

**➔ TODAY'S VERSE**

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



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

What makes Amanda Roush smile? "Seeing my kids smile is my No. 1 reason to smile. But I also love living in our little community and seeing so many wonderful faces out and around the Square," said the Old Town Noblesville resident, whose 1890s house was featured among 11 stops in this year's Noblesville Preservation Alliance 35th annual Historic Home Tour. She is married to Matt Roush, who works at Allison Transmission, and they have two children, Addison, 9, a fourth-grader at North Elementary; and Hudson, 2. They also have two Shih Tzus, Peyton, Bella and Sophie. The Roushs relocated to this area about six years ago from Georgia. Matt's family is from Fishers, and he graduated from Hamilton Southeastern High School in 1998. He was attending college in Georgia when they met. Besides working on their house, she enjoys playing with her kids and reading. NPA celebrated the holiday season with the Lights Over Seminary Park opening ceremony on Dec. 2. Lights Over Seminary, in its fifth season, continues nightly through December, with lights on nightly.

And **Another Few Things...**

**1. Monroe Lake Run & Walk**

Monroe Lake will host its 10th annual First Day Trail Run and Walk at Fairfax State Recreation Area on Sunday, Jan. 1 at 3:30 p.m.

This noncompetitive event has three distances, 3.7, 2.9, or 1.3 miles, through fields and forested areas. Participants are encouraged to tap the bell and ring in the new year as they cross the finish line.

Advance registration is available through Dec. 30 at bit.ly/firstdayrun2023 for \$15 per person. The first 300 advance registrants will receive an embroidered collectible event patch.

Same-day registration will be \$20 per person (cash or check only) from 2:15-3:15 p.m.

All registrations include a post-event food station with soup, grilled cheese sandwiches, hot cocoa, and a wide variety of snacks. There will also be free event photos to download. Everyone also receives a ticket for the prize drawing, which includes race entries from Indiana Trail Running, Indiana State Parks annual entrance permits, and a guided kayak trip for up to eight people with kayaks included.

The event is co-sponsored this year by the Indiana Trail Running Association. Proceeds support public events, programs, and interpretation at Monroe Lake.

For more information contact the Paynetown Activity Center at Monroe Lake at (812) 837-9967 or email Jill Vance at jvance@dnr.in.gov.

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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## 'Hello, Dolly!' Full of Music, Dancing



**BETSY REASON**  
The Times Editor

'Hello, Dolly!' Full of Music, Dancing

The music gets stuck in your head. The dancing was a dream to choreograph. And the story is simply fun.

"Anyone that comes to see this production will leave with a smile on their face," said Sharla Ball, show director for The Attic Theatre's production of "Hello, Dolly!"

The 1964 musical features lyrics and music by Jerry Herman based on Thornton Wilder's 1938 farce, "The Merchant of Honkers" and originally starred Carol Channing as Dolly on Broadway and later Barbra Streisand in the 1969 film. Mary Martin, Pearl Bailey and Bette Midler were also among the stars who played the lead in the live musical.

"I actually didn't want to direct this production when it was first given to me," Ball said. "I agreed to do it as a favor, but as the cast came together and the production started to take shape, I fell in love once again with a show on the stage."

**Want TO GO?**

**What:** The Attic Theatre presents "Hello Dolly!" musical.

**When:** 7 p.m. Wednesday, Thursday, Friday and Saturday.

**Where:** The Ivy Tech Auditorium, 300 N. 17th St., Noblesville.

**How much:** \$12, adults; \$8 ages 4-12; free, ages 3 and younger.

**Where to buy tickets:** httheattictheatre.com and at the door.

"It's just delightful," she said of the show, which is on stage Wednesday, Thursday, Friday and Saturday at The Ivy Tech Auditorium in Noblesville.

"Hello, Dolly! is the story of a widow (played by Kata Ewigleben of Noblesville in The Attic Theatre's show) who likes to matchmake in her own town. She has run low on her own funds to help the community and seeks to match herself up with the town grump who also happens to have the most money. Through her antics, she ends up changing the lives of everyone around her," Ball said.

There are 21 songs, not including the reprises.

The cast breaks out in song and dance about every minute or two.

Noblesville's Laura Hicks, the show's music director and a fourth- and fifth-grade music teacher, taught all of the songs to the cast during the first month of rehearsals, which took place at Harbour Shores Church in Cicero. She also put together tracks for the cast to work on their parts in their own time. She enjoyed teaching music to the much older students than



Sharla Ball



Kata Ewigleben

usual.

While the musical is known for its singing and dancing, there were no dance auditions.

"With only 19 cast members (ages 9 to 66), we had to get very creative with the dance routines," Ball said. "The waiters' gallop (perhaps the most taxing dance in the show) only contains four dancers but they sure are killing it with their slick moves. Those four, in particular, have gone over their routine at every rehearsal just to keep their moves sharp and crisp."

The entire cast had to learn dances for one or more songs.

While there are seasoned cast members, there are three actors who have never performed in

➔ See BETSY Page Ax

## The Daily Almanac

**Sunrise/Sunset**  
RISE: 7:57 a.m.  
SET: 5:19 p.m.

**High/Low Temperatures**  
HIGH: 45 °F  
LOW: 30 °F

**Today is...**

- Ice Cream Day
- National Day of the Horse
- National Violin Day

**What Happened On This Day**

- 1949 The Knesset votes to move the capital of Israel from Tel Aviv to Jerusalem
- 1962 NASA launches Relay 1, the first active repeater communications satellite in orbit
- 1974 North Vietnamese forces launch their 1975 Spring Offensive, leading to South Vietnam's capitulation

**Births On This Day**

- 1818 Mary Todd Lincoln American wife of Abraham Lincoln and 17th First Lady of the U.S.
- 1989 Taylor Swift American singer-songwriter, guitarist and actress

**Deaths On This Day**

- 1204 Maimonides Spanish rabbi and philosopher
- 1944 Wassily Kandinsky Russian/French painter



Photo courtesy of Hamilton County

**Salt trucks sit ready at the Hamilton County Highway Department, ready to help clear roads and keep Hamilton County roads safe this coming winter.**

## County Ready for Winter

The Hamilton County Highway Department is ready for winter. It spent the past year reviewing snow routes, checking equipment, and stockpiling materials to ensure its ready when winter rears its ugly head.

"Winter operations are taken

very seriously and is nearly a year long process," says Highway Director Brad Davis. "As soon as winter ends, preparations are being made for the next winter."

➔ See COUNTY Page Ax

## Please Lemme Get Through the Holidays



**JOHN O. MARLOWE**  
With The Grain

There are two kinds of Holiday traditions. There are those which transcend our individual families, and are shared by entire communities of people --

➔ See MARLOWE Page Ax

## Online Calendar of Bicentennial Events in 2023 Now Available



The Hamilton County Bicentennial Commission has announced the official 2023 Bicentennial event lineup. Upwards of 45 one-of-a-kind events funded by the Bicentennial's grant program are set to take place over 12 festive months to celebrate the county's 200th anniversary. In addition, a traveling exhibit will be available to the public at 25+ locations around the county.

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**➔ OBITUARIES**

**Richard Allen Burns**  
**Alonzo Edward 'Lonnie' Davis**  
**Danny Thurman Lonnie**  
**Danny Thurman Lonnie**  
...and more on Page A2.

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

**➔ HONEST HOOSIER**

12 Hamilton County shopping days until Christmas. Need a break while shopping? How about a piece of pie and cup of coffee at Jim Dandy!



**➔ TODAY'S HEALTH TIP**

Not receiving enough sleep can lead to increased appetite and obesity. 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**

"Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more."  
- Dr. Seuss from How the Grinch Stole Christmas!

**➔ TODAY'S JOKE**

What did Santa give the little girls and boys who weren't so good this year?  
A pack of batteries with a note: Toy not included!

**13 WTHR 7 DAY FORECAST**

TUE	30/45 WINDY	WED	41/52 WET AND WINDY	THU	45/47 DAMP STAY	FRI	31/37 CLOUDY, SOME SNOW	SAT	25/26 SNOW BUSINESS	SUN	19/30 COLD	MON	20/32 CHILLY
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## OBITUARIES

### Richard Allen Burns

August 29, 1959-December 9, 2022

Richard Allen Burns, fondly known by his grandchildren as 'Po', passed away on Dec. 9, 2022, after a long illness.

He was born on Aug. 29, 1959, in Indianapolis to John and Barbara (Johnson) Burns.

Mr. Burns graduated from Ben Davis High School and attended IUPUI.

He loved hockey and truly enjoyed his many years working for the Indianapolis Checkers, starting in ticket sales and ending his career with the team as Assistant General Manager. He also spent many years educating businesspeople through his work as an account manager at CIC Enterprises. Next, Mr. Burns transitioned to a 27-year career as a Realtor and General Manager with Century 21 Rasmussen until his retirement in 2021.

Survivors include his wife of 33 years Judy; son Ryan (Aly) Burns of New Castle; 2 daughters Abby Williams of Carmel and Maggie (Eric) Neuburger of Fishers; 3 granddaughters Lizzy, Hazel and Sawyer; grandson Maverick; and his golden retriever Millie, will miss him dearly.

The family is scheduled to welcome visitors from 4-8 p.m. on Wednesday, Dec. 14, 2022, at Randall and Roberts Fishers Mortuary, 12010 Allisonville Rd., Fishers. Services are scheduled to be held at 1 p.m. on Thursday, Dec. 15, 2022, at the funeral home, followed by burial at Oak Lawn Cemetery, 9700 Allisonville Rd., in Fishers.

Memorial donations may be made in Rick's name to the Humane Society for Hamilton County, 10501 Hague Rd., Fishers, IN 46038 (hamiltonhumane.com).

Online condolences may be made at randallroberts.com

### Alonzo Edward 'Lonnie' Davis

December 27, 1953-December 3, 2022

Alonzo Edward 'Lonnie' Davis, age 68, of Sheridan, Indiana, passed away on Saturday afternoon, Dec. 3, 2022, at Riverview Health in Noblesville, Indiana.

He was born Dec. 27, 1953, in Frankenmuth, Michigan, son of the late Boyden and Cleo (Gregoreoff) Davis.

Mr. Davis made the decision to serve his country in the United States Marine Corps. In addition to being stationed at Camp Lejeune, he spent time in the Philippines and Japan, allowing him the opportunity to see some beautiful parts of the world. During his 15 years in the corps, he served as both a mechanics instructor and a Staff Sergeant. It was a true honor for him to earn the title of United States Marine.

Over the years, Mr. Davis worked for many different companies, including Boss Hoss Motorcycles, and most recently, Fabcon of Westfield, where he worked in both welding and maintenance. He and his wife Jackie were married on June 4, 1993.

He attended the Sheridan Church of God. Becoming part of such a loving church family was both a blessing and a comfort in his life.

Family always came first for Mr. Davis. Everything that he did was done with his family in mind. Life was never about possessions and accolades, it was about seeing the smile on his kids' faces, and the eyes of his grandchildren light up whenever they saw him.

Survivors include the love of his life, his wife of 29 years Jackie (Smith) Davis; son Alonzo (Sharon) Davis, Jr. of South Carolina; 4 daughters Krysta (John) Davis of Sheridan, Janah (Tyler) Chassereau of Sheridan, Nicole (Chris) Chassereau of S.C. and Marianne Crapse of S.C.; 11 grandchildren Ava Garrett, Avery Garrett, Baylor Davis, Stevie Grimes, Maddie Grimes, Passion Causey, Tiffany Mosley, Rebekah Mixon, Alyssa Crapse, Zachary McPeak and Rae Davis; brother Boyden (Susan) Davis of Michigan; sister Kathy Davis of Mich.; 4 brothers- and sisters-in-law, Janice York, Henry (Dohna) Smith, Bill (Rachel) Smith, Brenda Morrison and Gale Smith; and many nieces and nephews.

He was preceded in death by his parents Boyden and Cleo (Gregoreoff) Davis; mother- and father-in-law June and Baylor Smith; 3 brothers-in-law Edward York, Howard Smith and John Smith; grandmother Lillian; and his uncle Joe.

A celebration of life for Mr. Davis is scheduled to be held at 4 p.m. on Sunday, Dec. 11, 2022, at Kercheval Funeral Home, 306 E. 10th St., Sheridan, with visitation scheduled to run from 2 p.m. until the time of service. Pastor George Cooper will be officiating.

Memorial contributions may be presented to the Wounded Warrior Project.

### Danny Thuron Holderman

July 30, 1945-November 22, 2022

Danny Thuron Holderman, 77, of Indianapolis, passed away on Tuesday, Nov. 22, 2022 at Community East Hospital in Indianapolis, of cancer and heart trouble.

He was born on July 30, 1945 to Eddie E. and Marguerite B. (Gonce) Holderman in Noblesville.

Mr. Holderman lived in the country most of his life. He joined the Army in 1979 and served twice in Germany, came back to the States where he stayed with the National Guard until his retirement in 2002. He worked for the Indiana State Fair for over 50 years. Mr. Holderman was a great animal lover. He enjoyed NASCAR, baseball and basketball. His favorite teams were the Cincinnati Reds, New York Yankees, Cleveland Indians and the Indianapolis Indians.

Survivors include his sister Marjorie 'Marge' L. Rouse; and best friend Don Biggs of Indianapolis.

In addition to his parents, he was preceded in death by his brother-in-law; and several other relatives and friends.

Graveside services are scheduled to be held at 11 a.m. on Thursday, Dec. 15, 2022 at Crownland Cemetery in Noblesville.

Online condolences may be made at randallroberts.com

## Meeting Notice

### Noblesville Economic Development Council Committee

The Noblesville Economic Development Council Committee meeting scheduled for Wednesday, Dec. 14, 2022 at 8:15 a.m. has been canceled.

## Meeting Notice

### Hamilton County Council Finance Committee

Pursuant to IC 5-14-1.5-5 (a), the Hamilton County Council Finance Com-

mittee will meet at 11:30 a.m. on Friday, Dec. 16, 2022 at Big Woods Hazel Dell, 14741 Hazel Dell Crossng, Noblesville. The purpose of this meeting is for discussion of county finances.

### Timothy Calvin Johnson

May 7, 1962-December 11, 2022

Timothy Calvin Johnson, 60, of Indianapolis, passed away peacefully on Sunday, Dec. 11, 2022 surrounded by his family.

He was born on May 7, 1962 to Calvin and Darlene (Marquardt) Johnson in Mankato, Minnesota.

Mr. Johnson was a research chemist at Dow AgroSciences, retiring after 29 years. He was an avid outdoorsman who enjoyed fishing, hunting, gardening and hiking. He could fix anything! Most of all, Mr. Johnson enjoyed being with his kids, grandkids and his 2 dogs.

Survivors include his 2 sons Andrew (Jennifer) Johnson and Alex (Susan) Johnson; daughter Kristen Johnson; 3 grandchildren Mark Johnson, Dorothy Johnson and Elizabeth Johnson; Jennifer Johnson with whom he spent 35 years; brother Peter Johnson; and 2 sisters Christine Schaeffer and Beth Lieski.

In addition to his parents, he was preceded in death by his brother John Johnson.

Visitation is scheduled to be held from 10 a.m. to 12 p.m., with services scheduled to begin at 12 p.m., on Friday, Dec. 16, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Rd., Noblesville.

Memorial contributions may be made to Ducks Unlimited (ducks.org/indiana).

Online condolences may be made at randallroberts.com

### Carmen Edilia Prato Silva

August 4, 1940-November 24, 2022

Carmen Edilia Prato Silva, 82 of Caracas, Venezuela, passed away Thursday, Nov. 24, 2022.

She was born Aug. 4, 1940 in Guasipati, Venezuela to Carlos Leon Prato Martinez and Edilia Antonia Silva de Padilla.

Mrs. Prato Silva received her bachelor's degree in administration. She retired from INAVI.

As a favorite hobby, she enjoyed watching several different sports; however, tennis was her favorite, especially seeing Roger Federer win matches and feeling sad when he retired. She could follow a tennis game point-by-point on her cell phone when she could not watch it on TV. Mrs. Prato Silva also enjoyed watching soccer (although she could not watch any game in the World Cup 2022), Formula 1 and many other sports. Other interests included knitting scarves, hats, and blankets for her grandchildren. She liked working puzzles, playing cards with grandchildren, and listening to music on her cell phone.

Survivors include her daughter Luisa Mercedes; son-in-law Luis Alfredo; 3 grandchildren Oriana Sofia, Gabriel Alejandro and Victoria Cecilia; 11 siblings Alcira, Edelmira, Norelsa, Aracelis, Belen, Gisela, Eleana, Carmen F., Leticia, Victor Alfonso and Carlos Arturo; and brothers-in-law, sisters-in-law, nieces, nephews, cousins, godsons, goddaughters and other family members.

She was preceded in death by Francisco Conde, Carlos Leon Prato, Victor Padilla, Carlos Francisco Prato and her mother Edilia Antonia Silva de Prato.

A Memorial Mass is scheduled for Wednesday, Dec. 14, 2022 at 4:30 p.m. in Our Lady of Mount Carmel Catholic Church, 14598 Oak Ridge Rd., Carmel.

Bussell Family Funerals is privileged to assist the family in arrangements.



Photo provided

Jennifer Froman, a fifth-grade teacher at Hamilton Heights School Corporation, was selected as a Husky Hero for the month of November. Pictured (left to right) are Bret Bailey, Hamilton Heights Middle School Principal, Jennifer Froman, Amber and Craig Bowen of F.C. Tucker and Melissa Martin, President, Hamilton Heights Educational Foundation.

## Heights Middle School Teacher Jennifer Froman Honored as Husky Hero

Jennifer Froman, an English Teacher at Hamilton Heights Middle School, has been named as a Husky Hero for November. Froman was nominated for her going above and beyond for her students. She loves what she does, and it shows. Froman's ability to develop strong relationships with her students results in an incredible connection that make a difference students can see and feel. It's the little things she does for her students that help make them feel cared for, loved, and supported.

"Hamilton Heights School Corporation is full of Husky Heroes so to be nominated and chosen is an honor and a privilege," said Jennifer Froman of the recognition. "I am inspired every day as I walk the halls and see amazing things going on at the middle school. I am really proud of my students and all that is being accomplished. I strive to continue to make a positive and lasting impact on them and look forward

to seeing what their future holds. Moving forward, I will continue to be there for my students and try to catch the next Husky Hero in the act!"

### About the Husky Hero Award:

The monthly award is designed to recognize a Hamilton Heights School Corporation employee for performing an act of kindness or going above and beyond for a student, fellow staff member or the community. Any staff member employed by the district is eligible to be recognized and can be nominated by anyone on or off campus.

The Husky Hero recipient will be presented with a certificate and a monetary donation of \$250 in appreciation for their making a meaningful impact. Nominate a Husky Hero today or learn more about this special recognition program at bit.ly/hhschuskyhero. Craig and Amber Bowen of F.C. Tucker are responsible for championing this special program.

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THE TIMES classifieds.

## Congresswoman Spartz Names Military Academy Nominations

This week, Congresswoman Victoria Spartz (R-IN) announced the names of twenty-two high school seniors across Indiana's Fifth District who have been nominated to attend the United States Service Academies. These academies allow young people to serve our country while receiving full-scholarships from some of our finest institutions of higher learning.

"We had a very impressive group of applicants this year," said Rep Spartz. "I am grateful for the commitment of so many young leaders to serve our country and protect our freedoms."

### Service Academy Nominations:

#### Air Force Academy:

- Grant Ferren – Sheridan High School
- Kaleb Johnson – Hamilton Southeastern High School
- Katherine Johnson – Heritage Christian High School
- William Kaiser – North Central High School
- Mohammad Khaliq – Pike High School
- Isabelle Regnault – Indiana Academy of Science, Mathematics & Humanities
- Peter Snyder – Cathedral High School
- Kevin Sweeney – Carmel High School
- Zane Williams – Indiana Connections Academy

#### Naval Academy:

- Ava Marie Bruick – Hamilton Southeastern High School
- Katherine Johnson – Heritage Christian High School
- William Kaiser – North Central High School
- Jack Maiers – Brebeuf Jesuit Preparatory School



Rep. Victoria Spartz

- Joseph Mariani – Cathedral High School
- Owen O'Rourke – Hamilton Southeastern High School
- Aiden Raab – Western High School
- Isaac Regnault – Indiana Academy of Science, Mathematics & Humanities
- Kevin Sweeney – Carmel High School
- West Point Military Academy:
- Elias Backus – Brebeuf Jesuit Preparatory School
- Adam Chaney – Lawrence Central High School
- Megan Cobb – St. Theodore Guerin High School
- Liam Courtney – Carmel High School
- Brennan Howell – Heritage Christian High School
- Kaleb Johnson – Hamilton Southeastern High School
- Katherine Johnson – Heritage Christian High School
- William Kaiser – North Central High School
- Owen Mejia – Noblesville High School
- Elise Nawa – Hamilton Southeastern High School
- Owen O'Rourke – Hamilton Southeastern High School
- Nadia Zaborowski – Noblesville High School

## Nick Gomillion Announces Run for Noblesville Council

Sixteen-year resident Nick Gomillion has announced his plans to run for Noblesville Common Council At-Large in 2023.

After serving as VP of his HOA and volunteering at several local non-profits addressing hunger, adolescent support and jobs for veterans, Gomillion decided it was time to get involved in the leadership of the community he loves.

In 2005, he married his best friend and the love of his life, Jessica (Hendricks) of Noblesville. They chose her hometown, with its family-friendly community and easily accessible amenities, to call home. They now have 4 daughters, many neighbors, friends and a church family in this city.

Throughout his time living, working, playing, dining, shopping and worshipping in Noblesville, Gomillion said "the people" have always had the greatest impact in his personal and professional life. "Though I was born and raised in Mississippi, this community welcomed and accepted me as their own," he said.

"A lot of my 'firsts' happened because people in this community supported me and my family; my first job out of college, first outdoor concert, first house, first insurance policy, first child. The 'thank you's' are too innumerable for these short sentences but we have truly been blessed because of them."

At this time of rapid growth for our city he wants to ensure others feel welcome and connected too. "As a people-focused leader my goal is connecting the people of Noblesville with the best quality of life. Ensuring public safety, evolving infrastructure, emphasizing community, and encouraging kindness will be the guiding principles of my service to you," Gomillion said.

By day, he is a Senior Human Resources professional for a national healthcare company.

In the evenings you can find him driving his daughters around town to ballet, gymnastics, voice and art



Nick Gomillion

lessons.

Gomillion earned a bachelor's degree in Philosophy from Millsaps College and an Indiana Educator License through Indiana Wesleyan University for Secondary Education - History. Though his work experience has spanned the banking, education, retail sales and healthcare industries, his career has always been people-focused whether serving customers, students or employees.

Gomillion will be on the Republican primary ballot for Noblesville Common Council At-Large coming this May 2023. For more information join the "Connecting People" campaign at NickforNoblesville.com, by email Nick@NickforNoblesville.com or by phone at (317) 378-9229.

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

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Photo courtesy of the Noblesville Lions

**Noblesville Lions Collect for Salvation Army**

This past Saturday, the Noblesville Lions collected donations for the Salvation Army at Walmart. This has been a Lion activity for the past few years supporting The Salvation Army. The Noblesville Noon Kiwanis worked the AM hours, and the Lions worked the PM hours. Above, Susie Long, Lions Steve Shaw, Jen Carr, Dale Unger and George Long pose together while helping to collect money.



Photo courtesy of CPA

Canadian rock band Crash Test Dummies will perform at the Center for the Performing Arts on March 11.

**Crash Test Dummies to Perform at CPA, March 11**

Canadian rock band the Crash Test Dummies, best known for their 1990s hit "Mmm Mmm Mmm Mmm," will perform March 11 at the Tarkington at the Center for the Performing Arts.

Opening the show will be Carleton Stone, an Americana and pop singer-songwriter from Nova Scotia.

Tickets starting at \$40 will go on sale at 10 a.m. Friday, Dec. 16, at the Palladium's Fifth Third Bank Box Office, online at TheCenterPresents.org and by phone at (317) 843-3800. The concert is part of the Faegre Drinker Encore Series and the 2022-2023 Center Presents Season, presented in partnership with Allied Solutions.

Founded in the 1980s

in Winnipeg, Canada, the Crash Test Dummies achieved international success with their multi-Grammy-nominated 1993 album God Shuffled His Feet, showcasing lead singer-songwriter Brad Roberts' distinctive baritone voice. The group reformed in 2018 after a long hiatus and has been touring North America and Europe to mark its 30th anniversary. A new original single, "Sacred Alphabet," is set for release in early 2023.

**About the Center for the Performing Arts:**

The mission of the nonprofit Center for the Performing Arts is to engage and inspire the Indiana community through enriching arts experiences. Its campus in Carmel, Indiana, includes the 1,500-

seat Palladium concert hall, the 500-seat Tarkington proscenium theater and the black box Studio Theater.

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

More information is available at TheCenterPresents.org.

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**www.TheTimes24-7.com**



# Lt. Gov. Suzanne Crouch ‘MitchFest’ Ends at Purdue, But Could Spread to Indiana

By Whitney Downard

Lt. Gov. Suzanne Crouch threw her hat into the ring for governor in 2024 Monday morning, putting an end to speculation and joining U.S. Sen. Mike Braun and Fort Wayne businessman Eric Doden in the race for the Republican nomination.

“I’m very proud of (the Gov. Eric Holcomb) administration and the work we’ve done in terms of creating jobs,” Crouch said. “We have had a record amount of investment in Indiana... we can unlock even more and give better opportunities to every Hoosier across our state.”

In a video launching her campaign, Crouch appealed to primary voters by promising to uphold public safety laws, keep parents involved in the classroom and condemning President Joe Biden for “wide open” southern borders that encouraged drug trafficking.

In particular, she highlighted a vote during the special session that “toughened” Indiana’s abortion laws “to protect the unborn,” in which she voted to require an affidavit for rape and incest victims seeking an abortion. The House overturned that requirement in a later vote.

Crouch started her career in politics in Vanderburgh County, first as county auditor and then as county commissioner. Spurred by the state’s dismal financial condition at the time, including delayed payments to educational institutions and local governments like hers, Crouch decided to run for state representative and won in 2005.

“I wanted to be a part of turning this state around and over the past 17 years we have done just that,” Crouch said. “Today we have a balanced budget, we have low taxes and we have healthy surpluses... The next chapter of Indiana’s history... is going to be quality of life.”

That means continuing to grow the economy, investing in Indiana’s education system, strengthening families and communities, and transforming government – all pillars of her campaign for governor, Crouch said.

“It used to be that people followed businesses but today, businesses are following people. And people want to live where they have that quality of life,” Crouch said.

Pivotal to that would be improving Hoosier health, including mental health and addiction treatment as well as opportunities for Hoosiers with disabilities.

“Because if we want to have a legacy of excellence in this state, we have to take all of those Hoosiers and lift them up,” Crouch said. “Only when we do that will we be able to measure our success as a

state.”

Crouch’s path to Lt. Gov.

Throughout Crouch’s political career, increasing Hoosier access to government has played a role. While in Vanderburgh County, she pushed to publish meeting minutes online and livestream commissioner meetings.

In the General Assembly, Crouch highlighted her legislative efforts to create a one-stop shop for businesses registering with the Secretary of State’s office and expand electronic meetings for government bodies.

“But I think probably the bill that I remember most... was a bill that I introduced to stop the governor from rolling out the welfare eligibility modernization system,” Crouch said.

Then-Gov. Mitch Daniels, wanting to reduce cost and paperwork, proposed moving welfare applications entirely online, introducing the new system to counties starting in 2008. However, Crouch and Sen. Vaneta Becker – both of Evansville – pushed the governor to halt the rollout, citing numerous problems and disrupted access.

“(Welfare modernization) sounds great unless you’re poor or elderly or disabled. You may not know how to use the computer or you may not have access to a computer,” Crouch said. “It was probably the most difficult thing I ever did because (I was) a Republican legislator introducing a bill against my Republican governor... quite honestly, I was the political leper for that season.”

After former Gov. Mike Pence became vice president, then-Lt. Gov. Eric Holcomb stepped up as the GOP nominee for the state’s highest office. For his lieutenant governor, Holcomb selected Crouch, then the state auditor and a former Evansville representative. Holcomb and Crouch won their election in 2016, clinching re-election in 2020.

Holcomb is term limited and cannot seek a third consecutive term as governor.

As lieutenant governor, Crouch serves as the Senate president and oversees four agencies: the State Department of Agriculture, the Housing and Community Development Authority, the Office of Community and Rural Affairs (OCRA) and the Indiana Destination Development Corporation.

Through OCRA, the state has spent \$268 million connecting 73,000 Hoosier families and businesses, Crouch said, allowing more of rural Indiana to participate in a changing economy.

“Rural Indiana is our next great economic

frontier,” Crouch said. “But we have to unlock that potential by having rural Indiana connected.”

Challenges for the Crouch campaign

Indiana is one of 18 states to never elect a female governor, nor has a female candidate ever won the Republican nomination for governor. On the other side of the aisle, Democrat Jill Long Thompson ran, but lost, in 2008.

Nearly every other executive office has had a female leader, including Crouch’s current office, where she is the fourth female lieutenant governor. But for Crouch, that wasn’t a defining feature of her campaign.

“I’ve never defined myself as a woman; I’ve defined myself as a hard worker... so I don’t confine myself in that manner,” Crouch said. “I truly believe that Hoosiers are looking for the right kind of leader – whether that leader is a woman or whether that leader is a man.”

The average age of governors at the time of their election is 50, with the oldest being James D. Williams at 69, according to the 2006 book *The Governors of Indiana*. Crouch would be 72 at inauguration, while Braun would be 70. For comparison, Holcomb was elected at the age of 48.

“I’m proud of my age; I have boundless energy and I will outwork all of my opponents,” Crouch said, rebuffing any criticisms.

Crouch faces a tough road to win the Republican nomination, with two other candidates formally in the race and rumors that others may still join.

“I’m focused on my race and what I’m going to be able to do and what I want to do for Hoosiers,” Crouch said. “It’s a long way from now to the election and I will continue to be lieutenant governor and be preparing myself for that next step.”

Last week, Braun released results from an internal poll showing him up 37 points over Crouch in a hypothetical matchup among Republican voters. Though Braun hasn’t formally announced his intention to run, submitting a filing to create a campaign finance committee could have been an attempt to clear the field of other competitors.

Doden became the first to announce his candidacy for governor last year, releasing the race’s first ad campaign last month shortly after the November elections.

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**BRIAN HOWEY**  
Howey Political Report

In mid-May 2003, in what Howey Politics described as “Mitch Mania during Mitch Week,” it was President George W. Bush who coined the political slogan for a Hoosier generation.

Daniels was the man of the hour when President Bush came to the Indiana State Fairgrounds. Bush lauded Daniels, his departing OMB director as “my man Mitch,” adding, “Mitch Daniels has been a good friend, a close adviser and I’m going to miss him. Washington’s loss will be the gain of the people of Indiana.”

Thus, “My Man Mitch” became the 2004 Hoosier Republican battle cry after being shut out of the governor’s office for 16 years.

It appeared to come full circle at Tuesday’s “MitchFest” at Purdue University. Bush was back, conducting an hour-long Q&A at the Elliott Hall of Music with the outgoing Purdue president.

Following that was a departure celebration, with the Memorial Union backdrop featuring iconic Daniels imagery, from his Harley-Davidson to holding a Purdue band baritone horn. In this star-studded gathering, the word amongst the throng centered on what “informed and reliable” sources had told Howey Politics last week: That Mitch Daniels is pondering a 2024 U.S. Senate run.

According to multiple informed and reliable sources milling around the Memorial Union cocktail hour, once Daniels departs Hovde Hall on Dec. 31, he will gather his braintrust in Florida in January. These sources tell me a gubernatorial run is off the table, but what is being considered is the open U.S. Senate seat that Mike Braun is vacating to run for governor. It’s the Senate seat that Daniels’ old boss Dick Lugar had held for 36 years.

Said one Daniels

confidante, “He’s got to make a decision quickly” as the field that includes U.S. Reps. Jim Banks, Victoria Spartz and possibly Attorney General Todd Rokita and Rep. Trey Hollingsworth gathers. Another told me, “He’s too valuable to just be serving on corporate boards.”

No decision has been made, these sources say. But in the next breath, they say the former governor is “intrigued” by the potential Senate soapbox, coming as the Donald Trump era begins to wane.

For on this very night some 600 miles to the south, Donald Trump’s Hooveresque wrecking ball gashed the Republican Party once more. GOP nominee Herschel Walker’s embarrassing Georgia Senate loss to Democrat Raphael Warnock meant that for the second consecutive cycle, Trump’s absurd candidate endorsements had prevented a Republican Senate majority, forging instead a 51-49 Democrat advantage.

In a post-Trump vacuum, many Hoosier Republicans salivate over “My Man Mitch” bringing his rhetorical skills and asset management techniques to the upper chamber.

These were on full display at the Memorial Union Tuesday evening. Daniels opened his 16-minute remarks by quoting an old country song, “How can I miss you when you won’t go away?” The attendees howled with laughter.

Purdue Board of Trustees President Mike Berghoff in introducing Daniels, said, “It’s been 10 years of full-on, non-stop, high energy, innovation, change, progress, reinvention. The list of accomplishments is long.” He cited a 10-year tuition freeze that saved families \$1 billion, as well as Purdue Global for older students and Purdue Polytech high schools in Indianapolis and South Bend.

Daniels discussed his 10-year legacy at the helm of Indiana’s land grant university, including that of a confident communicator, or as Daniels put it, “Spread the word; share the news ... telling people who should have known all along what

a great institution this is.

“I like to think we added a few features over the last 10 years,” Daniels said. “I believe we’ve stood for value at a time when many people have been questioning is higher education really worth it. We worked on that every day. That little catch phrase in the video – higher education is the highest proven value – that’s one thing we’re really all about.”

“So we tried to enhance the quality and control the cost,” Daniels continued. “We stood for excellence in scale. We did not accept that there was a tradeoff between bringing education to more people. The original assignment of land grant universities like ours is open the doors. In fact, we’ve grown 30%, and the quality of performance and graduation rates, everything has gone up.”

Daniels mentioned mayors Tony Roswarski and John Dennis for helping transform the “west end of this campus” from tired strip malls and ancient Dairy Queens to the burgeoning Discovery Park with tenants like Saab and Rolls-Royce reshaping the skyline and on a recent forum, wowed U.S. Secretary of State Tony Blinken and Commerce Sec. Gina Raimondo. “You just wait, there’s more coming,” Daniels said. “Some of it pretty soon.”

He quoted an obituary for Ohio University founder and abolitionist Zephron Cutler: “At his passing, the local paper wrote, ‘In every sphere and every relation of life, he was a useful man.’”

“I like that,” Daniels said, “That would be a good thing to be, a useful man I’ve tried to be.” Or, Daniels noted, a young boy from Oyster Bay, N.Y., observed on the death of President Theodore Roosevelt in an assigned essay: “He was a fulfiller of good intentions.”

“This world is full of people with good intentions,” Daniels concluded. “But, not all of them fulfilled. At Purdue, we fulfill them.”

The Hoosier body politic now awaits Daniels’ next chapter of intentions.

*The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana.*

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Photos courtesy of Nissan

## 2023 Nissan Pathfinder Gets Back to Its Rugged Family Roots

The original Pathfinder was a pretty hard-core off-roader based on Nissan's rugged hardbody compact pickup. First available with only two doors, but later four, it helped lead America away from station wagons and into family-friendly SUVs. Subsequent generations became ever softer, eventually looking like a pudgy blimp only the Brady Bunch would love. That is behind us as the current generation is still pretty plush, but returns style and capability to its roots.

Styling moves away from the swoopy curves of the Murano and towards a clean aesthetic. The front is dominated by a tall dark grille surrounded by chrome and squinty LED headlamps, but what seems like a flat body at first is deftly creased and expertly sculpted. Our Platinum edition adds

black trim, panoramic moonroof, and 20" wheels. Split D-pillars and floating roofs have become trite on crossovers, but Nissan avoided repetition with a contrasting color roof and rear sail-pillar that evokes the distinctive triangular window of the 1987 Pathfinder.

Even if coming out of a luxury-branded crossover, you'll want for nothing in the Pathfinder's cabin. Platinum editions come with quilted leather seats and stitched coverings for the dash, doors, and console, but also include heated/ventilated front seats, heated second row captain's chairs, and a heated steering wheel. Check also a head-up display, flatscreen gauges, wireless phone charging, and serene Bose audio. A large touchscreen controls devices through Apple CarPlay, Android Auto,

and 4G Wi-Fi hotspot. Fold down the tight third row to carry luggage. In recent years, Nissan has focused intently on active safety systems. The Pathfinder is no exception given automatic emergency braking, blind spot warning with steering intervention, lane keep assist, and rear cross path detection with autobrake. Adaptive cruise with ProPILOT Assist keeps a safe distance and can steer on the highway, but please keep hands on the wheel.

Beneath the chiseled hood is a 3.5-liter V6 engine putting out 284 horsepower and 259 lb.-ft. of torque. That's adequate power for a three-row crossover, and it scoots quickly during morning commutes, but you won't be racing any sport sedans with families aboard (not that you should). Fortunately, it

### 2023 Nissan Pathfinder Platinum Seven-passenger, AWD Crossover

**Powertrain:** 3.5-liter V6, 9-spd trans  
**Output:** 284hp/259 lb.-ft. torque  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 20"/20" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Space  
**Towing:** 6,000 lbs.  
**Fuel economy:** 20/25 mpg city/hwy  
**Assembly:** Smyrna, TN  
**Base/As-tested price:** \$35,000/\$54,785

can tow a hefty 6,000 lbs. of camper or ski boat. Made efficient with a 9-speed automatic transmission, fuel economy is quite good at 20/25-MPG city/highway.

Trim styling shields the fact the Pathfinder is a large family-friendly three-row crossover – a fact that becomes more apparent on the road where it takes up the lane and can be a tight fit on tight city streets.

That said, it keeps its composure on sweeping curves with its four-wheel independent suspension and sticks bounces off of bridges without undue bounce. Rough pavement passes by with nary a rumble. You'll want for more power when a full load of passengers or a trailer, but nobody will really care as long Interstate miles disappear with ease.

While suave, the Pathfinder is not cheap. Base



CASEY WILLIAMS  
Auto Reviews

models start at \$35,000, but prices rose to \$54,785 for our upscale Platinum edition. Unlike in the old days, though, Nissan makes the mid-size Murano and compact Rogue if you want more affordable options. Others to consider include the Chevy Traverse, Ford Explorer, Honda Pilot, Toyota Highlander, Hyundai Palisade, Subaru Ascent, and Kia Telluride.

Storm Forward!  
 Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com)

## Dr. Roberts Offers Explanation of Colorectal Cancer Screening



JOHN R. ROBERTS, M.D.  
Montgomery Medicine

This week I want to talk about screening for colorectal cancer (CRC). Fortunately, screening for this type of cancer has become more common due to increased public awareness aided by campaigns such as CDC's Screen for Life Action Campaign [cdc.gov/cancer/colorectal/sfl/](http://cdc.gov/cancer/colorectal/sfl/).

There were approximately 148,000 cases of CRC in 2020 and 53,000 deaths, making it the fourth deadliest cancer in men and third deadliest in women. If caught when the disease is localized to the colon, 90 percent of patients live at least five years after diagnosis. However, only 39 percent of people are diagnosed in early stages.

The good news is that the number of new cases and deaths has continued to drop over the last decade or so. The decreases are likely due to more people undergoing recommended screening, but may also be due to other factors as well. However, we are seeing a worrying trend of it appearing at younger ages. Actor Chadwick Boseman died at age 42.

Colorectal cancer warning signs include blood in the stool, persistent abdominal pain, change in bowel movements (especially smaller diameter stools), unexplained weight loss, and iron-deficiency anemia.

An advertisement that ran in the New York Times a few years ago listed three early warning signs of colon cancer: You feel great; You have a healthy appetite; You're only 50. This was a brilliant piece, educating people that they can have CRC without any warning signs.

The risk of developing CRC increases with age (93 percent of cancers occur after age 50). A family history of a sibling or parent with CRC or colon polyps also increases the risk for CRC, though 75 percent of CRC occurs in patients with no family

history.

Inflammatory bowel disease (Crohn's disease & ulcerative colitis) also increase the risk of CRC. Not exercising regularly, eating a diet high in fat and low in fruits, vegetables and fiber, cigarette smoking, being obese, or drinking too much alcohol are also risk factors.

Colorectal cancer usually begins as a small nest of abnormal mucus-secreting gland cells in the wall of the colon (large intestine). The cells eventually grow into finger-like projections inside the colon called polyps. These polyps are not cancerous, but they have the potential to develop into cancer. There are two types of polyps, adenomatous and hyperplastic. Adenomatous polyps may become cancerous, while the hyperplastic variety do not.

The goal of any cancer screening program is to either find abnormal appearing cells before they have turned into cancer or discover a cancer when it is very small. There are a number of different methods to screen for CRC. Different professional groups have produced various screening recommendations. Descriptions of the various screening methods can be found in the reference link at the end of this article.

CRC screening tests that can detect adenomatous polyps and cancer includes flexible sigmoidoscopy (a scope that visualizes the lower part of the colon), colonoscopy (a scope that looks at the entire colon), double-contrast barium enema (an X-ray procedure where dye and air are pumped into the colon), and "virtual colonoscopy" (an X-ray study using a CT scan to construct a three dimensional image of the colon). Flexible sigmoidoscopy and colonoscopy offer the added benefit of allowing the physician to biopsy and remove polyps or suspicious lesions at the time of screening.

Colonoscopy is certainly the gold standard for detection of CRC, but many patients are sometimes squeamish about having one. There are other less invasive tests that can be done, though they are not as sensitive at detecting polyps and cancer.

Less invasive tests include high-sensitivity fecal occult blood testing (FOBT) and fecal immunochemical testing (FIT).

FOBT is falling out of favor as it involves following a specific diet and submitting multiple stool samples to a doctor or lab where they are tested for microscopic blood.

The FIT test has, for the most part, supplanted the FOBT in most doctors' offices. It has the advantage of not requiring dietary restrictions prior to doing the test and can be performed on a single stool specimen. It is also specific for human blood proteins whereas the FOBT may detect animal blood protein that a patient consumed, yielding a false positive test. If any of these tests are positive, usually patients should have a colonoscopy to locate the source of the bleeding.

The newest test to gain FDA approval is Cologuard<sup>®</sup>, a stool test that uses a combination of FIT and a test for DNA specific to colon cancer cells. This test has some potential problems including a high false positive rate of 13 percent (the test is positive, but the patient does not have cancer). The FIT test has about a five percent false positive rate.

If you are over 45 or have other risk factors, you should speak to your doctor about what test or combination of tests may be right for you. The United States Preventive Services Task Force gives its highest "Grade A" recommendation for screening patients ages 50 to 75, and "Grade B" recommendation for starting screening at age 45. Screening for those over 75 is generally not recommended unless a physician feels there are other circumstances that warrant it.

Since the Affordable Care Act was signed into law, all insurance companies are required to pay for recommended screening for CRC with no patient cost sharing such as co-pays or deductibles. However, if a patient has a colonoscopy or sigmoidoscopy and a polyp is found, the patient will likely incur the cost of the biopsy procedure and pathology charges to examine the tissue.

For more detailed information, you can visit [bit.ly/1znlju6](http://bit.ly/1znlju6) for the latest Colorectal Cancer Facts & Figures.

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

## Carrie was Wrong About Papayas



CARRIE CLASSON  
The Postscript

The fruit lady has my number.

One of the things I like in Mexico—and other countries we have visited in the past—is buying fruits and vegetables from a stand, run by a family. I love wandering through the market, looking at all the unfamiliar things and asking questions.

"Is this for today or for tomorrow?" I ask in Spanish, wondering if it is ripe enough to eat immediately. The fruit vendors know when something is ripe. I load up my bags with papaya and little sweet bananas and pineapple and broccoli and cauliflower and carrots and potatoes and avocados and onions and tomatoes. And then I realize my bags are much too full and I have to stop buying things right now.

Then the fruit lady gives me a present.

I don't ask for a present. But after everything is loaded into my bags and I look like a burro headed home, she finds one perfectly ripe tangerine or

apple and pops it into my bag.

"A gift," she says. I don't remember this ever happening in a grocery store.

And so, of course, even though there are dozens of fruit stands, I come back to her. She is always happy to see me. And every day, I tell her, "I want another papaya—sweet and ugly!" She laughs because this is a running joke of ours. No matter what else I buy, I always buy a papaya, and the best papayas are a little disreputable looking. They are dimpled and bumpy and have splotches here and there.

"Is this spoiled?" I wonder. No. It is perfect. I cut it in half and sometimes it is filled with seeds and sometimes there are no seeds. It seems to me there must be a logical explanation for this. But then sometimes there are only a couple of seeds, and this makes no sense at all.

However many seeds there are, I scoop them out before skinning it and chopping it up and putting it in the fridge. I have no idea if this is how experienced papaya eaters do it. Probably, an experienced papaya eater would say, "What the heck are you doing? That's not how it's done!"

But I know nothing about papayas. I don't remember ever eating a papaya before I was 40. On the rare occasion that

I did, the papaya was in some sort of fruit salad. I remember it as being pale orange and rather bland. It was the part of the fruit salad that I ate first to get it over with. I had obviously never had a good papaya. Now that I have, I feel as if I have made this amazing discovery.

"Have you tried the papaya?" I say to unsuspecting gringos in the market. "It's amazing!"

Most of them have had papaya and I'm sure they think I'm a little ridiculous, a freelance papaya booster, roaming the market. But I don't care. I would feel terrible if anyone didn't know how wonderful they were. Someone recently told me they were good for me. I really don't know. They seem as if they must be. They are so deep orange and sweet.

It's a wonderful surprise to learn that I was all wrong about papayas and, of course, it makes me wonder what else I've still got all wrong. It's wonderful to find out how much I like this sweet and ugly fruit.

Now that I know, I am eating all the papayas I want. I am eating papayas every day—to make up for lost time.

Till next time,  
Carrie

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

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Photo courtesy of Noblesville Schools

**NHS Senior Wins Full Ride Lilly Scholarship**

Noblesville High School senior Abigail Pittman and her family were surprised to learn that she has won the prestigious Lilly Endowment scholarship, which provides a four-year, full-ride scholarship to any college or university in Indiana. Abigail is the daughter of Julie and Craig Pittman and plans to study environmental science and urban planning. She is still deciding where she will attend college. (Top) Abigail and her mother Julie celebrate the exciting news; (Below, left and right) Abigail is surprised to learn that she has won the Lilly Endowment scholarship.

**Avian Influenza Confirmed in Gibson County Water Birds**



Avian influenza has been confirmed in snow geese and other water birds from western Gibson County. Diagnostic testing on carcasses collected there was done at the National Veterinary Services Lab. More than 100,000 snow geese are currently present in western Gibson County. Approximately 700 geese, primarily snow geese, have recently been found dead. Indiana is one of multiple states in which the current strain of avian influenza has been confirmed this fall.

birds dead in a single area should report them to the DNR at [on.IN.gov/sick-wildlife](http://on.IN.gov/sick-wildlife).

Meat that hunters harvest from wild birds in the state that is handled using standard safety procedures and cooked to an internal temperature of 165F does not present a food safety risk.

Indiana DNR, in partnership with federal and private partners, has increased surveillance of birds throughout the state to monitor for other potential outbreaks.

Additional information about avian influenza in wild birds, birdfeeder care, and more advice on how you can help prevent the spread of avian influenza and other bird diseases is at [on.IN.gov/avian-flu](http://on.IN.gov/avian-flu).

Birds infected with avian influenza may display unusual behaviors such as erratic swim patterns, tremors, a twisted neck, and/or a general lack of coordination. Sick birds may also have nasal discharge, a cough, sneezing, and/or diarrhea; however, some infected birds will not appear sick. Individuals who see sick birds or find multiple

For additional information about domestic poultry facilities and backyard poultry flocks, see the Indiana Board of Animal Health's avian influenza website at [boah.IN.gov/species-information/avianbirds/highly-pathogenic-avian-influenza](http://boah.IN.gov/species-information/avianbirds/highly-pathogenic-avian-influenza).

To view more DNR news releases, visit [dnr.IN.gov](http://dnr.IN.gov).

**Individual Income Tax Rates to Change in 3 Indiana Counties Effective Jan. 1, 2023**

Effective Jan. 1, 2023, three Indiana county income tax rates will change, according to the Indiana Department of Revenue (DOR).

who live or work in any of these counties and have income tax withholdings.

Local income tax rates are determined by county officials and provided to DOR for review regarding compliance with Indiana law.

• For Indiana residents on Jan. 1, 2023, county tax rates for individuals are based on the employee's Indiana county of residence on that date.

Below are the three counties impacted along with their new tax rates:

• For individuals who are not Indiana residents on Jan. 1, 2023, county tax rates are based on the individual's county of principal business or employment on Jan. 1.

• Greene County: 0.0215 (increased from 0.0195)

Current rates for all Indiana counties are available on DOR's website at [dor.in.gov](http://dor.in.gov) in Departmental Notice #1. To view the complete list, click on "Legal Resources", then "Tax Library", followed by "Departmental Notices".

• Montgomery County: 0.0265 (increased from 0.023)

• Perry County: 0.014 (decreased from 0.0181)

These tax rates affect businesses with employees



Photo courtesy of Noblesville Schools

**Noblesville Students Collect Toys, Give Back to Community**

Noblesville Schools' students have big hearts for their community! The Noblesville High School Sociology Club donated over 300 toys to the Noblesville Fire Department's 45th annual holiday toy drive.

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# NFPA Urging Caution as Christmas Day, Christmas Eve Are Among Leading Days for Home Fires

Many hallmarks of the holiday season, including Christmas trees, holiday decorations, and festive meals, present potential fire hazards that contribute to an annual increase in U.S. home fires at this time of year. According to the National Fire Protection Association (NFPA), Christmas Day and Christmas Eve are among the leading days of the year for home fires.

“December is a leading month for home fires, in large part because many of the activities we engage in during the holiday season reflect leading causes of home fires year-round,” said Lorraine Carli, NFPA vice president of Outreach and Advocacy.

“Plus, as colder temperatures impact much of the country, use of heating equipment increases significantly.”

Fortunately, Carli notes, the majority of winter fires can be prevented with a little added awareness and planning.

“By knowing where potential fire hazards exist and taking some basic safety precautions to prevent them, people can enjoy a festive, fire-free holiday season,” said Carli.

The NFPA Winter Holidays page offers a wide variety of tips and resources to reduce the risk of fires, while the latest NFPA statistics underscore the increased risk of fire

during the holiday season and beyond:

**Christmas Trees:**

- An estimated average of 160 home fires involving Christmas trees caused two civilian deaths, 11 civilian injuries, and \$12 million in direct property damage per year between 2016 and 2020.

- Some type of electrical distribution or lighting equipment, including decorative lights, was involved in more than two of five (44 percent) of home Christmas tree fires. Nearly one in five Christmas tree fires (19 percent) were started by decorative lights.

- The majority (74 percent) of Christmas tree fires occur in December and January.

**Decorations:**

- An estimated average of 790 home fires that began when decorations (other than Christmas trees) caught fire caused an average of one civilian death, 26 civilian injuries and \$13 million in direct property damage per year between 2015 and 2019.

- One in five home decoration fires occurred in December.

- Year-round, 35 percent of home decoration fires began with candles; in December, the number jumped to 45 percent.

- In more than two of every five fires (44 percent) involving decorations, the decoration was

too close to a heat source such as a candle, cooking or heating equipment.

**Candles:**

- An estimated average of 7,400 home fires (2 percent) started by candles caused an average of 90 civilian deaths (three percent), 670 civilian injuries (6 percent), and \$291 million (4 percent) in direct property damage per year between 2015 and 2019.

- Candle fires peak in December and January with 11 percent of candle fires in each of these months.

- In three of every five candle fires, the candle was too close to something that could catch fire.

- Christmas is the peak day for candle fires with roughly 2.5 times the daily average; Christmas Eve ranked second.

- Falling asleep was a factor in 10 percent of the home candle fires and 12 percent of the associated deaths.

**Cooking:**

- Cooking is the leading cause of reported home fires (49 percent) and home fire injuries and the second-leading cause of home fire deaths.

- Unattended cooking is the leading cause of home cooking fires.

- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Fires caused by heat-

ing equipment, the second-leading cause of U.S. home fires year-round, peak during the winter months, when temperatures drop and more people use heating equipment to keep their homes warm. Put a Freeze on Winter Fires, an annual NFPA campaign with the U.S. Fire Administration (USFA), works to educate the public about ways to stay safe during the colder months, offering tip sheets and other resources to help reduce the risk of heating fires and other winter hazards.

For more releases and other announcements about NFPA initiatives, research and resources, please visit the NFPA press room.

**About the National Fire Protection Association (NFPA):**

Founded in 1896, NFPA is a global self-funded nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy; and by partnering with others who share an interest in furthering the NFPA mission.

For more information, visit [nfpa.org](http://nfpa.org). All NFPA codes and standards can be viewed online for free at [www.nfpa.org/freeaccess](http://www.nfpa.org/freeaccess).

# State Settles With CVS and Walgreens



Attorney General Todd Rokita

Indiana Attorney General Todd Rokita has finalized tentative agreements with CVS and Walgreens that will bring \$219 million to Indiana to settle allegations against the two pharmacies that they contributed to the opioid crisis through their conduct in the distribution and dispensing of prescription drugs. When a recent tentative settlement with Walmart is added, Indiana's total tentative recovery from the three pharmacies exceeds \$278 million.

Indiana is tentatively set to receive \$105 million from CVS, \$114 million from Walgreens and \$59.4 million from Walmart.

“The opioid crisis has inflicted unspeakable pain on so many Hoosier families,” Rokita said. “Far too often, pharmacies have contributed to this devastation through their own reckless business practices, and we’re going to keep holding them accountable.”

The tentative agreements with Indiana are

part of a tentative national multistate settlement with the two companies. Last month, Rokita announced that Indiana expects to receive \$59.4 million as part of a tentative multistate settlement with Walmart to resolve allegations that it, too, contributed to the opioid addiction crisis by failing to appropriately oversee the distribution and dispensing of opioids at its stores.

In addition to the financial settlement, CVS and Walgreens — along with Walmart earlier — have agreed to court-ordered injunctive relief that requires the pharmacies to monitor, report and share data about suspicious activity related to opioid prescriptions. This court-ordered injunctive relief will help ensure a crisis like this does not happen again.

Settlement funds are intended to be used to remediate the opioid crisis by supporting such priorities as prevention, harm reduction, treatment, and recovery services.

The payments are structured to ensure critical support in early years as well as sustained resources over time. Most of Walmart's amount will be paid during the first year; CVS's payments will be spread over 10 years; Walgreens' payments will be spread over 15 years. If there is sufficient sign-on, payments will begin during the second half of 2023.

# IEDC Continues 5E Focus, Forms New Partnership with Research Institute

The Indiana Economic Development Corporation (IEDC) today announced a new partnership with the Applied Research Institute (ARI), also known as the Indiana Innovation Institute (IN3), to become a trusted partner on innovation strategy and federal programs execution. Under this new partnership, new leadership and an expanded mission, ARI aims to accelerate the IEDC's goal of facilitating conditions for higher wage opportunities rooted in a diverse, resilient and future-focused economy.

Indiana Secretary of Commerce Brad Chambers also announced that effective Dec. 22, 2022, Dave Roberts, IEDC executive vice president of entrepreneurship and innovation, will transition into his new role as the CEO of ARI.

“The market continues to evolve and innovate,” said Sec. Chambers. “Indiana's enhanced focus and partnership with ARI will support Indiana's unprecedented momentum in securing innovative investments supporting higher wage careers.

Dave Roberts is uniquely qualified to lead that effort, as he understands the foundation we have built and the assets we possess to become the premier destination for transformative innovators. Partnering with ARI enables us to play economic offense working on disruptive opportunities that will fundamentally alter the trajectory of our state's economy for decades to come.”

ARI will continue to operate as a 501(c)(3) with statewide focus as it pursues catalytic federal funding opportunities, promotes industry-led, public-private partnerships and secures commitments from businesses and Indiana's major research universities to invest in and around the WestGate Technology Park.

ARI's priority areas for federal funding opportunities include securing



funding for non-coastal regional tech hubs, attracting semiconductor manufacturing and training opportunities, and helping establish a landmark hub for clean hydrogen fuel. These lines of effort will augment ARI's existing federal contracts, which provide credible past performance history on which future partners can rely.

“With all that Indiana has going for it, we are ideally positioned to be at the forefront of securing federal funding that will continue to create an economic landscape that is the envy of the Midwest,” said Roberts.

“ARI's partnership with IEDC and the state will enable us to leverage Indiana's assets and help fulfill Sec. Chambers' vision to build the economy we want by creatively promoting growth in sectors that make up the economy of the future.”

Moving forward, ARI will operate under a new professional services agreement with the IEDC, in a similar capacity as Elevate Ventures in that both organizations operate in close alignment with the IEDC, but both are independent entities.

Elevate Ventures will continue to focus on developing Indiana's entrepreneurship culture, and ARI will focus on innovation initiatives which position Indiana to move quickly in pursuit and capture of federal opportunities. This includes coordination of efforts such as the Battery Innovation Center, Emerging Manufacturing Collaboration Center and 5G lab.

IEDC Vice President of

Technology Engagement, Brooke Pyne, will join Roberts at ARI. The new ARI board of directors will include Sec. Chambers, Thompson Distribution Company Inc. CEO John Thompson, Indiana University President Dr. Pamela Whitten, Purdue University President-elect Dr. Mung Chiang, and Regional Opportunity Initiatives President and CEO Tina Peterson.

**About ARI:**

Applied Research Institute (ARI), also known as Indiana Innovation Institute) works with academia, industry and government to create a hub of national security innovation that helps solve critical defense priorities. ARI connects regional, state and national partners through a variety of means including convening research and business teams to solve emerging technical challenges for the U.S. Department of Defense.

ARI is focused on hyper-personics, cyber-physical systems, trusted microelectronics, additive manufacturing and artificial intelligence.

Learn more at [www.in3indiana.com](http://www.in3indiana.com) and follow them on Twitter @IN3indiana and LinkedIn.

**About IEDC:**

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

For more information about the IEDC, visit [iedc.in.gov](http://iedc.in.gov).

# Salvation Army of Central Indiana Kicks Off Five-Day Angel Tree Distribution

Today marks the first of five distribution days for The Salvation Army's expansive Angel Tree program, which will serve around 5,000 children from across Central Indiana this Christmas.

Distribution space for Tuesday through Friday has been generously donated by the Angel Tree title sponsor, MAVPAK, and is located at one of the company's Indianapolis warehouses at 5110 W. 74th St.

The drive thru model first introduced in 2020 continues to be the most effective way to ensure that parents can quickly collect the gifts without waiting in long lines. This system allows families picking up gifts to remain in their vehicles while volunteers in retrieve each Angel's bag from inside and load them into the waiting cars.

This Saturday, the Carmel United Methodist Church is hosting a distribution for 200 Hamilton County families enrolled in the Angel Tree program. These families will also be arriving at appointed times to ensure that they can receive their gifts without long wait times. Carmel UMC is located at 621 S. Rangeline Road near Carmel City Center.

Angel Tree of Central Indiana distribution schedule:

- Dec. 13: 9 a.m. to 6 p.m. (Indy)
- Dec. 14: 9 a.m. to 2 p.m. (Indy)
- Dec. 15: 8:30 a.m. to 6 p.m. (Indy)
- Dec. 16: 9 a.m. to 4 p.m. (Indy)
- Dec. 17: 9 a.m. to 2 p.m. (Carmel)

Families must financially qualify for the Angel Tree program. Back in Octo-

ber, The Salvation Army sat down with parents to determine their child's Christmas wishes and create a list of needs, like diapers, winter clothing, or shoes. Angels were then made available for "adoption" online by donors. Angel Tree tags hanging of special trees at local malls, select business locations, and at the Indiana Historical Society's Festival of Trees featured Angel tags with easily scanned QR codes to quickly connect donors with lists of Angels to adopt.

Many local companies, churches, and other organizations also gave back to the community by adopting in large numbers of Angels. The top adopter for 2022 was MAVPAK, which adopted and shopped for 500 Angels. Flexware Innovation adopted an additional 360 in Indianapolis and 100 for The Salvation Army's Angel Tree program in Valparaiso. More than half of the Angels available this year were adopted by organizations excited for an opportunity to make Christmas special for local children in need.

All returned gifts from The Salvation Army's Angel Tree donors have undergone extensive quality checks by volunteers and are now ready to go home and make Christmas special for 5,000 local children. Volunteers also helped to shop for "Forgotten Angels" whose bags were never returned. Thanks to cash donations to the Angel Tree program, toys and clothing donated by the Circle City Toy Run and Pacers, and books given by additional donors, every Angel will have gifts under the tree on Christmas morning.

It takes thousands of donors and volunteers to make Angel Tree possible. There is still time to sign up and volunteer. Visit [SalvationArmyIndiana.org/AngelTree](http://SalvationArmyIndiana.org/AngelTree) for more information.

**About The Salvation Army:**

The Salvation Army annually helps more than 23 million Americans overcome poverty, addiction and economic hardships through a range of social services. By providing food for the hungry, emergency relief for disaster survivors, rehabilitation for those suffering from drug and alcohol abuse, and clothing and shelter for people in need, The Salvation Army is doing the most good at 7,600 centers of operations around the country.

In the first-ever listing of “America's Favorite Charities” by The Chronicle of Philanthropy, The Salvation Army ranked as the country's largest privately funded, direct-service nonprofit.

For more information, visit [SalvationArmyUSA.org](http://SalvationArmyUSA.org). Follow them on Twitter @SAIndiana and #SalArmyLoveBeyond

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## MARLOWE

From Page A1

like putting up a Christmas tree, spinning the dreidel, or playing Jingle Bell Rock.

Then there are other traditions which are solely confined within the family. For instance, my step-cousins always show up at Christmas dinner wearing matching red flannel pajamas.

While the rest of us are sharing appetizers and spritzers before the big meal, the cousins pop open a soft drink. Not just any cola, mind you. It has to be traditional Coca-Cola in the original 8-ounce (or if they can find it, 6.5-ounce) bottle. One year, they even paid a fortune to buy Coca-Cola from Mexico, because word was that it was manufactured using pure sugar cane, like the original formula.

I don't know why they do it. It's their tradition, not mine. Other families have special menus, make special treats, or play special games.

Our family tradition was different. We called the plumber.

Year in and year out, our 4-inch Orangeburg pipe, which conveyed yucky matter from the smaller pipes in the house to the septic tank in the side yard would become clogged. Infiltrating tree roots brought the flow of gloop, and the holiday reverie itself, to a halt.

It was uncanny how that big pipe clogged right before Christmas every year. Granted, the house was always teeming with additional family members, all with differing bathroom habits, I suppose. But it wasn't like the day after Thanksgiving — a day plumbers call "Brown Friday" — where big meals and bad timing dam up the works.

Our plumber in those days was named Lemme (LEM' mee), probably short for Lemuel, but I don't know that. All I do know is that Lemme was a character. He was hilarious, and was always welcomed from five miles up the road with more elation than cousin Donald, who drove all the way in from Missouri.

Lemme wasn't what you'd think a plumber

would look like by today's examples. He didn't drive a fancy van with decals on the side. Nor did he show up wearing an antiseptic, brightly colored uniform.

Instead, he drove an old pick-up truck, later a rusty light blue step-van, and wore his trademark blue denim overalls. He was about 5'7" tall, and had thinning white hair and round glasses. He didn't have much of a white beard, but a significant jolly paunch in front meant he looked to us children like he belonged at our house during the Holidays.

I'm sure there were other plumbers around, but it never seemed so. Lemme knew everyone, and everyone knew Lemme. I don't imagine he even had a business card, and the only advertising he did was planting an old toilet seat in the flower bed in front of his house, with the family name scrolled on the open lid. (Those of you who live in West Central Indiana know who I'm talking about, now, don't you?)

Without doubt my favorite Christmastime visit with Lemme was when he explained — jokingly, I believe — that the whole plumbing fiasco had been caused by my Aunt Betty's fruitcake. Aunt Betty had spent two days baking her bulletproof bricks as gifts, and the thought of everyone tossing them down the toilet sent her to her bedroom in a Scrooge-worthy sulk.

It was only when Lemme suggested loudly that it was the best looking fruitcake he had augged out of a pipe in forty years that Betty rejoined the family. She even made him a turkey sandwich to go.

One year my father was so happy that Lemme came out on a particularly snowy pre-Christmas day that Dad gave Lemme four tickets out of his stash to see the next Indiana Pacers basketball game.

I wish you had been there to see Lemme's face. I guess you could say that he was quite flushed.

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

## BETSY

From Page A1



Photo courtesy of The Attic Theatre

**Brynn Lee of Carmel (as Irene Molloy) Caroline Stone of Noblesville (as Ernestina Money) and Kirra Kempson of Carmel (as Minnie Fay) are featured in The Attic Theatre's "Hello Dolly!" Wednesday through Saturday at The Ivy Tech Auditorium in Noblesville.**

a full-length musical and four actors who are new to The Attic Theatre, which continues to grow with each show, she said.

As usual at Ivy Tech, it's a load-in show. The entire set build occurred on Sunday when the cast and crew moved in.

"For this particular show, we had two less days than we normally get to move in and work on the set," she said. "...This included building, painting and dressing the set. While we can try to plan out as much in advance, we can't build anything until we are on site."

Christy Denault is a first-time costume designer for The Attic, although she is no sewing novice. "I recognized her talents last year when she helped

with costumes for "Anne of Green Gables," Ball said. "She accepted the challenge of lead customer for this show and completed it with finesse. Many of the costumes that will be shown on stage are from the closets of The Attic, but many of the pieces for the lead characters were borrowed and tailored by Christy from other companies. What we can promise is lots of color, frills, and pizzazz."

"Hello, Dolly!" is Ball's sixth show to direct for The Attic. She met artistic director Rebecca Roy in college at Indiana Wesleyan University where they both earned theater degrees. "Rebecca and I were roommates, and she let me be the first director besides herself to work on

an Attic show. I have been hooked ever since. I have been in too many shows to count honestly, but have been working with Attic since their pilot season in 2016." (Ball's daytime job is a student relationship coordinator for the Bridge program at Indiana Wesleyan, National and Global, at the Indianapolis campus.)

To date, her favorite show to direct was the 2021 production of "Into The Woods," a show she had worked on professionally in her hometown of Milwaukee six years previous. "No company even comes close to the love The Attic has for its family and community. It is my home."

Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

### Meet THE CAST

**Dolly Levi:** Kata Ewigleben, Noblesville  
**Irene Molloy:** Brynn Lee, Carmel  
**Cornelius Hackl:** Clayton Cina, Castleton  
**Horace Vandergelder:** John Hardacre, Noblesville  
**Barnaby Tucker:** Simon Wood, Sheridan  
**Minnie Fay:** Kirra Kempson, Carmel  
**Ambrose Kemper:** Caleb Jackson, Thorntown  
**Ermengarde:** Lydia Doss, Lapel  
**Rudolph Reisenweber:** Jason Lineback, Noblesville  
**Mrs. Rose:** Sharon Wilson, Noblesville  
**Judge:** Steve Stone, Noblesville  
**Ernestina Money:** Caroline Stone, Noblesville  
**Waiters:** Rebecca Roy, Indianapolis; Annabel Green, Noblesville; Caelin Silitonga, Noblesville; and Katie Schloemer, Carmel  
**Ensemble:** Jessica Doss and Keira Doss, both of Lapel; and Claire Silitonga, Noblesville

### Meet THE CREW

**Director:** Sharla Ball, Indianapolis  
**Music Director:** Laura Hicks, Noblesville  
**Stage Manager:** Anna Mayhill, Kokomo  
**Assistant Stage Manager:** Anna Watson, Noblesville  
**Crew:** Josh Jackson, Thorntown; and Jordan Bewley, Isabel Beals and Ellenor Green, all of Noblesville  
**Set Design:** Jen Luczywo, Arcadia  
**Sound-mics:** Cameron Mayhill, Kokomo  
**Costume Design:** Christy Denault, Indianapolis  
**House Manager:** Kristen Hilger, Noblesville  
**Lighting Design/Operator:** Adam Fike, Indianapolis  
**Hair and Makeup:** Rebecca Roy, Kirra Kempson

## CALENDER

From Page A1

Access the complete events calendar on the Bicentennial website ([hamcoturns200.com/events](http://hamcoturns200.com/events)). To quickly find events you'll love, search by date, location, keyword or event type, including the following:

- Signature Township Event
- Arts
- Education
- Diversity/Inclusion
- Historic Preservation
- Parks/Environment
- County Event
- Traveling Exhibit

Most events and programs are free and family-friendly. From March to November, the spotlight will shine on each of the nine townships in Hamilton County for a full month.

The lineup includes live music, interactive reenactments, art shows, walking tours, food history, veteran events and more! If a program

requires registration, the description will note it.

Check the calendar for new events and listing details as the year progresses. To stay informed of upcoming happenings during this exceptional year, sign up for the Bicentennial Buzz e-newsletter ([hamcoturns200.com/e-newsletter](http://hamcoturns200.com/e-newsletter)).

### About the Hamilton County Bicentennial Commission:

The Hamilton County Bicentennial Commission was established by the Hamilton County Board of Commissioners as the official oversight agency for the upcoming 200th anniversary of the county in 2023. It will do so in partnership with the Hamilton County Historical Society, Hamilton County Tourism, Inc. and lead sponsor Duke Energy. For more information, visit [hamcoturns200.com](http://hamcoturns200.com).

## COUNTY

From Page A1

The County's salt storage barn is nearly full of 4,500 tons of treated salt. It will be used to treat almost 1,200 lane miles of roadway and bridges in the unincorporated areas of the county. The County also uses a salt brine solution on the roadways ahead of a storm to prevent snow and ice from bonding to the pavement and to allow for a much easier post-storm cleanup.

"We're always preparing for the worst and hoping for the best," Davis adds. "That includes inspecting all our equipment and repairing anything now to avoid breakdowns later." The county's snow-fighting fleet includes 14 snow trucks, two brine applica-



Director Brad Davis

tion trucks, and nine pick-up trucks with plows. Additional CDL certified and non CDL certified drivers have also been hired to help maintain a 24-hour operation if necessary.

If you live on a road outside city limits and not on a state highway and need to request snow

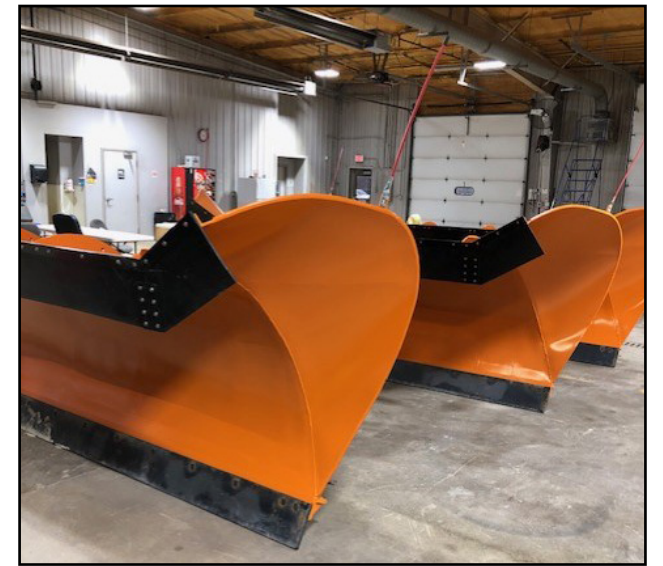


Photo courtesy of Hamilton County

**Snow plows wait at the Highway Department depot, ready to clear roads and keep County roads safe.**

removal, you can do so at [hamiltoncounty.in.gov/FormCenter/](http://hamiltoncounty.in.gov/FormCenter/)

Highway-Department-7/Request-for-Snow-Removal-50

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# TUESDAY

## In The Kitchen

Tuesday, Dec. 13, 2022

A9

# A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

#### FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

#### Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

#### Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

#### One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

#### Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at [MushroomCouncil.com](http://MushroomCouncil.com).

#### Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 20 minutes  
Cook time: 50 minutes  
Servings: 4

#### Chicken:

- 8 boneless, skinless chicken thighs
- salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchini, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

#### Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

#### Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

#### Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

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# TUESDAY

## In The Kitchen

Tuesday, Dec. 13, 2022

A10

# Cook Up Pumpkin-Inspired Comfort

### FAMILY FEATURES

After a cool, blustery day, it's hard to beat a satisfying meal that provides comfort from the inside out. Better yet, turning to a filling dish that's easy to prepare means more time cozying up with a favorite book or movie and less time in the kitchen.

Casseroles and soups are classic options for cooking up comfort at home, and these recipes lean on the reliability of classic Minute Instant White Rice and Instant Jasmine Rice. Known for its light, fluffy texture; short, easy prep; and only 5 minutes of cook time, the rice is perfect for busy families who need quick, satisfying meals.

Simply cooked then dried with nothing added, it's one simple ingredient: rice grown in the United States, meaning whether your loved ones go gluten-free, vegan, vegetarian or anything in between, you can count on these rice varieties all comfort food season long.

If you're looking for a filling feast, you can let your oven do the work with this Pumpkin and Spinach Layered Rice Casserole for an Italian-inspired solution. It doesn't get much creamier than combining sweet pumpkin puree with three gooey cheeses while folding in a protein-rich egg, fresh spinach and fluffy jasmine rice makes it a truly satisfying meal.

Keep that seasonal pumpkin flavor on the menu by serving up Pumpkin Curry Turkey Soup with Rice as a simple recipe that takes only 20 minutes. With the addition of coconut milk, this rich and creamy soup is quick, comforting and tasty for a hot bite on cool, crisp nights.

To find more family-favorite comfort foods, visit MinuteRice.com.



Pumpkin and Spinach Layered Rice Casserole

### Pumpkin Curry Turkey Soup with Rice

Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 6

- 4 cups sodium-reduced turkey broth
- 1 can (14 ounces) pumpkin puree
- 2 tablespoons curry powder
- 1 teaspoon cayenne powder
- 1 teaspoon fresh grated ginger
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 cup water
- 2 cups shredded, cooked turkey
- 1 can (14 ounces) coconut milk
- 2 cups Minute Instant White Rice

In large saucepan, combine turkey broth, pumpkin puree, curry powder, cayenne powder, ginger, pumpkin pie spice, salt and water. Bring to boil.

Stir in turkey and coconut milk; return to boil. Reduce heat to medium-low. Cook 5-8 minutes, or until turkey is heated through.

Stir in rice; cover and remove pan from heat. Let stand about 5 minutes until rice is tender.



Pumpkin Curry Turkey Soup with Rice

### Pumpkin and Spinach Layered Rice Casserole

Prep time: 10 minutes  
Cook time: 50 minutes  
Servings: 4

- 2 cups Minute Instant Jasmine Rice
- 7 ounces pumpkin puree
- 1/2 cup heavy cream
- 2 tablespoons butter, cut into cubes
- 1 1/4 teaspoons salt, divided
- 1 1/4 teaspoons black pepper, divided
- 1 tablespoon olive oil
- 5 ounces spinach
- 1 clove garlic, minced
- 1 cup ricotta cheese
- 1 egg
- 2 cups shredded mozzarella cheese, divided
- 3/4 cup grated Parmesan cheese, divided

Prepare rice according to package directions.

Stir in pumpkin puree, cream, butter, 1/2 teaspoon salt and 1/2 teaspoon pepper; set aside.

Preheat oven to 375 F. In large skillet over medium heat, heat oil. Add spinach and garlic; cook 2-4 minutes, or until wilted. Let cool completely; squeeze out excess moisture. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

In medium bowl, combine ricotta, egg and spinach. Stir in 1 cup mozzarella, 1/2 cup Parmesan cheese and remaining salt and pepper.

Layer half of rice mixture in greased 8-inch square baking dish. Top with spinach mixture then top with remaining rice mixture. Sprinkle with remaining mozzarella and Parmesan.

Cover with foil; bake 30 minutes. Remove foil; bake 15-20 minutes, or until golden brown and bubbling.

# Welcome the World to Holiday Gatherings

### FAMILY FEATURES

The traditional dishes served year after year at your family's holiday gatherings may bring comfort and a sense of nostalgia, but you can open your loved ones up to a whole new world by incorporating recipes from around the globe.

People of all different cultures across the Earth are often connected by food, whether it's a classic holiday dish or a unique take on a traditional dish, like this raisin-infused Challah. While the dishes themselves may drastically differ, using similar ingredients can be a unifying thread.

For those looking to pull off worldly cuisines this holiday season, consider a familiar and nearly universal ingredient like raisins, an innovative and delicious addition incorporated in culturally diverse dishes. On top of their versatile flavor, Sun-Maid Raisins offer a better-for-you whole fruit option with no added sugar per 1/4-cup serving.

Consider these global recipe ideas enjoyed at holiday gatherings around the world.

#### Germany

- Apple Strudel: Quite possibly one of the most famous German desserts of all, raisins add a delicious chewiness to this traditional strudel.
- Lebkuchen: A traditional German cake similar to gingerbread that's full of sweet spices, walnuts, dates and raisins.

#### Italy

- Cuccidati Siciliani: Typically at their most popular during the holiday season, these Italian fig cookies feature raisins inside the deliciously fruity filling.
- Panettone: Also a holiday favorite, Panettone is a towering round of sweet bread speckled with raisins, citrus and almonds.

#### England

- Fruitcake: Traditional fruitcake is chock-full of dried raisins, golden raisins, cherries, dates, pineapple and apricots soaked in dark tea overnight.
- Bread Pudding: This English staple uses stale bread, spices, sweetener and raisins to create a dense and delicious cake.

#### Poland

- Cinnamon-Raisin Rugelach: These flavorful pastries are characterized by a melt-in-your-mouth cheese-based dough with a sweet cinnamon, raisin and walnut filling.

#### Greece

- Christopsomo: Considered sacred in many Greek households and translating to "Christ's Bread," this revered dish is usually prepared the day before Christmas Eve and is served with nothing but bare hands at the table. Raisins, nuts, cinnamon, cloves and nutmeg are all found throughout the loaf.

#### Armenia

- Ghapama: A baked pumpkin stuffed with partially cooked rice, raisins, nuts, cinnamon and honey.

#### Ireland

- Irish Soda Bread: The cakey texture of this Irish favorite is complemented by sweet, chewy raisins throughout the loaf.

Visit SunMaid.com to find more recipes perfect for holiday gatherings.



Photo courtesy of Getty Images



### Crown Raisin Challah

Yield: 3 loaves

#### Dough:

- 2 envelopes (1/4 ounce each) active dry yeast
- 1/2 cup sugar
- 1/4 cup honey
- 3 cups warm water
- 2 teaspoons cinnamon
- 1/3 cup olive oil
- 2 extra-large eggs, plus 3 egg yolks
- 2 tablespoons kosher salt
- 1 cup Sun-Maid raisins
- 3 cups bread flour
- 6 1/2 cups all-purpose flour

#### Egg Wash:

- 2 extra-large eggs
- 2 tablespoons sugar

To make dough: In big bowl, mix yeast, sugar, honey and warm water. Let yeast bloom about 7 minutes.

Add cinnamon, oil, eggs, egg yolks and salt. Mix well. Add raisins. Add

flours and mix until sticky. Dough should be creamy yellow.

Turn dough out onto floured surface and knead 12-15 minutes, or until smooth. Oil bowl, place dough back in bowl and cover tight with plastic wrap. Let rise in warm place about 1 1/2 hours, or until doubled.

Punch dough down, cover and let rise another 45 minutes. Punch down again and cut into three equal pieces. Let rest about 10 minutes then roll each piece into snakes about 30 inches long; taper at one end. Starting with thick end, roll each snake into spiral shape like snail shell. Use a little water and stick tapered end onto body of spiral. Mold into place with hands.

Oil loaves lightly, cover with plastic wrap and let rise until poofy, about 25 minutes.

Preheat oven to 375 F.

To make egg wash: In small bowl, whisk eggs and sugar. Gently brush loaves with egg wash, taking care not to deflate them.

Bake 45 minutes, or until loaves are golden. Let cool completely.

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# TUESDAY

## In The Kitchen

Tuesday, Dec. 13, 2022

A11

# Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

#### FAMILY FEATURES

**D**espite 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 Egglad'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](http://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.

#### Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

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

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

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

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

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

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



Southwestern Quinoa and Egg Breakfast Bowls

#### Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

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

Cook quinoa according to package directions. Remove from heat.

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

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



Egg, Avocado and Black Bean Breakfast Burritos

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# TUESDAY

## Health and WELLNESS

Tuesday, Dec. 13, 2022

A12

### Best Ways to Safely Dispose of Used Medical Sharps During Holiday Travel

**(Family Features)**  
Millions of people in the United States use sharps to manage short-term or chronic conditions. Sharps are needles or devices that puncture the skin to dispense medication. For many existing sharps users and people using sharps for the first time, disposal can be confusing, especially while traveling. Holiday travel requires sharps users to be educated

on local rules governing safe disposal. A resource called SafetyIsThePoint.org helps people learn how to safely discard their used sharps and find disposal locations across the United States. The website features a clickable map and ZIP code search that explains disposal rules by location to help travelers comply with local regulations, no matter where they are.

Additionally, there are short videos explaining what sharps are and how to manage their disposal at home and on the road. Free printable resources, a step-by-step guide for at-home sharps disposal and a disposal location finder in every state are available on the website for sharps users, health care providers, patient educators and advocates. The resources can also be downloaded

and sent to family members and friends ahead of travel. No matter if you are traveling by plane, train, car or staying home this holiday season, it's important to know how to safely dispose of used sharps. SafetyIsThePoint.org can help. Learn more about the rules of safe sharps disposal this holiday season at SafetyIsThePoint.org.

### Carpal Tunnel Syndrome

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).

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 (extend-



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

ed), 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.*

### Witham Health Services Recognized for Excellence in Infant and Maternal Health



Photo courtesy of Witham Health Services

**Witham Health Services earned a Hospital of Distinction Award for implementing best practices in six key areas, including infant safe sleep, breastfeeding, tobacco prevention and cessation, perinatal substance use, obstetric hemorrhage, and maternal hypertension.**

Witham Health Services was recognized today by the Indiana Hospital Association (IHA), in partnership with Governor Eric J. Holcomb and State Health Commissioner Kris Box, M.D., FACOG, for their commitment to infant and maternal health at the third annual INspire Hospital of Distinction recognition program.

INspire, funded by the Indiana Department of Health's Safety PIN grant, was developed to implement the delivery of best practice care for Hoosier moms and babies and recognize hospitals for excellence in addressing key drivers of infant and maternal health.

Witham Health Services earned a Hospital of Distinction Award for implementing best practices in six key areas, including infant safe sleep, breastfeeding, tobacco prevention and cessation, perinatal substance use, obstetric hemorrhage, and maternal hypertension.

"The INspire Hospital of Distinction recognition program was created by IHA with a two-fold purpose. First, to encourage the adoption of processes that allow for successful implementation of evidence-based best practices.

Secondly, to provide recognition to hospitals taking steps towards excellence in areas that are key drivers of maternal and infant health. Together, we believe we can reduce Indiana's maternal and infant mortality and achieve Governor Holcomb's state challenge to be the "Best in the Midwest" by 2024 said Lynn Schafer, BSN, RN Clinical Director OB Services at Witham Health Services.

"Witham Health Services' dedication to quality improvement in maternal and child health is truly inspirational," said Brittany Waggoner, IHA Maternal and Infant Quality Improvement Advisor. "Despite the

challenges our Indiana delivering facilities are facing today, they remain committed to creating a highly-reliable obstetric care system for moms and babies across Indiana."

The Indiana Hospital Association serves as the professional trade association for more than 170 acute care, critical access, behavioral health, and other specialized hospitals in Indiana.

**About Witham Health Services:**

Witham Health Services is proud to be part of the growth and vitality throughout Boone County and the surrounding communities.

Our mission is to improve your health

through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families - all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville. At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit [www.witham.org](http://www.witham.org).

### Winter Viruses and the Busy Travel Season: Doctors Share Tips On How to Stay Healthy

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

**If you don't feel well, stay home**

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

**Avoid alcohol when traveling**

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

dehydrates the body.

**Open the vents above your seat on planes**

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

**Wear a mask when in crowded situations**

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

**Stay vigilant with hygiene**

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

**Take a multivitamin**

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

**Stay hydrated**  
Drink plenty of wa-

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

**Wear layers**

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

**Stay up to date on vaccinations**

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

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