FEATURES

Turkey and ham may sit centerstage, but classic holiday sides can make the season truly special. You can bring smiles to your loved ones' faces by dishing out those favorite recipes everyone asks for year after year.

Made with a delicious combination of rice, cheddar cheese, cream of mushroom soup and broccoli florets, this quick and easy version of Broccoli and Cheese Rice Casserole is an ideal one-pot dish to keep the holidays simple. With three easy steps and everyday ingredients, it comes together with minimal effort for traditional casserole taste.

When it comes to feeding a crowd, it's often best to let your oven do the work. This Brussels Sprouts and Ham Rice Gratin recipe allows you to serve up a filling favorite with little effort using pantry staples. Plus, it's a kid-friendly way to encourage veggies at this year's holiday meal with gooey cheese providing tempting taste bud motivation.

These seasonal classics and more are made quick and easy with an option like Success Boil-in-Bag Rice, a pre-measured, mess-free way to make fluffy, high-quality rice. It's cooked by simply dropping a bag of rice in a pot of water or broth then boiling it for 10 minutes. BPA-free and FDA-approved, the bags are safe to use and made to withstand high temperatures.

An added bonus: If you're aiming to achieve a particular flavor, just season the rice by cooking in water infused with herbs, spices, broth, coconut milk or other liquids like juice for sweeter recipes.

Visit SuccessRice.com to find more holiday recipe inspiration.



Brussels Sprouts and Ham Rice Gratin

Broccoli and Cheese Rice Casserole

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 4-6

- 1 **bag Success White Rice or Brown Rice nonstick cooking spray**
- 1 **can (10 3/4 ounces) condensed cream of mushroom soup**
- 2 **cups frozen broccoli florets, thawed and drained**
- 1 **1/2 cups shredded cheddar cheese, divided**
- 1/2 **cup evaporated milk**
- 3 **tablespoons butter, melted**
- 1 **tablespoon grated onion**
- 1/2 **teaspoon salt**
- 1/2 **teaspoon black pepper**

Prepare rice according to package directions. Preheat oven to 350 F.

Coat 2-quart casserole dish with nonstick cooking spray. In medium bowl, combine soup, broccoli, 1 cup cheddar cheese, evaporated milk, butter, onion, salt and pepper. Fold in rice.

Pour mixture into prepared dish and top with remaining cheddar cheese. Bake 20 minutes.



Broccoli and Cheese Rice Casserole

Brussels Sprouts and Ham Rice Gratin

Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4

- 1 **bag Success White Rice**
- 1/2 **pound Brussels sprouts, trimmed and halved**
- 1/3 **cup diced ham**
- 1 **clove garlic, minced**
- 1 **tablespoon olive oil**
- 3/4 **teaspoon salt, divided**
- 3/4 **teaspoon black pepper, divided**
- 1 **cup heavy cream**
- 2 **tablespoons finely chopped fresh chives**
- 2 **tablespoons Dijon mustard**
- 1 **cup shredded sharp cheddar cheese**
- 1/2 **cup grated Parmesan cheese, divided**

- 1/3 **cup breadcrumbs**
- 2 **tablespoons butter, melted**

Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper. Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture. Bake 12-15 minutes, or until golden brown and bubbling.

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TUESDAY

In The Kitchen

Tuesday, Dec. 6, 2022

A10

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

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TUESDAY

Health and WELLNESS

Tuesday, Dec. 6, 2022

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Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

For many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietician Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

Eat Mindfully

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

Consider Intermittent Fasting

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music.

Get Proper Sleep

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit SlimFast.com to find more resources on weight management and intermittent fasting.



3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.

TUESDAY

Health and WELLNESS

Tuesday, Dec. 6, 2022

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Support Mental Health in Rural America

The value of sharing lived experiences



Photos courtesy of Getty Images

FAMILY FEATURES

Throughout many parts of the country, an increased understanding of mental health has led to enhanced awareness of its importance. A catch-all description of emotional, psychological and social well-being, mental health affects how people think, feel and act, according to the Centers for Disease Control and Prevention.

In fact, mental health is an important component of overall health. However, in some instances, there remains a gap between understanding mental health and embracing solutions, particularly in rural areas.

“When my 28-year-old nephew died by suicide in a farming community where mental illness was a subject never discussed, my mother courageously announced ‘Enough is enough. We are going to talk about this, and we are going to talk about this in detail,’” said Jeff Winton, founder and chairman of the board of nonprofit Rural Minds.

His commitment to confronting suicide and mental illness in rural areas supports the goal of the organization, which is to serve as an informed voice for mental health in rural America and provide mental health information and resources. A major barrier to individuals seeking help in rural communities is the stigma often associated with mental health challenges. The organization is working to confront the stigma through people talking about their personal, lived experiences with mental illness.

Recognizing the value of sharing deeply personal accounts of mental illness is also the message of Jeff Ditzenberger, a farmer who attempted suicide. His own challenges confronting and managing his bipolar II disorder while returning to farming motivated Ditzenberger to found TUGS, a mental health nonprofit with the mission to address the stigma surrounding mental health challenges and suicide.

Passionate about normalizing discussions about mental illness, Ditzenberger is working with Rural Minds to encourage others in rural areas to talk about their challenges with PTSD, bipolar disorder, depression, schizophrenia or other mental issues. The goal is for people to become as comfortable with the discussion of mental health as they are talking about COVID-19, the common cold or the flu.

Mental health professionals agree that opening up about mental health challenges can be the first step to finding a path forward.

“Sharing the burden of mental illness and life experiences can be really, really powerful,” said Dr. Mark A. Fry, consultant in the Department of Psychiatry and Psychology at Mayo Clinic. “As a psychiatrist, I would tell you it’s a critically important part of the overall treatment plan. In my opinion, the concept of providing peer support – sharing lived experiences with mental illness and supporting each other – really is invaluable.”

Barriers to Seeking Mental Health Support in Rural Areas

While mental health is imperative for overall health, some people do not recognize mental illness as a disease; rather, it is sometimes perceived as a character flaw or personal weakness.

“Mental illness is an illness – just like cancer or diabetes,” Winton said. “Just as it is with many other diseases, the person who is ill is not responsible for getting the illness. Much of the stigma around mental illness may be rooted in the misdirected and unfair shame that can be an added burden for someone who is already suffering with a mental illness.

“Similar to many people in rural America, I grew up on a farm and was taught to pull myself up by my bootstraps and get over it, to just move on and to not think about it. Well, that is not an acceptable response to a mental illness. You don’t do that with other illnesses. You can’t do that with mental illness.”



Collaboration is Key

In the spirit of collaborating to better serve the mental health needs of rural America, Rural Minds is partnering with The National Grange, a family, community organization with roots in agriculture that was founded in 1867.

“Our aim in collaborating is to develop a grassroots, person-to-person approach to provide people who live in rural communities with mental health and suicide prevention information by working with local Granges, civic groups and community leaders across the country,” Winton said.

Help is Available

There are several established organizations that provide mental health information and services across the country, but Rural Minds focuses entirely on confronting the mental health challenges in rural communities.

Find a compilation of free mental health crisis resources and support and overall mental health resources and support at RuralMinds.org, which also offers access to recordings of educational webinars presented by the organization.

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