

TODAY'S VERSE

Romans 8:38 - 39 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." (NLT)



FACES OF HAMILTON COUNTY

What makes Nicole Amsler smile? "Anybody walking through my front door," said the 50-year-old Noblesville resident. She works remotely as a marketing manager for K2Share, a technology education platform for young adults. She's a mother to three Noblesville graduates. She loved having "theater kids" visit when her kids were in high school. Now, she spends all her free time doing community theater. In November, she won the Encore Association's award for Best Stage Manager of a Play for "Rumors" (photo above) at Basile Westfield Playhouse. She is a playwright of a one-act play, Holiday Cards, of which she is currently directing, in Basile Westfield Playhouse's "Christmas at the Playhouse," Thursday through Sunday. She's producing "Around the World in 80 Days" for The Belfry Theatre, in February 2023. Just after the holidays, she will conduct auditions for "God of Carnage," a comedy she's directing in March for the new Hyperion Players. She runs the marketing team for Epilogue Players. She was born in Michigan, left 30 years ago and has lived 13 places since. Nicole has "Carpe Diem" tattooed on her ankle, and her next tattoo will be "Die Interesting." She said, "That's my goal: a big, juicy, creative, wild life."

And Another Few Things...

1. Christmas Closures

Most County Offices will be closed next Monday and Tuesday, Dec. 26 and 27. There are occasional exceptions. If in doubt, please check directly with the office or agency in question.

2. Waterfowl Workshop

DNR's Division of Fish & Wildlife (DFW) will host its annual waterfowl workshop on Feb. 1, at Fort Harrison State Park in Indianapolis from 12 p.m., noon to 3:30 p.m.

This workshop is required for all contractors who want to become qualified Water Control Operators (WCOs) and conduct waterfowl trapping, transporting, relocation, or euthanasia for hire.

All first-time WCOs must attend the workshop. All other WCOs must either attend the workshop or test out. To take the test, contact Debbie Walter at dwalter@dnr.IN.gov or call (812) 789-2724, and she will send the test to you. The test will be available to take beginning Feb. 1.

Employees of WCO contractors are welcome to attend the training, but only those physically conducting waterfowl trapping, transporting, relocating, or euthanizing for hire are required to attend.

Those pursuing qualifying status for goose euthanasia for the first time will also need to provide a certificate of attendance to the Nuisance Wildlife Control Operators Association (NWCOA) goose management course or DFW approved eight-hour equivalent goose course.

WCOs are not qualified to conduct any waterfowl management activities until all necessary paperwork has been received.

Registration for the workshop must be completed by Jan. 23. For more information on becoming a WCO and to register, contact Jessica Merkling, urban wildlife biologist, at jmerkling@dnr.IN.gov or (260) 244-6805.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Photo courtesy of HHSC

Members of the Hamilton Heights Girls Basketball team cordially invite the community to wear pink and come out in force in support of breast cancer survivors at their 3rd Annual Pink Out on Saturday, January 7 at Hamilton Heights. Proceeds from this event will be donated to the IWIN Foundation.

3rd Annual Pink Out Breast Cancer Awareness Games Set for January 7

Put on your pink and head out to the Breast Cancer Awareness Games at Hamilton Heights on Jan. 7 where the Huskies will play the Northwestern Tigers. The Lady Huskies Girls Basketball team is hosting the event. Tip off for JV starts at 12:30 p.m., followed by varsity play at 2 p.m.

Local breast cancer survivors

will be in attendance and will be recognized and honored for their fight prior to the start of the varsity game. During the half-time festivities, the popular Chuck a Duck event (\$5 for three ducks) returns.

Guests will have the opportunity to chuck their way to a

See GAMES Page A8

Is Biden Really Older Than Your Average Joe?



JOHN O. MARLOWE With The Grain

The conversation at my favorite breakfast diner was already in full stride by the time I wandered in. It seems that most major news sources were reporting that President Biden was assuring friends and colleagues that he was running for re-election in 2024, despite his age and his relative unpopularity.

"The real story," Eddie stated bluntly while stirring his coffee with the handle of his knife, "is that Biden's wife, Jill, is finally onboard with the idea after weeks of contemplating the wisdom of a second term. She's not sure he can do it, either."

Without exception, everyone thinks Biden is too old for the job . . . everyone seated at the

See MARLOWE Page A8

DAR Members Place Wreaths at Revolutionary War Graves

In conjunction with the National Wreaths Across America Day on Dec. 17, Horseshoe Prairie Chapter DAR members placed wreaths on the graves of four Hamilton County Revolutionary War patriots; George Dale, Levi Holloway, John Hair and Davis Whelchel.

The Chapter participated in the Patriot Pair program by donating wreaths for placement at veterans' graves and received wreaths to lay at the gravesites of local patriots.

It is the mission of the National Wreaths Across America Day in December each year to "Remember, Honor and Teach by coordinating wreath-laying ceremonies at Arlington National Cemetery, and at more than 3,400 additional locations in all 50 U.S. states, at sea and abroad."

For more information about Wreaths Across America, visit wreathscrossamerica.org

About the National Society Daughters of the American Revolution:

See DAR Page A8



Photo courtesy of the Horseshoe Prairie Chapter NSDAR

DAR members stand at Levi Holloway's grave at Carey Cemetery.

GriefShare 14-Week Seminar to Begin on Jan. 8



Have you lost a loved one or know someone that will find it difficult to face each day?

Noblesville First United Methodist Church, located at 2051 Monument St., Noblesville has announced the beginning of their next GriefShare sessions open to the community. The

See SEMINAR Page A8

INSIDE TODAY

- Obituaries...A2
Meeting Notes...A2
Meeting Notice...A2
Brian Howey...A4
Service Directory...A4
Casey Williams...A5
John Roberts...A5
Carrie Classon...A5
Classifieds...A6
Kitchen...A9, A10, A11
Health...A12, A13, A14

OBITUARIES

Terry Arthur Berger
Teresa Darlene Heck
Roberta 'Jeanie' Kovich
...and more on Page A2.

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

DIXIE JENNINGS

for subscribing!

HONEST HOOSIER

5 Hamilton County shopping days until Christmas. Want to really get in the Christmas spirit? Volunteer somewhere to help those who can't help themselves. (And no wives, that does not mean go find your husbands!)



TODAY'S HEALTH TIP

If you're over 60, talk to your doctor about getting a shot to prevent shingles. 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

"May the spirit of Christmas bring you peace, the gladness of Christmas give you hope, the warmth of Christmas grant you love."

- Author Unknown

TODAY'S JOKE

What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer!



OBITUARIES

Terry Arthur Berger

August 7, 1966-December 18, 2022

Terry Arthur Berger, 56, of Fishers, passed away on Sunday, Dec. 18, 2022.

He was born on Aug. 7, 1966 to Arthur and Kathleen (Martin) Berger in Wheeling, West Virginia.

Mr. Berger worked in medical sales and was a member of First United Church of Christ in Cincinnati. He enjoyed watching sports, especially the Cincinnati Reds, and spending time with friends and family. He also loved playing ball with Nelly, fishing, and listening to music.

Survivors include his mother Kathleen Berger; daughter Becca (Nik) Parkison; son Doug Berger; and beloved dog Nelly.

He was preceded in death by his father Arthur Berger; and the loving mother of his children Beverly Tiller.

Visitation is scheduled to be held from 4-6 p.m., with services scheduled to begin at 6 p.m., on Wednesday, Dec. 28, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Rd., Fishers. Pastor Dan Weyand-Geise will officiate.

Memorial contributions may be made to Plastic Ocean Project (flipcause.com/secure/cause_pdetails/MTMxMTUy) or Playworks (donate.playworks.org/give/46209/#!/donation/checkout).

Online condolences may be made at randallroberts.com

Teresa Darlene Heck

April 26, 1968-December 11, 2022

Teresa Darlene Heck, age 54, of Sheridan, Indiana, passed away on Sunday morning, Dec. 11, 2022, at Bridgewater Healthcare Center in Carmel.

She was born on April 26, 1968 in Noblesville, daughter of the late Billy Lee and Alice Janie (Massingill) Collins.

Ms. Heck was a 1987 graduate of Sheridan High School and worked at Railer's IGA for many years.

She attended the Sheridan Church of God, as well as Six Points Church in Sheridan. She was also a member of the Sheridan Bethel of Job's Daughters, where she served as Past Honored Queen.

For Ms. Heck, family was her everything. Her kids were what she treasured most in this world, and the day she became a grandmother was like winning the lottery. She never missed an opportunity to dote over the grandkids, or anyone for that matter. She was also a caregiver and a babysitter in the community for many years.

She loved sports and was a genuine Colts fanatic. And when it came to the kids' softball games, Ms. Heck never missed. She enjoyed watching from the sidelines, but the years spent coaching were some of her favorites. She also loved to cook. Baking is where she really excelled, especially in the cake and apple pie categories. When birthdays would roll around, one of her homemade cakes would be the star of the show.

Family was very important to Ms. Heck, but her friends were equally loved. Her favorite thing in the whole world was sitting around a bonfire with her family and friends by her side. Watching scary movies with the same group of people would probably come in as a close second.

Survivors include her 3 sons Jacob (fiancée, Mackenzie) W. Heck of Tipton, Jackson T. Heck of Sheridan and Brian (Tara) Heck of Sheridan; 2 daughters Amy (Jim) Ferguson and Ashley (Mark) Ferguson, both of Sheridan; 7 grandchildren Gunner, Sam, Brody, Braxton, Brooklyn, Stella and Arya; brother Steven Lee Collins of Sheridan; nephew Austin Collins; niece Emma Collins; great-nephews Beckham and twins Brantley and Colton; and great-niece Kennedy.

She was preceded in death by her parents Billy Lee and Alice Janie (Massingill) Collins.

Services are scheduled to be held at 7 p.m. on Wednesday, Dec. 21, 2022, at Kercheval Funeral Home, 306 E. 10th St., Sheridan, with visitation scheduled to run from 3 p.m. until the time of service. Pastor George Cooper will be officiating.

Memorial contributions may be presented to the Farmer's Bank, to be used in the creation of an educational fund for the benefit of Teresa's son.

Roberta 'Jeanie' Kovich

September 13, 1935-December 16, 2022

Roberta 'Jeanie' Kovich, 87, of Westfield, passed away on Friday, Dec. 16, 2022 at Sanders Glen in Westfield.

She was born on Sept. 13, 1935 to Andrew and Mary (Loncaric) Duda in Gary, Indiana.

Mrs. Kovich graduated from Lew Wallace High School in 1954 and married Steve Kovich on Aug. 28, 1955.

She and her husband raised their family in Hobart, Ind. She worked in secretarial positions at Hobart City Schools, Northwest Indiana Federation of Labor and several medical offices. She was a member of Zeta Beta Chi women's club and also a Girl Scout Leader. Mrs. Kovich loved gardening and sewing. She created thousands of miniature holiday stockings that were distributed across the country bringing smiles to children and adults at fairs and events. She was a fan of Hobart Brickie football and the Chicago Blackhawks.

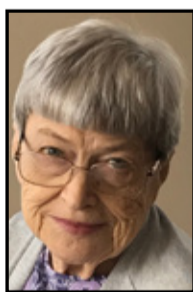
Survivors include her 3 children Linda (Jeff) Kenney, Karen Kovich and Steve (Leslie) Kovich; 5 grandchildren Scott (Nicole) Kenney, Jamie (Michael) Dodd, Kelsey Lynch, Emerson Kovich and Samantha Kovich; and seven great-grandchildren.

She was preceded in death by her husband Steve Kovich; sister and brother-in-law Patricia and Sam Ampeliotis; sister Marian Bianco; and great-grandchild David Michael Dodd.

The family would like to thank the wonderful staff at Sanders Glen for their care and compassion over the past four years, and especially in the last several months.

Services are scheduled to be held at 3 p.m. on Wednesday, Dec. 21, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Rd., Noblesville, with the Rev. Stanley R. Sutton officiating. Visitation is scheduled to run from 2 p.m. until the time of service at the funeral home. Private burial will be at Calumet Park Cemetery in Merrillville at a later date.

Online condolences may be made at randallroberts.com



Marguerite Moehn

February 17, 1926-December 15, 2022

Marguerite Moehn, 96, of Carmel, passed away Thursday, Dec. 15, 2022 in the Wellbrooke of Carmel.

She was born in Springfield, Ohio on Feb. 17, 1926.

She married Don Moehn in October of 1949 at the Naval Receiving Station in Washington, D.C. The couple made their home in the Washington, D.C. area until 1972 when they moved to Carmel. She loved living in the Washington, D.C. area and referred to it as "home." Mrs. Moehn and her husband were active members of St. Luke's United Methodist Church for 50 years. She served as president of the church's White Cross Guild for several years as well as volunteering and participating in other ministries of the church.

Mrs. Moehn was an avid reader of history and current events. She enjoyed painting, gardening, and her grandchildren. She volunteered at the Carmel Public Library's annual book sale.

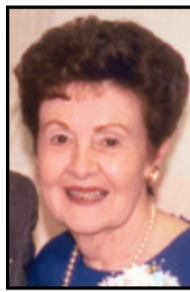
Survivors include her loving husband Donald; daughter Sandy Robinson (Phil); grandson Andrew (Krista Ecret-Forrester); and granddaughter Rebecca.

She was preceded in death by her parents Thomas J. Barch and Minnie Walls Barch; and 2 brothers Donald Barch and Richard Barch.

A Celebration of Life will be held at a future date. Memorial donations may be made to Outside The Box, an Adult Day Program for disabled individuals, 3940 E. 56th St., Indianapolis, IN 46220.

The family would also like to thank the caring nurses and staff at Wellbrooke of Carmel and Paradigm Hospice. Their patient and loving care of Mrs. Moehn is gratefully appreciated.

Bussell Family Funerals is privileged to serve the Moehn family.



Anna Mae Nance

September 25, 1930-December 7, 2022

Anna Mae Nance, age 92, of Sheridan, Indiana, peacefully passed away on Wednesday evening, Dec. 7, 2022.

She was born on Sept. 25, 1930, in Frankfort, Indiana, daughter of the late Warren and Roxanne (Swisher) Fearnow.

Mrs. Nance was a graduate of Sugar Creek High School and a member of the Boxley United Methodist Church. She married Ralph Nance on Dec. 4, 1949.

She knew from a young age that education was an important part of life, and as such, dedicated over 20 years to working as a teacher's aide and caregiver for special needs students within the Tri County/Sheridan school system. She also encouraged her own family to not only pursue their own educational paths, but to make sure that piano and band were part of that journey.

Education comes in all forms, including "learning on the fly", and for Mrs. Nance many of those lessons were taught on the farm. For many years, she and her husband worked the family farm, side by side. From handling the livestock to working the fields, they did everything as a team-equals in almost every way. She was also a very talented cook and seamstress, as well as a gifted gardener. Mrs. Nance's green thumb always produced beautiful flowers. As the colder months would start to find their way to Indiana, her and her husband would pack their bags, ready to head to Florida for the winter.

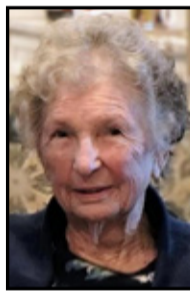
Family was a very important part of her life. She always loved doting over the grandkids, watching them frequently after school and in the summers. Mrs. Nance's great grandchildren were a special joy for her and provided many opportunities for smiles and laughter even in her last days of life.

Survivors include her son John Nance (Cindy) of Bedminster, New Jersey; 3 daughters Jeanette McClintick (Malcom) of Leesburg, Florida, Joyce Fogler (Dave) of Carmel and Judy Simmons (Tim) of Tiger, Georgia; 2 grandchildren Becky Fogler Bradley (Scott) of Westfield and Jeff Fogler (Rose) of Indianapolis; 3 great grandchildren Levi Bradley, Jacob Bradley and Margot Fogler; brother Robert Fearnow (Karen) of Tipton; 2 sisters Roberta Hufford of Indianapolis, and Mary Wallace (Gale) of Williams, Ind.; and many nieces and nephews.

She was preceded in death by her parents Warren and Roxanne (Swisher) Fearnow; 5 siblings James Fearnow, Hubert Fearnow, Leslie Fearnow, Virginia Hendrix and Marjorie Price; and husband Ralph Dean Nance on Aug. 31, 2011.

Family services are being planned for a later date. Memorial contributions may be presented to Gleaner's Food Bank.

Arrangements have been entrusted to Kercheval Funeral Home in Sheridan.



Martha Mae Rockey

August 6, 1945-December 15, 2022

Martha Mae Rockey, age 77, of Sheridan, Indiana, passed away on Thursday afternoon, Dec. 15, 2022, at Ascension St. Vincent Hospital in Indianapolis.

She was born on Aug. 6, 1945, at Witham Hospital in Lebanon, daughter of the late Owen and Pauline (Beaty) Richardson.

After graduating from Sheridan High School with the Class of 1963, Mrs. Rockey continued with her studies at Ball State Teachers College, earning her bachelor's degree in elementary education with a minor in special education in 1967 and her master's degree in education in 1970. She married John Franklin Rockey at Sheridan First United Methodist Church on Aug. 27, 1967.

She was a member of Delta Kappa Gamma (International Society for Women Educators), the Hamilton County Retired Teachers Association and the Sheridan chapter of Phi Beta Psi Sorority for Cancer Research.

She helped educate and mold multiple generations of young minds during her 34 1/3 years as a public school teacher. Mrs. Rockey's career began in the Carmel School System and made a few stops at Eatontown (New Jersey), Zionsville and Westfield, before she found her way to the Marion-Adams School Corporation (now Sheridan Community Schools) and into her 2nd grade classroom at Adams Elementary, where she taught for 31 years. To call her an amazing teacher would be an understatement. Mrs. Rockey loved reading and tried to inspire that same love in her students, as well as their parents. She knew how important it was to get parents to become active participants in their child's reading at a young age.

She was a member of Sheridan First United Methodist Church and, after retiring from teaching, devoted more time to her church activities. While her strong faith guided her life and her servant's heart called her to action, it was her gentle caring soul that made her who she was.

Mrs. Rockey loved talking to people, and checking in on those who were homebound was the perfect opportunity to both visit and provide some much needed "medicine" to her friends and neighbors. She was also a part of the church's Learn and Play preschool program. Returning to teaching after retirement was like coming home. The kids and their parents were blessed to have her in their lives. Mrs. Rockey also helped with the Lunch Club program at the church and, in true fashion, found a way to incorporate reading into that as well. She began distributing books to the children who came to lunch, and it soon became nearly as popular as dessert. While on the topic of food, Mrs. Rockey's strawberry jam was a hit with her family, friends and neighbors.

She enjoyed taking trips to Lake Shafer with her family, spending time with her grandchildren, playing euchre and following Sheridan Blackhawk Football. She loved watching her former students play and got caught up in the history and the hype of Blackhawk Football.

The Sheridan community has lost a very special person. Mrs. Rockey left her mark on the lives of everyone who had the pleasure of knowing her. Hearing her cheerful "Greetings!" meant your day was about to improve.

Survivors include her husband of 55 years John Franklin Rockey; son Brian (Marni) M. Rockey of Fishers; daughter Janice M. Perry (Bill) of Aurora, Ill.; 9 grandchildren Tyler, Maddy, Katie, Ava, Gabe, Jake, Will, Tanner and Megan Mae; sister Nancy (Keith) Robb of Bradenton, Fla.; and brother-in-law Robert K. Sanders.

She was preceded in death by her parents Owen and Pauline (Beaty) Richardson; and sister Donna Sanders.

Services are scheduled to take place at 10 a.m. on Thursday, Dec. 22, 2022, at Sheridan First United Methodist Church, 207 E. 2nd St., Sheridan. Burial will follow at Crown View Cemetery in Sheridan. Pastor John Meunier will be officiating. Visitation is scheduled to run from 4-8 p.m. on Wednesday, Dec. 21, 2022, at Sheridan First United Methodist Church.

Memorial contributions may be given to the Sheridan First United Methodist Church Learn and Play Preschool Fund (app.easytith.com/App/Giving/Sher9999629), or to the Phi Beta Psi Sorority for Cancer Research.

Arrangements have been entrusted to Kercheval Funeral Home in Sheridan, Indiana.



Meeting Notes

Clay Township Board

Meeting Agenda
Tuesday, Dec. 27, 2022
at 8 a.m.

Community Room, John W. Hensel Government Center, 10701 N. College Ave., Carmel

1. Call to Order
2. Pledge of Allegiance
3. Public Comments
4. Approval of Minutes
 - A. Minutes from Oct. 18, 2022 board meeting
5. Action Items
 - A. Resolution No. 2022-12-27-01 Naming rights of Badger Field-

house - Jack Beery, President, Carmel Dads Club

- B. Resolution No. 2022-12-27-02 Major budget transfers in Township Assistance Fund #0840 in the amount of \$15,000
- C. 2022 Encumbrances
- D. 2023 Salary Resolution - Amended
6. Information Item
 - A. Annual signing of nepotism policies by board members and trustee
7. Financial Questions from Board
8. Board Comments
9. Announcements
10. Adjournment

Meeting Notice

Westfield Finance Committee Meeting

The City of Westfield has announced that the Finance Committee Meeting scheduled for Jan 3, 2023 has been canceled.

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Obituary deadline

The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.

Daily obituary deadline is 4 p.m. for the following day's print publication. To read more obituaries, visit www.thetimes24-7.com.

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

IndianaPublicNotices.com
TheTimes24-7.com

Cherish Honors Gaylor with 2022 Impact Award

Cherish, the Nationally Accredited Child Advocacy Center for Hamilton County, last week presented Gaylor Electric with the 2022 Impact Award.

The Impact Award highlights the success and contribution of community members who have made a significant impact in the fight to make children's lives better over the past year. The award is designed to recognize an organization's impact on the community and the clients they serve.

Gaylor was chosen for this award as they have been on ongoing partner of Cherish for many years. Not only do they consistently support Cherish events, but they regularly assist with facility needs as well. They regularly lend gifts and influence to make

an impact beyond their work as The Highest Performing National Contractor of Excellence.

Cherish, a non-profit founded in 2009, is the child advocacy center for Hamilton County. They provide intervention and prevention services for victims of abuse and neglect. Their services include child forensic interviews, advocacy, community education, trauma therapy intervention, and psychoeducational groups that focus on healthy relationships and safe dates.

As an Accredited Member of National Children's Alliance, Cherish is dedicated to providing comprehensive, coordinated, and compassionate services to victims and their families.

"We want to sincerely thank Gaylor Electric for



their steadfast support of Cherish," said Wendy Gamble, Executive Director and Founder of Cherish.

"This partnership means so much to us, as we depend on it to be able to provide much needed services to children and families who have been affected by traumatic events. We are grateful that Gaylor Electric has supported not only Cherish but has shown their commitment to the safety and well-being of children and families in our community."

Gamble went on to say, "Their generosity will have ripple effects throughout our community for years to

come."

About Cherish: The mission of Cherish is to serve and protect the lives of abused and exploited children in Hamilton County and to provide regional leadership on child abuse and exploitation issues. Children come first in all they do and by operating closely as a team, Cherish strives to provide justice and restore hope to victims.

Cherish conducts between 400-500 forensic interviews a year as the only nationally accredited CAC serving Hamilton County.

For more information about Cherish, visit www.cherishcac.org.

Workshop to Guide Farm Families Through Generation Transitions

To successfully guide a farm operation from generation to generation, farm owners and families need to have a plan for where they are going and knowledge of how they will find that transition. The Purdue Extension Succession Planning Team is hosting workshops along with individualized sessions to help farms strategically structure a farm succession plan.

The "Farming Together: Cultivating Relationships and Having the Cash to Bring in the Next Generation" workshop will be a day-long event hosted at 10 Indiana locations. Workshops will be held at various locations beginning January 12 through February 2, 2023 from 10 a.m. to 3 p.m.

"Farm owners often want to start with legal matters associated with transition planning. However, farm families need to find consensus on their goals and where they envision the operation moving in the future first," said Renee Wiatt, Purdue family business management specialist.

"A large part of agreeing on goals and future vision for the farm can be achieved through proper relationships and communication, as well as knowing where to start."

A local lawyer will be available at each of the regional meetings. After the workshop, families can schedule virtual guidance sessions for individualized discussions with the Purdue team and collaborators to discuss topics of their choice.

The cost for the workshop is \$30 per person with lunch included. Register online at web.cvent.com/event/8963335a-93c5-4f38-85aa-0ab536e02633/summary.

The list of workshop locations is as follows:

- Jan. 12: Mooresville Public Library Community Room, 220 W. Harrison St. Mooresville, Ind.
 - Jan. 17: Purdue Extension Clay County Office, 6656 N. State Road 59 Brazil, Ind.
 - Jan. 19: Purdue Extension Bartholomew County Office, 783 Ss Marr Rds Columbus, Ind.
 - Jan. 19: Hopewell Mennonite Church, 805 N. Main St. Kouts, Ind. (Central time)
 - Jan. 25: Kokomo Public Library, 120 East Mulberry St. Room 100 Kokomo, Ind.
 - Jan. 26: Purdue Extension Wayne County Office, 861 Salisbury Rd. Richmond, Ind.
 - Jan. 26: White County Fairgrounds, 12 N. 25 E. Reynolds, Ind.
 - Jan. 26: Purdue Extension Harrison County Office, 247 Atwood St. Corydon, Ind.
 - Feb. 1: Spencer County Youth & Community Center, 1101 E. County Rd. 800 N. Chrisney, Ind.
 - Feb. 2: Huntington University Habecker Dining Commons, 502 Lake Street Huntington, Ind.
- The Purdue Succession Planning Team is comprised of Purdue Extension educators and specialists who seek to address the needs of families planning the continuation of farm businesses. The team currently offers programming through regional workshops, succession planning presentations and farm family consultations. The workshops are made possible through grant funding from North Central Extension Risk Management Education.



Photo courtesy of the Sheridan Historical Society

Sheridan Historical Society Offers Holiday Well Wishes
Merry Christmas and Happy New Year from the Sheridan Historical Society.

USDA to Invest \$825K to Give Help to Underserved Rural Hoosiers

U.S. Department of Agriculture (USDA) Rural Development Indiana State Director Dr. Terry Goodin announced yesterday that the USDA is investing \$825,000 to expand access to housing and water infrastructure for underserved rural people who live and work in Indiana. The USDA is investing in five projects that will create economic opportunities and improve the lives of Hoosiers in rural Indiana.

The investments are part of the Biden-Harris Administration's commitment to ensure that people living in rural America have equitable access to the infrastructure and economic opportunities they deserve.

"These investments will benefit Hoosiers living in these areas for years to come. Housing Preservation Grants ensure very low-income families get the financial assistance they need to make repairs to their homes," Goodin said, "Community Facility Disaster Grants ensure towns have the necessary equipment to serve and protect their respective communities."

The funding benefits Hoosiers in rural Indiana and it reflects the many ways USDA Rural Development addresses economic development, infrastructure and social service needs for rural residents and communities.

For example:

- In Harrison County, Harrison Township Fire Protection District will use a \$236,500 grant to replace its aging ladder truck with



a new one featuring a 100-foot ladder to allow firefighters to reach the roofs of multiple story structures.

- In Ripley County, Southeastern Indiana Regional Planning Commission will use a \$200,000 grant to conduct a homeowner assistance program for housing rehabilitation in Ripley County, Indiana. The Housing Preservation Grant (HPG) program will provide low and very low-income families the much-needed financial assistance by completing minor repair work to qualified participants homes.

- In Jefferson County, Southeastern Indiana Regional Planning Commission will use a \$175,200 grant to conduct a homeowner assistance program for housing rehabilitation in Jefferson County, Indiana. The Housing Preservation Grant (HPG) program will provide low and very low-income families the much-needed financial assistance by completing minor repair work to qualified participants homes.

- In Martin County, Southern Indiana

Development Commission will use a \$174,800 grant to conduct a homeowner assistance program for housing rehabilitation in Martin County, Indiana. This program will provide low and very low-income families the much-needed financial assistance by completing minor repair work to qualified participants homes.

- In Roann, the town will use a \$38,500 grant to purchase a law enforcement sport utility vehicle. This vehicle will replace an older vehicle past the end of its useful life and will allow the town to improve emergency services to the community.

These investments are in addition to the recent expansion of the Rural Partners Network (RPN), which is central to President Biden's commitment to ensure all rural people can benefit from federal resources. Led by USDA with support from more than 20 federal agencies and commissions, RPN is part of an all-of-government strategy to champion rural people and places, including Native American communities.

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Howey Says Lt. Gov. Crouch Governs Via Collaboration



BRIAN HOWEY
Howey Political Report

To understand Lt. Gov. Suzanne Crouch's governing philosophy, one only needs to look south of the Ford Center to the beautiful Stone Family Center for Health Sciences that houses the Indiana University School of Medicine's southernmost regional campus.

In 2012, then-State Rep. Crouch was in the process of dealing with a rare career setback. When Ways & Means Chairman Jeff Espich retired, she sought that influential perch. Speaker Brian Bosma tabbed Tim Brown instead. There were no sour grapes, with Crouch calling Brown's selection "really the best decision, and, the best for me long-term."

Four years prior, Dr. Steven G. Becker had reached out to Rep. Crouch. The IU School of Medicine was housed on the nearby University of Southern Indiana campus. It was the only regional medical school without its own facility. "He believed they could elevate the School of Medicine to get more people from this area if it had its own campus," Crouch explained of Dean Becker.

A local advisory group formed, along with a consortium of Evansville area medical interests. "The advisory committee was meeting at USI one evening in 2012 and one of the members said to me, 'You know, Suzanne, you're on Ways & Means. We need money to start this project and you can get that done, can't you?'" "I'm like, yeaah, maybe," Crouch replied.

At the beginning of the 2013 session, she went into Speaker Bosma's office and, "I had a whole list of projects I wanted funding for in Evansville and one of those projects was the IU School of Medicine, \$2 million." Bosma added it all up and said, "Suzanne, that's

\$22 million." "I said, 'I've been here for eight years and have never asked for anything, so divide it by eight and it's not that much,'" Crouch said. "That's how we got the funding to start the project."

This was news to IU President Michael McRobbie. But local attorney Patrick A. Shoulders was president of the IU Board of Trustees and was emphatically for the facility. "He fast-tracked it, got it through, approved by the Board of Trustees before the end of the session so that the funding could be included," Crouch said. "That's how the whole thing got started."

Dr. Becker, concerned about emerging medical "deserts" and a lack of area medical school residency slots, now presides over this new state of the art facility, housing programs from IU, USI and the University of Evansville. "Suzanne was one of four or five people who was critical in making this happen," Dean Becker explained. "Suzanne is a problem solver. She makes things happen."

Lt. Gov. Crouch kicked off her 2024 campaign for governor this week. If she's successful, she would not only become the Republican Party's first credible female candidate for governor, but the GOP's first female gubernatorial nominee. If she wins in November 2024, she would become the first Hoosier woman at the pinnacle of power.

In past eras, the lieutenant governor was the heir apparent. In the television age of Hoosier politics, Republican Lt. Gov. Robert Orr of Evansville, and Democrats Frank O'Bannon of Corydon and Joe Kernan of South Bend, ended up on the second floor office of power. In 1968, Democrats nominated Lt. Gov. Robert Rock, but he lost to Secretary of State Edgar Whitcomb.

That came to an end in 2003 when Gov. Kernan, assuming office after the death of Gov. O'Bannon, nominated Kathy Davis as the first female LG. She was followed by Republican Lt. Govs. Becky Skillman and Sue

Ellspermann. Of this group, only Skillman mounted a campaign for governor and it was brief, measured in weeks. Gov. Mitch Daniels and U.S. Rep. Mike Pence were pondering presidential runs, and the GOP powers that be annointed Pence as the gubernatorial nominee in 2012 to clear the Indiana lane for Daniels.

Lt. Gov. Crouch has, politically, conducted herself more like Orr and O'Bannon did. She has crisscrossed Indiana's 92 counties while holding a sprawling administration portfolio that includes agriculture, rural affairs and tourism.

I asked Lt. Gov. Crouch, how do you win a primary against Sen. Mike Braun and Fort Wayne businessman Eric Doden, both capable of self-funding?

"You have a plan," she began. "You have enough resources - \$8 million to \$9 million. That will make me competitive. There will be about a million primary voters and I need to demonstrate that I am the person who is best prepared to lead them into the future." She has the support of GOP financier Bob Grand.

Crouch explains, "A governor's race is different from a senatorial race or congressional race. It's more about likability. It's more about what type of person people trust. Are you that type of person that people see leading us forward into the future? And improving their lives?" Evansville Mayor Lloyd Winnecke, an unabashed Crouch supporter and friend for more than 40 years, calls the region's collaborative nature "our secret sauce."

"I know there is collaboration everywhere, but it's so natural here because of deep personal relationships," Winnecke said. "So you can call Suzanne and say, 'Hey, can you talk to Sen. So and So?' And she gets it. It's an easy phone call to her. She's also very, very accessible."

Those attributes are, potentially, the makings of a governor.

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



Photo by Leslie Bonilla Muñoz courtesy of the Indiana Capital Chronicle

Gov. Eric Holcomb in an end-of-year interview Dec. 15.

Four Key Takeaways from Holcomb's Early Comments on 2023 Legislative Session

By Casey Smith

Indiana Gov. Eric Holcomb is prioritizing education, health care and the Hoosier workforce in the upcoming legislative session.

He previewed his priorities for the 2023 session — which will include the crafting of a new state budget — during a legislative conference in downtown Indianapolis on Friday.

The Republican governor is expected to outline his full legislative agenda for the next session on Jan. 4. That's less than a week before Indiana lawmakers reconvene at the statehouse.

Here are some key takeaways from Holcomb's remarks:

"All about development"

The governor said he's focused on helping Hoosiers "grab the next rung of the ladder." His goal is tethered to five "fronts" of development for the economy, education, workforce, healthcare and local communities.

"We have to make sure the state, along with local leaders — our partners, again — are aligned in our mission to create thriving communities that act as magnets for investment," Holcomb said.

Big asks from governor's health care commission

Indiana's top lawmakers have expressed hesitancy about a recommendation from the governor's public health commission to spend an additional \$243 million annually on health care.

But Holcomb maintained the increased funding is a "priority" for Indiana, and emphasized that the state will "work up" to the spending goal. The commission is asking for \$120 million in 2023, and an additional \$240 million in 2024, to be earmarked in the state budget.

"This is not throwing money at something just to throw money and feel better about it. There has to be transparency there, there has to be measurement. It's not just a compassionate need, it's also about a competitive need," he said. "When you look at our health indicators, it is a blinking neon light saying this is a target-rich environment to get healthy and back in the workforce."

School choice expansions on the horizon?

Echoing GOP lawmakers, Holcomb said education matters are also top-of-list for the upcoming legislative session. Part of that is expected to include more "school choice" options for students to complete their studies outside of their traditional public schools.

"I think, in life, more choices are better," Holcomb said. "Not just because it leads to competition, raises everybody's game, but parents deserve to have choices for their child ... that will be reflected in our budget."

Increased spending on public education and post-secondary schooling are also needed, the governor said. That largely includes a focus on the state's dismal literacy rates.

"We're looking to double down, triple down, quadruple down — whatever you want to call it — in terms of literacy," he said, adding when students start off "on the wrong foot" at an early age, the state "ends up paying more later."

Early childhood programs will be a priority, too, the governor continued. Democrats said Friday they will lobby for the General Assembly to take steps toward universal pre-K — or at least expand eligibility for the state-funded On My Way Pre-K program for low-income

families. It's not yet clear if Republicans lawmakers are on board, however.

Holcomb additionally alluded support for a GOP-backed plan to "rethink" Indiana's high school curriculum.

"Some of these (Indiana) businesses need 70% of workers to have four-year college degrees. Some of them need 50%," he said. "You have to know how to stitch this thing together, how to put the curriculum together, how to build it ... and have direct pipelines."

Holcomb's last budget

Holcomb has repeatedly said he will be laser-focused this session on getting the next state budget passed. It's the last one he'll sign-off on as governor.

He hasn't said specifically what the state should spend on most line items, but he doubled down that "we're going to put together and submit an honestly balanced budget."

"We'll be able to deal with inflation and our obligations and then make some increases in key areas," Holcomb said Friday, pointing to the latest budget forecast that showed state lawmakers will have additional money to work with when crafting the budget, but not enough to cover requested agency projects and capital needs.

"We don't want to go back to those days where we lose our competitive advantage, quite frankly, because we're borrowing and we're delaying," he continued. "So, we'll live within our means, first and foremost."

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Photos courtesy of Jeep

2023 Jeep Wagoneer is A Big Stylish Box Full of Powerful Luxury

So, let's say for just a moment, that you like the idea of driving a Chevy Suburban, GMC Yukon XL, or Ford Expedition L, but would like another option that's not so common. Maybe you also have an affinity for Jeep heritage including the iconic '90s Grand Wagoneer. I have a suggestion, but it's not going to be cheap. How about the 2023 Jeep Wagoneer?

There are actually two Wagoneers, both sub-brands of Jeep that honor the Grand Wagoneer from the '80s and early '90s. The Wagoneer is a direct competitor for the Chevy Suburban, GMC Yukon and Ford Expedition. Grand Wagoneer, which crosses \$100k, goes after the Cadillac Escalade and Lincoln Navigator. Both short- and long-wheelbase models are available. In either form, it is a big bus. The front is

dominated by Jeep's trademark seven-slot grille and chrome tow hooks, but see it broadside, and it will take little convincing that the Wagoneer shares basic architecture with the Ram pickup. I mean, 22" wheels look like doughnuts beneath all that sheet-metal. WAGONEER lettering with an American flag leaves little doubt of its origins (Detroit). I think the windows are a bit cartoonish, but the rear could have come from the elegant Grand Cherokee.

It may not be a Grand Wagoneer, but the Wagoneer is plenty grand. Acres of gray woodgrain are fake, but the heated/ventilated front seats, heated steering wheel and heated second row seats are not. Add massagers front and rear under a panoramic sunroof. Alpine audio fills the cabin. Nobody has a more intuitive touchscreen than

Chrysler, and this one connects easily through Apple CarPlay, Android Auto, wireless charging and a full array of USB formats. Rear passengers can tap into Amazon Fire TV to while away long hours.

Keeping the entire family-tribe safe is an array of tech. A head-up display, flat screen instruments and adaptive cruise accompany automatic emergency braking, lane keep assist and blind spot warning systems. Rear cross path detection and drowsy driver detection help too. Given the Wagoneer L's ample size, semi-automated parallel and perpendicular parking assist plus 360-degree camera are big helps too.

Behind the iconic 7-slot grille is the 3.0-liter "Hurricane" twin-turbo in-line-six engine delivering 420 horsepower and 468 lb.-ft. of torque through

2023 Jeep Wagoneer L Seven-passenger, 4WD SUV

Powertrain: 3.0-liter TTI6, 8-spd trans
Output: 420hp/468 lb.-ft. torque
Suspension f/r: Air Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Lux, Capability
Towing: 10,000 lbs.
Fuel economy: 16/23 mpg city/hwy
Assembly: Warren, Mic.
Base/As-tested price: \$58,995/\$82,105

an 8-speed transmission and four-wheel-drive. That and its truck-based frame allow up to 10,000 lbs. of towing capacity – enough for a sizable RV or powerboat. Fuel economy, as you might expect, is not especially frugal at 16/23-MPG city/highway, but certainly not terrible for a full-size SUV.

Riding beneath the big boxy body is a sophisticated chassis. The rear trades the Ram's solid axle for a five-link independent

suspension that greatly enhances handling and ride smoothness. Bumps are less noticeable, especially given the air suspension that can be raised for more severe off-roading. Semi-active damping balances ride comfort and handling, whether chucking city potholes or waiting down the Interstate.

I think some of the exterior styling choices are, um, unique, but the Wagoneer L is certainly memorable. Beyond



CASEY WILLIAMS
Auto Reviews

styling, owners will revel in a comfy interior while throttling a powerful turbocharged engine. It's not a new version of the classic Grand Wagoneer. That glory goes to today's Grand Cherokee, but the Wagoneer has much to offer. Given a base price of \$58,995, rising to \$82,105 as-tested, it better.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

Roberts Discusses Gastroesophageal Reflux Disease Feet on the Morning Floor



JOHN R. ROBERTS, M.D.
Montgomery Medicine

I've been asked to re-run my columns about Gastroesophageal Reflux Disease, more commonly known as GERD. That long name describes acid from the stomach (gastro) is found in the tube that connects the mouth to the stomach (esophagus) and goes in a backward direction (reflux).

Once again, it's helpful to know the anatomy when trying to understand a medical condition (see top diagram). The esophagus is a muscular tube that contracts in a rhythmic fashion to move food from just below the back of the mouth to the stomach. The esophagus passes through the diaphragm, the muscular dome that separates the chest and abdomen. The diaphragm helps form the lower esophageal sphincter (LES) that acts as a valve to keep acid in the stomach. Food passes through the LES into the stomach where it is mixed with acid to start breaking the food down for digestion.

It is estimated that between 14 and 20 percent of adults in the U.S. are afflicted with GERD. These estimates are based on surveys of patients who report heartburn, the primary symptom of GERD. The medical definition of GERD is "a condition which develops when the reflux of stomach contents causes troublesome symptoms (i.e., at least two heartburn episodes per week) and/or complications."

The incidence of GERD is increasing in the United States. The reasons are not completely clear, but it is presumed to be due the rising number of overweight and obese individuals. However, normal weight individuals can suffer from

GERD.

A Hiatal hernia (bottom diagram) can lead to GERD. This condition occurs when the top part of the stomach "herniates" or pushes up through the hole in the diaphragm. When this occurs, the lower esophageal sphincter moves up away from the diaphragm, relaxes, and is not as effective at keeping food and acid in the stomach.

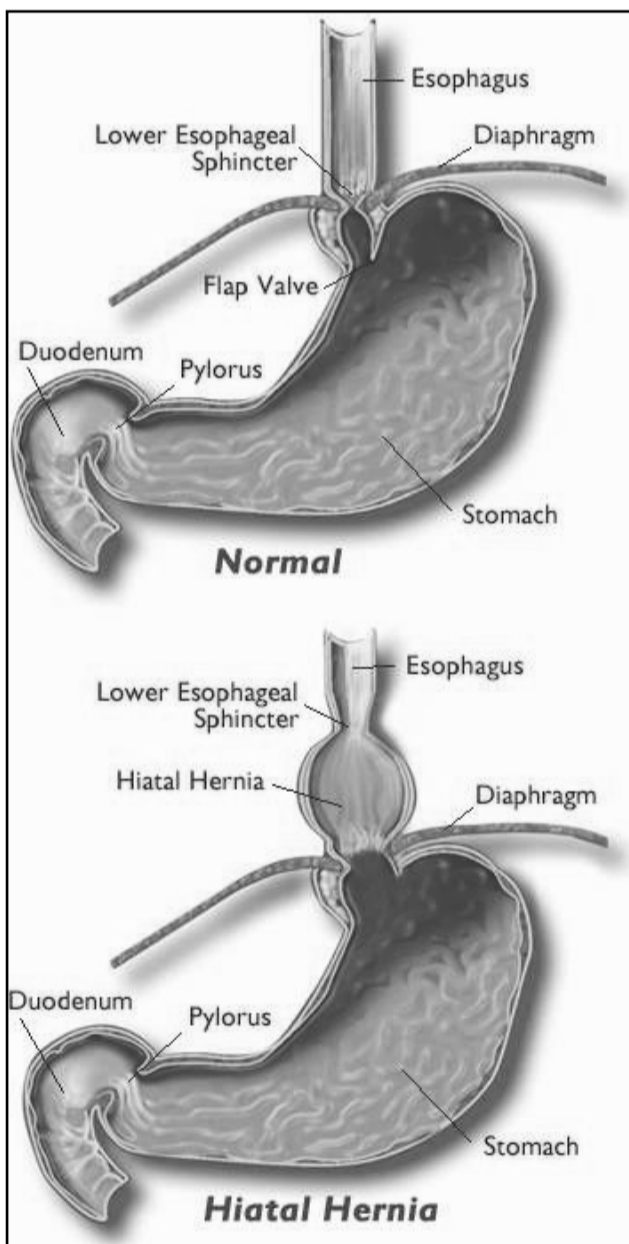
Additional risk factors for GERD include low muscular tone of the LES, loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Alcohol can reduce the effectiveness of the LES. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Smoking cigarettes is also a risk factor and also reduces production of protective mucus in the stomach.

Common symptoms of GERD include heartburn, regurgitation of food, difficulty swallowing and chest pain. Less common symptoms include pain with swallowing, water brash (excessive salivation prompted by acid reflux), sour brash (acid taste in the mouth, particularly when lying down), pain in the upper abdomen, and nausea.

Most people think of GERD as something that just causes heartburn, but it can result in more serious complications. These can be divided into those that involve the esophagus and those that don't. While most of these produce only symptoms, some can actually cause injury or even lead to cancer.

The lining of the stomach is protected from stomach acid by a thin layer of mucus. The lining of the esophagus, on the other hand, is not designed to withstand constant exposure to stomach acid. When the esophagus is bathed in gastric juices, it can become inflamed and even ulcerated. This condition is called esophagitis and can vary from mild to severe.

Reflux with esophagitis



Graphic courtesy of Dr. John Roberts

A diagram of the human stomach, showing both a normal stomach and one with a hiatal hernia, one of the causes of GERD.

can cause scarring of the wall of the esophagus. This can result in the formation of narrowed areas called strictures. Strictures may result in difficulty swallowing solids and food may feel like it's getting stuck in the middle of the chest. If the strictures are severe the person may even have trouble swallowing liquids.

If cells that line the esophagus are exposed to stomach acid on a frequent basis, they may undergo structural changes to try to protect themselves. Excess acid exposure can also result in a condition called Barrett's esophagus. Barrett's can lead to cancer of the esophagus. The incidence of cancer of the esophagus has increased by a factor of two to six over the last 20 years.

There are also complications of GERD that occur

outside the esophagus. If the stomach acid gets high enough in the esophagus, it can spill over into the larynx (voice box) and trachea (windpipe). This can cause a dry cough and also inflammation of the larynx (laryngitis) resulting in hoarseness and an irritating need to clear the throat. It can also trigger, and make asthma more difficult to treat. Acid reflux into the mouth, particularly during sleep, can also cause tooth decay.

Now that you're an expert in what GERD is you're probably asking how to avoid getting it and how to diagnose complications and treat it. Tune in next week for the exciting conclusion!

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



CARRIE CLASSON
The Postscript

I put my feet on the floor, first thing in the morning, and take a look at them.

They are not the most attractive feet, that's just a fact.

I have big feet and skinny ankles and it doesn't take a lot of imagination to see how much they resemble duck feet, but I try not to dwell on it. The point is, they are good, stable feet. They don't hurt and they carry me on my daily walk, and I am grateful to have them—even if they are a little bigger and less attractive than they might be.

Then I get out of bed and have more to be grateful for.

I might be a little stiff, but I have no major pains. I feel rested and ready for a cup of coffee and, for all of that (especially the coffee), I am grateful.

Lately, my husband, Peter, had been getting up before me. But whether he is up first, or I am, Peter always has the coffee made. He gets it ready the night before, so I will never be without coffee. I tell people that I have forgotten how to make coffee, being married to Peter for almost eight years, and everyone assumes I am kidding. I am not. I honestly don't remember how much coffee goes with how much water. They call this "learned helplessness" in psychology, and it certainly describes me. But Peter takes good care of me and makes sure I never run out of coffee, so I guess I don't really need to know.

I have my coffee and Peter has his and we don't

talk to each other too much. I might be feeling chatty, but I know Peter is not first thing in the morning. If I ask him what he thinks about something, he will say, "I'm not awake yet." So I save up all the interesting things I want to tell him for later in the day.

Instead, I drink my coffee and write in my journal and try to remember what it was I wanted to get done in this new day. I usually write down the things I am feeling grateful for—like my feet or my coffee or a good night's sleep. I am grateful that I have fun things to work on and things to look forward to. I am grateful for my family and my health and having Peter here beside me (even if he is quiet) always making coffee for me.

Later in the morning, I will work to make myself marginally more presentable and do my pushups—which I always hate, but keep doing. But every day, almost without exception, I take at least a moment to remember how fortunate I am.

I think it's good to start the day out looking at my feet on the floor. It's good to be reminded how dependent I am on them, how often I take them for granted, how different my life would be if I could not jump up and go wherever I wanted. It's good to be reminded that another day has passed, and my feet are one day older, even if the rest of me stubbornly resists admitting this.

For one moment, as my feet are on the ground and I am in that place that is not quite out of bed and not quite in, I remember how blessed every morning is and that, if I'm lucky, I'll get to live out at least one more day and see my feet on the floor tomorrow.

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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First Day Hike at Mary Gray Bird Sanctuary

Indiana Audubon will be hosting a special First Day Hike on Jan. 1 at Mary Gray Bird Sanctuary. Visitors are invited to welcome in 2023 with a new, free tradition and a healthy way to start the New Year.

The hike begins at 10 a.m. and will include approximately 1.5 miles of trails. Afterwards, an assortment of healthy snacks and drinks will be available, as well as coffee and cocoa by the fire.

First Day Hikes will take place in all 50 states this year. They originated more than 20 years ago at



the Blue Hills Reservation, a state park in Milton, Massachusetts, and are an initiative of the American Hiking Society and America's State Parks.

The event offers a chance to get outside, meet fellow Sanctuary hikers, enjoy nature, and perhaps work off a few holiday calories.

This event is part of Indiana Audubon's 125th anniversary celebration. To learn more, visit the event page at indianaaudubon.org/events. To learn more about this event or to find an Indiana Audubon Society program near you, visit their website at indianaaudubon.org

Basketball to Serve as Theme for 2023 Indiana State Fair

The Indiana State Fair announced on Monday the 2023 theme of BASKETBALL, and title partnership with Pacers Sports & Entertainment. The 2023 theme was announced yesterday morning on the basketball court at Governor Holcomb's residence along with representatives for the Indiana State Fair, Pacers Sports & Entertainment and more.

The theme will be activated through multiple interactive experiences, including All-Star Court (a Basketball Amusement Park), the Pacers Sports & Entertainment Court, exhibits paying homage to Indiana's rich basketball legacy and daily storytelling moments - 18 of Indiana's greatest basketball stories told through the 18 days of the Fair, team player meet & greets and so much more. The 2023 Indiana State Fair returns July 28 through Aug. 20.

"The Indiana State Fair is an annual celebration of agriculture, entertainment, and what it means to be a Hoosier," Governor Eric J. Holcomb said.

"Perhaps the only other Hoosier tradition that brings together as many fans, as much nostalgia, and that sense of hometown pride is the love of basketball that's swept our state for more than a century, which makes it the perfect theme for this year's fair."

"The Indiana State Fair is an annual backdrop for celebrating our State's rich history and being the state that grew the game, BASKETBALL is the perfect theme!" said Anna Whelchel, chief marketing & sales officer, Indiana State Fairgrounds & Event Center.



"We unveil this theme today as we tip-off an incredible year of celebration for the 166th Indiana State Fair returning next summer with our great partners at Pacers Sports & Entertainment."

"The Indiana Pacers and the Indiana State Fair are both quintessentially Hoosier brands, and the Coliseum and Fairgrounds are, in the minds of so many fans, so closely linked to the Pacers' ABA championship teams and players," said Rick Fuson, Chief Executive Officer of Pacers Sports & Entertainment.

"We are thrilled that this partnership will celebrate the game of basketball, the birthright of every Hoosier and such an important part of our state heritage."

The Indiana State Fair is rooted in telling the agriculture story - and the history of why the game of basketball grew here in Indiana is tied directly to agriculture. The game was affordable, and the playing season was based around the farmers' planting and harvest season.

After each harvest, farm kids could play basketball, and then when the season ended in March, they could go back to the fields for planting. Thus, the tradition of "Friday Night High School Basketball" became rooted in Indiana.

Basketball also has a rich history at the Fair-

grounds where our iconic Indiana Farmers Coliseum has played host to high school championships, the ABA Pacers, All-Star Games and more. The Indiana State Fairgrounds first opened in 1892 - the same year basketball was introduced in Indiana - two great Hoosier traditions that have stood the test of time.

About the Indiana State Fair:

The Indiana State Fair is the state's largest multi-day event celebrating Hoosiers' spirit and agricultural heritage. These 18 days celebrate Indiana agriculture and promote it to hundreds of thousands of people across Indiana, and beyond. Nationally recognized for offering great entertainment, showcasing 4-H youth, interactive agriculture education programs, premier facilities and a variety of unique, fun foods, the Indiana State Fair has been an annual attraction for generations of Hoosiers since 1852. The 2023 Indiana State Fair will be held July 28 - August 20 (closed Mondays & Tuesdays). For more information, visit indianastatefair.com.

About Pacers Sports & Entertainment:

Pacers Sports & Entertainment is an integrated sports and entertainment company including the Indiana Pacers, Indiana Fever, Fort Wayne Mad Ants, Pacers Gaming, Pacers Foundation, Inc., and operations of Gainbridge Fieldhouse. Its team of inspired and dedicated employees has a shared purpose of winning through a commitment to excellence, serving the local community and entertaining fans and guests.



Photo by Niki Kelly courtesy of the Indiana Capital Chronicle

Gov. Eric Holcomb speaks at Indiana's Statehood Day celebration, Monday, Dec. 12.

Holcomb Stays Out of Governor's Race - For Now - to Focus on Upcoming Legislative Session

By Casey Smith

Indiana Gov. Eric Holcomb is so far declining to throw his support behind any candidates in the governor's race, saying Monday he's instead focused on the upcoming legislative session.

That was hours after U.S. Sen. Mike Braun and Lt. Gov. Suzanne Crouch announced their campaigns for governor. They join Fort Wayne businessman Eric Doden in the pool of announced 2024 GOP race candidates.

"Obviously, I know the lieutenant governor the best - I've worked with her every day. I obviously asked her to join the administration because I knew she could - I thought she could - do the job that I was seeking. And I haven't changed my mind about that," Holcomb said of Crouch. "But I know everyone that's joining so far. Again, it's early."

Still, the Republican governor didn't rule out an endorsement in the future.

"I'll reserve that option," Holcomb said. "But the best to everyone. I'm not going to be politically active, at least through the budget session. I'll be squarely focused on my job at hand over the coming months. We'll see later how I get involved."

Sticking the landing
For now, Holcomb said he's "being very focused" and "very disciplined" on the upcoming budget-setting session in the Indiana legislature.

Holcomb said he expects to announce his own leg-

islative agenda Jan. 4, just days before the General Assembly reconvenes at the statehouse Jan. 9.

Although the governor didn't comment on specific legislative priorities, he emphasized that the upcoming session will see passage of his last state budget.

"The priorities in it are very important, and they're going to have a long lasting effect and impact on whoever my successor ends up being," Holcomb said. "I want to make sure we stick the landing, and that'll be sometime in April."

Holcomb said, too, there is "a lot of work to be done" in Indiana regarding mental health, infant mortality rates and opportunities for immigrants.

"In my role, I will also be speaking to immigration and the federal role they have in reforms that are necessary so that states like Indiana, who are gaining population, can gain even more," he said, adding that there's a need to focus more on connecting immigrants and refugees with necessary integration services once they arrive in Indiana.

It also remains unclear whether Holcomb will seek a new political office after he concludes his second term as governor. When asked if he might throw his hat in the race for Braun's senate seat, Holcomb said "we'll see."

"I've been involved in some campaigns that have been 16 months, and I thought that was early. And then I've been

involved in some that took about 106 days, and I thought that was rushed and the best way to do it," he said, referring to his own gubernatorial campaign in 2016. "I'm going to do the job I've got at the expense of (nothing else). That's somewhat liberating. I'm very comfortable with that."

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FBI Issues Public Safety Alert on Financial Sextortion Schemes

The FBI, in partnership with Homeland Security Investigations and the National Center for Missing and Exploited Children, has issued a national public safety alert regarding an explosion in incidents of children and teens being coerced into sending explicit images online and extorted for money—a crime known as financial sextortion.



reject any attempt to obtain private material, and if targeted, have a plan to seek help from a trusted adult.”

Over the past year, law enforcement has received over 7,000 reports related to the online financial sextortion of minors, resulting in at least 3,000 victims, primarily boys, and more than a dozen suicides. A large percentage of these sextortion schemes originate outside of the United States, and primarily in West African countries such as Nigeria and Ivory Coast.

Financial sextortion schemes occur in online environments where young people feel most comfortable—using common social media sites, gaming sites, or video chat applications that feel familiar and safe. On these platforms, online predators often use fake female accounts and target minor males, between 14 to 17 years old but the FBI has interviewed victims as young as 10 years old.

As many children enter winter break this holiday season, the FBI and their partners implore parents and caregivers to engage with their kids about financial sextortion schemes to help prevent them in the first place.

“The sexual exploitation of children is a deplorable crime. HSI special agents will continue to identify, locate, and apprehend predators to ensure they face justice,” said Steve K. Francis, HSI Acting Executive Associate Director.

“The FBI has seen a horrific increase in reports of financial sextortion schemes targeting minor boys—and the fact is that the many victims who are afraid to come forward are not even included in those numbers,” said FBI Director Christopher Wray.

“Criminals who lurk in platforms on the internet are not as anonymous as they think. HSI will continue to leverage cutting-edge technology to end these heinous acts.”

“The FBI is here for victims, but we also need parents and caregivers to work with us to prevent this crime before it happens and help children come forward if it does. Victims may feel like there is no way out—it is up to all of us to reassure them that they are not in trouble, there is hope, and they are not alone.”

Through deception, predators convince the young person to produce an explicit video or photo. Once predators acquire the images, they threaten to release the compromising material unless the victim sends money or gift cards.

“The protection of children is a society’s most sacred duty,” said Assistant Attorney General Kenneth A. Polite, Jr. of the Justice Department’s Criminal Division. “It calls on each of us to do everything we can to keep kids from harm, including ensuring the threats they face are brought into the light and confronted. Armed with the information in this alert message, parents, caregivers, and children themselves should feel empowered to detect fake identities, take steps to

Often, the predators demand payment through a variety of peer-to-peer payment applications. In many cases, however, predators release the images even if payments are made. The shame, fear, and confusion that victims feel when they are caught in this cycle often prevents them from asking for help or reporting the abuse.

“This is a growing crisis and we’ve seen sextortion completely devastate children and families,” said Michelle DeLaune, CEO of the National Center for Missing & Exploited

Children.

“As the leading nonprofit focused on child protection, we’ve seen first-hand the rise in these cases worldwide. The best defense against this crime is to talk to your children about what to do if they’re targeted online. We want everyone to know help is out there and they’re not alone.”

What if you or your child is a victim?

If young people are being exploited, they are victims of a crime and should report it. Contact your local FBI field office, call 1-800-CALL-FBI or report it online at tips.fbi.gov.

The National Center for Missing and Exploited Children (NCMEC) has outlined steps parents and young people can take if they or their child are a victim of sextortion, including:

- Remember, the predator is to blame, not your child or you.
 - Get help before deciding whether to pay money or otherwise comply with the predator. Cooperating or paying rarely stops the blackmail and continued harassment.
 - REPORT the predator’s account via the platform’s safety feature.
 - BLOCK the predator and DO NOT DELETE the profile or messages because that can be helpful to law enforcement in identifying and stopping them.
 - Let NCMEC help get explicit images of you off the internet.
 - Visit MissingKids.org/IsYourExplicitContentOutThere to learn how to notify companies yourself or visit cybertipline.org to report to us for help with the process.
 - Ask for help. This can be a very complex problem and may require help from adults or law enforcement.
 - If you don’t feel that you have adults in your corner, you can reach out to NCMEC for support at gethelp@ncmec.org or call NCMEC at 1-800-THE-LOST.
- Take a moment to learn how sextortion works and how to talk to your children about it. Information, resources, and conversation guides are available at fbi.gov/StopSextortion.

Shoveling Snow Can Be Hazardous to Your Heart

With a blast of snow and arctic air forecast for much of Indiana later this week, the American Heart Association, the world’s leading nonprofit organization focused on heart and brain health for all, urges caution when picking up that shovel or even starting the snowblower. Research shows that many people may face an increased risk of a heart attack or sudden cardiac arrest after shoveling heavy snow.

“After only two minutes of snow shoveling, study participants’ heart rates exceeded 85% of maximal heart rate, which is a level more commonly expected during intense aerobic exercise testing. The impact is hardest on those people who are least fit.”

The American Heart Association’s 2020 scientific statement, Exercise-Related Acute Cardiovascular Events and Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective—An Update, notes snow shoveling among the physical activities that may place extra stress on the heart, especially among people who aren’t used to regular exercise.

A study conducted in Canada a few years ago found that the chance of heart attack after a snowfall increased among men but not among women. The study found that, compared to no snowfall, a heavy snow – about 7-8 inches – was associated with 16% higher odds of men being admitted to the hospital with a heart attack, and a 34% increase in the chance of men dying from a heart attack.

Numerous scientific research studies over the years have identified the dangers of shoveling snow for people with and without previously known heart disease.

Gill noted that winter weather in general can contribute to the increased risk and compared shoveling snow to working out in a freezer. Cold temperatures may increase blood pressure while simultaneously constricting the coronary arteries.

“Shoveling a little snow off your sidewalk may not seem like hard work. However, the strain of heavy snow shoveling may be as or even more demanding on the heart than taking a treadmill stress test, according to research results.” said Dr. William Gill, a cardiologist on the American Heart Association’s Indianapolis board of directors.

Those factors, combined with the higher heart rate from the extra physical effort, may increase the risk for acute cardiac events. There are even studies that show an increased risk for heart attacks among people using automatic snow blowers. Similar to the extra exertion of pushing shovel, pushing a snow blower can raise heart rate and blood pressure quickly.

“The impact of snow removal is especially

concerning for people who already have cardiovascular risks like a sedentary lifestyle or obesity, being a current or former smoker, having diabetes, high cholesterol or high blood pressure, as well as people who have had a heart attack or stroke,” Gill said.

“People with these characteristics and those who have had bypass surgery or coronary angioplasty simply should not be shoveling snow.”

Gill said the most important thing is to be aware of the dangers, be prepared and take it easy, including taking short breaks. Even people who are relatively healthy should note that pushing the snow with a shovel is better physically than lifting and throwing it.

The American Heart Association urges everyone to learn the common signs of heart trouble and if you experience chest pain or pressure, lightheadedness or heart palpitations or irregular heart rhythms, stop the activity immediately. Call 911 if symptoms don’t subside shortly after you stop shoveling or snow blowing. If you see someone collapse while shoveling snow, call for help and start Hands-Only CPR if they are unresponsive with no pulse.

Learn more about cold weather and cardiovascular disease online at heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/cold-weather-and-cardiovascular-disease.

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↻ MARLOWE From Page A1

big round table in the corner of the diner, that is. It's the table that waitress Shawna has dubbed the "Loser Table." She calls it that not because she dislikes the men sitting there, but because the morning con-flabbers usually only order coffee, and she can't make any money.

"If he's re-elected and serves out his term, he'll be 86 years old when he leaves office," Herm said. "That's too old for anyone to still be on the job."

"How old are you, Herm?" I asked the farmer of 906 acres of corn and soybeans, knowing that he's still very active in the day-to-day operations of his agribusiness.

"I'm 90, but that's not the same thing," Herm said. "My boys help me on the farm, and are taking more and more of the responsibility."

"So, you think Biden doesn't have any help?" I asked rhetorically. "Gracious! There are hundreds of layers of decision-makers between any issue and any president. No one ever questions the competence or ages of the bureaucrats."

"Yes, but our President does make the ultimate decision," challenged Dave, the farm insurance agent. "He's more than a figurehead. It's not like he's the flippin' Queen."

"I'm not so sure about that," chimed in Bud.

After the laughter died, Rudy made a good point. "I'm just afraid that he's losing his memory. We can't have that in today's world."

"I grant you that a diminished memory is not helpful," I admitted. "However, isn't that more of a wellness

issue than age? I mean, 8-year-olds forget stuff all the time, and we don't automatically assume they are incompetent or incapable. Age has very little to do with memory, as long as it's not impaired by health issues."

Just then Keith pushed back his chair and threw a dollar on the table. "I just realized I may have left the well pump running in the cattle trough this morning. See you, tomorrow."

Danny and Jim followed Keith's lead, and that's when I first noticed Eddie on his phone. He was Googling the ages of Presidents. Google to breakfast diners carries the same weight in determining truth as the Guinness Book of World Records does for bars.

"Says here," Eddie began, "that if Trump wins, he'll finish his second term at age 84. It's not like he's a spring chicken."

"Are you ready to place your order?" asked waitress Shawna as she sauntered over to our table. I told her not just yet, and nosed my face back into the menu. Eddie jumped back on the Internet.

As we dug further, we discovered that nearly every President outlived the life expectancy for males in their generation. Taking the first eight Presidents, for example, their lives spanned 79.8 years, during a time when the average male lived less than 40 years. With the exception of Lyndon Johnson, who died of heart disease at age 64, the Presidents since Herbert Hoover (excluding John F. Kennedy who was assassinated at age 46) lived an

average of 81.6 years.

"Why do you suppose that is?" asked Randy as he, Stan and Ray left the table.

"A great deal has to be that they are all wealthy," I supposed. "We know that access to healthcare is better for people with resources. Plus, they don't work in dangerous jobs, for the most part, at least not on a daily basis. And don't forget that the average age a person becomes a president is 55.6 years. That means they've already cleared half of their lives before assuming office."

"I don't care. I still don't like Biden," said Martin. "I can't believe you want him to be president again."

"Who said that?" I asked. "I'm no supporter. Most of what he represents, I don't agree with. I just don't want to get in the habit of saying people can't do the job because of their age. I'd hate it if someone stopped me from working as I get older."

"I just don't understand you sometimes," said Donnie, making his way to the door -- the last diner to leave the table.

"I'll have the half order of biscuits and gravy, two strips of bacon, toast and jelly, and whole milk," I said to my waitress, lifting my head out of the menu. I noticed now that I was eating alone.

"Where'd everyone go?" I asked Shawna.

"Beats me," she said, bouncing three quarters in the palm of her hand. "I guess they are just sore losers."

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

↻ GAMES From Page A1

chance to prizes donated by local businesses. The ducks can be purchased at the game, or through a player or player parent.

All proceeds from the event will be donated to the IWIN Foundation based in Indianapolis. IWIN has been supporting individuals statewide receiving treatment for breast cancer by relieving emotional, physical, and financial burdens and much more for more than two decades. The basis of the IWIN Program is to give these courageous

individuals the strength to endure treatment, empower them to continue their fight against breast cancer, and place them on the path to survivorship.

Pink Out for Breast Cancer is designed to help raise awareness and money for those battling breast cancer.

According to the National Cancer Society about 1 in 8 U.S. women (about 13%) will be diagnosed with breast cancer in their lifetime. About 287,850 new cases of invasive breast cancer will be di-

agnosed in women. About 51,400 new cases of ductal carcinoma in situ (DCIS) will be diagnosed. About 43,250 women will die from breast cancer.

Breast cancer mainly occurs in middle-aged and older women. The median age at the time of breast cancer diagnosis is 62. This means half of the women who developed breast cancer are 62 years of age or younger when they are diagnosed. A small number of women diagnosed with breast cancer are younger than 45.

↻ DAR From Page A1

The National Society Daughters of the American Revolution (DAR) is a women's service organization whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and

diverse, with over 185,000 members in 3,000 chapters in the United States and abroad.

DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote his-

toric preservation, education, and patriotism. Over one million members have joined the organization since its founding in 1890.

If you are interested in learning more about DAR membership, visit www.dar.org or contact Shirley Hunter Smith at Shirley1776@yahoo.com.

↻ SEMINAR From Page A1

Winter GriefShare weekly session will meet on Sundays from 4-6 p.m. beginning Jan. 8.

Participants are invited to join anytime during the 14 weeks of meetings. A one time registration fee of \$20 is appreciated. (Scholarships are available).

GriefShare is a 14-week non-denominational group featuring Christ-centered programming that focuses on grief topics associated with the

death of a loved one. The DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD.

Daily work in the GriefShare workbook also helps one look thoughtfully at their grief experience and helps in the healing process.

Noblesville First United's GriefShare group is led by caring people who

have experienced grief and have successfully rebuilt their lives. They understand how you feel because they have been in the same place. They are there to walk with you through grief toward healing and hope for the future.

To learn more about GriefShare, visit noblesvillefirst.com, contact Coleen Albright at coleen.albright58@gmail.com or contact the church office at (317) 773-2500.

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TUESDAY

In The Kitchen

Tuesday, Dec. 20, 2022

A9

Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

Red or white, sweet or dry, wine lovers are often entertainers at heart. When inviting guests to share your personal favorites, nothing enhances a tasting get-together quite like complementary snack and wine pairings.

The next time you find a wine party on your schedule, consider these simple yet delicious recommendations from sommelier and founder of "The Lush Life," Sarah Tracey, who partnered with Fresh Cravings to create "Dips and Sips." Aimed at reinventing wine and cheese parties, the movement focuses on simplistic recipes, easy dip pairings and suggested wines.

"When I entertain at home, I'm always looking for ways to impress my friends with fresh, creative bites I can pair with wine," Tracey said. "My favorite hack is finding great products with high-quality ingredients then creating simple, elevated ways to serve them. The less time I spend in the kitchen, the more time I get to spend with my guests."

Tracey relies on the versatility of Fresh Cravings' array of dip options and crowd-pleasing, bold flavors worth celebrating. With authentic-tasting chilled salsas offering a vibrant alternative to soft, dull blends of jarred salsa and flavor-filled hummus made with premium ingredients like Chilean Virgin Olive Oil, these dips elevate both traditional and reinvented recipes.

For example, Tracey's recipes for Polenta Rounds with Pico de Gallo Salsa and Crab, Spiced Butternut Squash Naan Flatbreads, Cheesy Tortilla Cutouts with Salsa and Hummus-Stuffed Mushrooms offer flavorful, easy-to-make appetizers that can make entertaining easy and effortless. Plus, these crave-worthy morsels are just as tasty and approachable for guests choosing to skip the wine.

Find more recipe and pairing ideas perfect for enhancing your next party at FreshCravings.com.

Hummus-Stuffed Mushrooms

Recipe courtesy of Sarah Tracey

Total time: 15 minutes

Servings: 6

- Nonstick olive oil spray
- 16 ounces cremini mushrooms, stems removed and gills scooped out
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Classic Hummus
- 1 jar manzanilla olives stuffed with pimientos, cut in half
- 1 jar roasted red pepper strips
- Oregon Pinot Noir

Preheat oven to 375 F. Prepare sheet pan with nonstick olive oil spray.

Place mushroom caps on sheet pan, spray with olive oil and season with salt and pepper, to taste.

Roast 7-8 minutes then let mushrooms cool to room temperature.

Fill each mushroom cap with hummus and top each with one olive slice.

Thinly slice roasted red pepper strips and arrange around olive slices.

Pair with lighter bodied pinot noir with cherry tones from Oregon.



Spiced Butternut Squash Naan Flatbreads

Cheesy Tortilla Cutouts with Salsa

Recipe courtesy of Sarah Tracey

Total time: 20 minutes

Servings: 6

- Nonstick cooking spray
- 6 large flour tortillas
- 16 ounces pepper jack cheese, grated
- 1 can (4 ounces) green chiles, drained
- 1 bunch fresh cilantro, finely chopped
- 1 container Fresh Cravings Restaurant Style Salsa, Medium
- New Zealand Sauvignon Blanc

Preheat oven to 350 F. Prepare sheet pan with nonstick cooking spray.

Place large flour tortilla on sheet pan. Top with handful of grated cheese.

Sprinkle chiles on top of cheese layer. Add chopped cilantro. Sprinkle with additional cheese.

Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas.

Cut out desired shapes with cookie cutters.

Serve with salsa and pair with sauvignon blanc from New Zealand with zest and zing.



Hummus-Stuffed Mushrooms

Spiced Butternut Squash Naan Flatbreads

Recipe courtesy of Sarah Tracey

Total time: 25 minutes

Servings: 6

- 1 1/2 pounds butternut squash
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Roasted Garlic Hummus
- 1 package mini naan dippers
- 1 bunch fresh rosemary, minced
- La Vieille Ferme Rosé

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks.

Toss squash with olive oil, maple syrup, cumin and chili powder.

Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

Spread hummus on naan dippers and top each with squash and fresh rosemary.

Pair with deeper, savory and earthy rosé.



Cheesy Tortilla Cutouts with Salsa



Polenta Rounds with Pico de Gallo and Crab

Polenta Rounds with Pico de Gallo Salsa and Crab

Recipe courtesy of Sarah Tracey

Total time: 30 minutes

Servings: 6

- 1 tube (16 ounces) prepared polenta
- nonstick cooking spray
- salt, to taste
- 8 ounces jumbo lump crabmeat
- 1 container Fresh Cravings Pico de Gallo Salsa, Mild
- 1 bunch fresh mint, finely chopped
- Mateus Rosé

Heat oven to 400 F.

Slice polenta into 1/4-inch thick rounds. Arrange on baking sheet sprayed with nonstick cooking spray and bake 20-25 minutes until golden brown and crispy. Sprinkle with salt, to taste, and let cool.

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

Garnish with finely chopped fresh mint and pair with vibrant, fruity rosé.

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TUESDAY

In The Kitchen

Tuesday, Dec. 20, 2022

A10

Holiday Fun with a Joyful POP

FAMILY FEATURES

With countless ways to enjoy the holiday season from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better.

Consider these simple seasonal ways you can let popcorn fuel your holiday adventures.

Decorate

Strings of popcorn and cranberries add a nostalgic touch to the family tree while making popcorn trees adds whimsy to the table. Before stringing popcorn, let it sit out for a day or two as freshly popped popcorn may be too fragile to thread without breaking. Push a threaded needle through the center of each kernel then pull the kernel to the end of the knotted thread, adding an occasional cranberry, if desired. Festive trees can be made using popcorn mixed with melted marshmallows then shaped and finished with sprinkles.

Give It as a Gift

If it's your turn to host this year's holiday party, popcorn makes for a perfect party favor. Pop up a delicious treat like these Cranberry Popcorn Balls, place them in pretty jars or neatly wrap them then finish each with a bow. For an added touch, include the recipe instructions and popcorn kernels in a separate container so your guests can make it at home.

Enjoy It as a Snack

Freshly popped popcorn is a simple and delicious snack to share after a day of shopping, caroling, sledding or decorating. You can take the holiday season up a notch with creative recipes like Gingersnap Popcorn Snack Mix, White Chocolate Peppermint Popcorn Bark and Easy, Elegant Holiday Popcorn. These treats are perfect for popping up in the morning so the snacks are ready once guests arrive.

Visit Popcorn.org to find more sweet, salty and savory holiday recipe ideas.

Gingersnap Popcorn Snack Mix

Yield: 2 quarts

- 2 quarts popped popcorn
- butter-flavored nonstick cooking spray
- 1/3 cup granulated sugar substitute
- 2 teaspoons ground ginger
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon freshly ground black or white pepper

Preheat oven to 325 F.

Spread popcorn on baking sheet and spray lightly with nonstick cooking spray.

In small bowl, combine sugar substitute, ginger, nutmeg, cinnamon, cloves and freshly ground pepper; sprinkle evenly over popcorn.

Spray again with nonstick cooking spray and toss to coat evenly. Bake 7 minutes and serve warm.



Gingersnap Popcorn Snack Mix



White Chocolate Peppermint Popcorn Bark

White Chocolate Peppermint Popcorn Bark

Yield: 1 pound

- 5 cups popped popcorn
- 12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
- 1 cup crushed hard candy peppermints

Cover baking pan with foil or wax paper; set aside.

Place popcorn in large bowl; set aside.

In double boiler over barely simmering water, melt chocolate, stirring until smooth, or melt according to package directions.

Stir in crushed peppermints after chocolate is melted. Pour chocolate mixture over popcorn mixture and stir to coat. Spread onto prepared pan; cool completely.

When chocolate is cooled and set, break into chunks for serving. Store in airtight container at room temperature.

Easy, Elegant Holiday Popcorn

Yield: 8 cups

- 8 cups popped popcorn
- 1/2 cup milk chocolate chips
- 1/2 cup white chocolate chips
- candy sprinkles

On serving platter, spread popcorn in thin layer.

Over double boiler or in microwave, melt milk chocolate chips. Drizzle over popcorn.

Over double boiler or in microwave, melt white chocolate chips. Drizzle over popcorn.

Sprinkle candy sprinkles over warm, chocolate-coated popcorn. Allow drizzles to set until firm.



Easy, Elegant Holiday Popcorn



Cranberry Popcorn Balls

Cranberry Popcorn Balls

Yield: 18 balls

- 2 cups sugar
- 1 cup whole berry cranberry sauce, slightly mashed
- 1 tablespoon grated orange peel
- 1/2 cup cranberry juice
- 1/2 cup light corn syrup
- 1 teaspoon vinegar
- 1/2 teaspoon salt
- 5 quarts unsalted popped popcorn

In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt. Bring to boil; lower heat and cook to 250 F on candy thermometer.

Mixture will bubble in pan; watch to keep from boiling over.

Pour slowly onto hot popcorn and mix until well-coated.

Let stand 5 minutes, or until mixture can easily be formed into balls.

Butter hands and form into 3-inch balls.

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TUESDAY

In The Kitchen

Tuesday, Dec. 20, 2022

A11

Give Quick and Easy Meals a Fun Spin

FAMILY FEATURES

Work, school, extracurricular activities, social events and more can make the winter months feel frantic and it can often seem like you're running out of time. This seasonal time crunch makes it even more difficult to answer the age-old, mealtime question kids are always asking: "What are we having?"

To help solve that daily meal dilemma and discover family-pleasing recipes that take 35 minutes or less, the RAGÚ Meal Wheel lets the entire family take an active role in choosing what's on the menu. Simply ask one of your kids to click the "spin" button to find delicious, quick-and-easy recipes like Chicken and Broccoli Alfredo with Fettuccine and Mini Turkey Sloppy Joes.

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

To find more quick and mouthwatering recipes to feed your family during the chilly winter months, visit RAGU.com/meal-wheel.

Chicken and Broccoli Alfredo with Fettuccine

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

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

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

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

In separate pan, cook fettuccine according to package instructions.

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



Chicken and Broccoli Alfredo with Fettuccine



Mini Turkey Sloppy Joes

Mini Turkey Sloppy Joes

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

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

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

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

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

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

Serve on mini buns.

Scan for More Recipes



Pair Soup and Sandwich for a Warming Winter Meal

FAMILY FEATURES

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

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

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

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

Gourmet Grilled Cheese with Pickled Beets

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

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

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

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

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

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

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

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

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

Repeat with remaining sandwiches.



3-Bean Tortellini Minestrone

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

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

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

Drain and rinse bean salad; set aside.

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

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

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

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TUESDAY

Health and WELLNESS

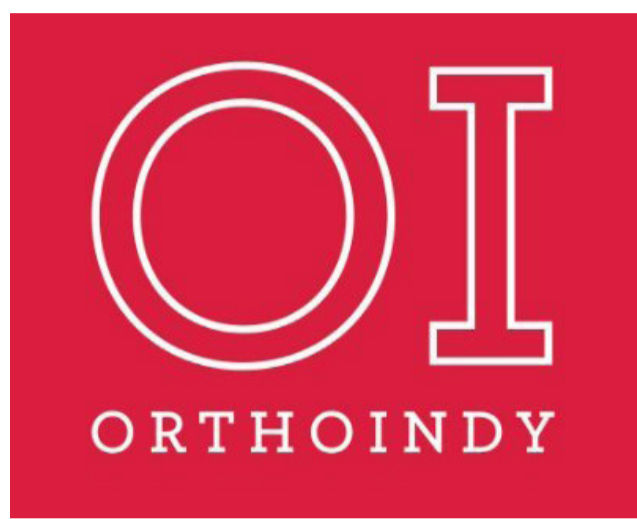
Tuesday, Dec. 20, 2022

A12

Seven Lafayette Physicians Join OrthoIndy Imaging Agent Illuminates Lung Cancer Tumors

OrthoIndy announced last week that the seven orthopedic surgeons of the Lafayette Orthopaedic Clinic are joining its team in April 2023. Those joining are Dr. John Bauman; Dr. Daniel Daluga; Dr. Michael Highhouse; Dr. Mark Page; Dr. Paul Rodenhouse; Dr. Peter Torok; and Dr. Joel Virkler. They will be teaming up with OrthoIndy physicians Dr. Michael Cross; Dr. Nicholas Jasper; Dr. Troy Roberson; and Dr. Jonathan Shook, who also have a practice location in Lafayette, putting the total number of OrthoIndy physicians serving the Greater Lafayette area at eleven. With these additions, OrthoIndy will now total 89 physicians, further solidifying its orthopedic practice as the largest in the State of Indiana and among the largest in the country.

OrthoIndy CEO John Ryan noted this expansion reflects an ongoing commitment to serve Indiana as a premier destination for orthopedic care, providing the highest level of quality, efficiently and cost-effectively. "As we celebrate our 60th year, our growth in Lafayette exemplifies our ongoing pursuit of being even



more accessible to those in need of orthopedic care across the state," said Ryan. "The orthopedic surgeons of the Lafayette Orthopaedic Clinic are so well-respected, and together we will continue to provide world-class orthopedic care to the Greater Lafayette community as it continues on its remarkable growth trajectory."

Dr. Page, managing partner of the Lafayette Orthopaedic Clinic, sees this partnership as a positive move forward for orthopedic care in Greater Lafayette and the surrounding counties. "Lafayette Orthopaedic Clinic has a long history of serving patients in this community and we are excited to join forces with

OrthoIndy, a team that shares our same commitment to excellent patient care."

The seven physicians plan to continue their practice in their current space at 1411 South Creasy Lane, maintaining the Lafayette Orthopaedic Clinic name. Plans for a new free-standing clinic, orthopedic urgent care center and surgery center are expected in 2024.

OrthoIndy has been expanding in Indiana recently with the opening of its new practice location in Westfield. An adjacent hospital outpatient surgery facility is scheduled to open in summer of 2023. OrthoIndy is also building a new location in Brownsburg that will include hos-

pital and clinic services, opening in spring 2023.

About OrthoIndy and OrthoIndy Hospital

Founded 60 years ago, OrthoIndy is one of the most highly respected orthopedic practices in the Midwest. With over 70 physicians providing care to central Indiana residents from more than 10 convenient locations, OrthoIndy provides leading-edge bone, joint, spine and muscle care. OrthoIndy physicians also provide care to the Indiana Pacers, Indiana Fever and Andretti Autosport, as well as local colleges and high schools.

Owned and operated by OrthoIndy physicians, OrthoIndy Hospital is central Indiana's first specialty hospital with a focus on patient safety, satisfaction and outcomes. With multiple hospital locations, OrthoIndy Hospital is the #1 hospital in Indiana for medical excellence in Major Orthopedic Surgery, from the 2022 Carechex Awards by Quantros. It has earned 5 Stars from Healthgrades for Total Knee Replacement 16 years in a row. For more information on OrthoIndy, please call (317) 802-2000 or visit us at OrthoIndy.com.

Surgery, especially surgery to remove cancerous tumors, relies on a range of tools and techniques as well as on the skill of the surgeon. Now, new imaging agent Cytalux will make surgery to remove lung cancer tumors a little more exact.

The inside of the human body famously looks nothing like an anatomy textbook, lacking the bright color coding to differentiate between tissues and organs. Based on foundational intellectual property developed at Purdue University and released by On Target Laboratories, Cytalux helps make tumors more easily and immediately identifiable by illuminating them and making them glow against healthy, noncancerous tissue like beacons against a night sky.

Philip Low (rhymes with "now"), Purdue's Presidential Scholar for Drug Discovery and the Ralph C. Corley Distinguished Professor of Chemistry in the College of Science, is an inventor of the drug. "Non-small cell lung cancer is one of the deadliest cancers," Low said. "The only absolute cure for lung cancer is to surgically remove all of the malignant tissue out of the patient. If it has metastasized, it's generally lethal."

Lung cancer is the second most commonly diagnosed cancer in the world and accounts for more than a quarter of all cancer deaths in the U.S. every year. When a patient is diagnosed with non-small cell lung cancer, the prognosis is often bleak: Only 7% have a chance of living another five years.

The importance of removing all the malignant tissue, the difficulty in distinguishing cancerous tissue from healthy tissue and the widespread nature of this type of lung cancer make the use of Cytalux in lung cancer surgery a welcome development. Low, a chemist by trade, attacks these issues using his expertise in chemical reactions. Cytalux exploits the unique chemistry of cancer cells to light up the tumors. Cancer cells divide rapidly, much faster than normal cells. To do this, they need folate, a type of B vitamin — and lots of it. The genius of Cytalux is that, after being administered intravenously to a patient before surgery, it tags that folate compound with a

fluorescent dye. The cancer cells grab for the folate but end up flagged with the fluorescent dye, too. During surgery, these cells then fluoresce under near-infrared light. Low explains further how the drug works in this YouTube video.

The newly authorized use of Cytalux, which was initially developed to target ovarian cancer, has the potential to improve the outcomes of thousands of patients, helping surgeons to visualize otherwise undetected cancer tissue in 24% of lung cancer patients in a clinical trial.

"Cancer cells have an enormous appetite for this vitamin, and we have exploited their greed for folic acid by attaching a fluorescent dye to it," Low said. "The drug not only allows the surgeon to see the cancer but may also help surgeons avoid removing tissue. Being able to avoid cutting healthy tissue can be as important as removing unhealthy tissues."

Low and his team continue to develop imaging agents to make cancer tumors easier to detect and remove. He hopes that in the future all solid-tumor cancers will have a targeted fluorescent marker to light the way for surgeons.

"We're leading the way in this effort," Low said. "We are pioneers. We were not only the first tumor-targeted fluorescent dye to be approved by the FDA, but we developed a second one close on its heels. We are also working on other tumor-targeted fluorescent dyes to target many other types of cancer."

Low conducts his research as part of the Purdue Center for Cancer Research. The center is one of only seven basic science laboratory cancer centers recognized by the National Cancer Institute, which is part of the National Institutes of Health. The center brings together more than 110 researchers at Purdue who study cancer at the cellular level.

Low and his team disclosed the innovation in imaging agents to the Purdue Research Foundation Office of Technology Commercialization. OTC applied for patent protection on the intellectual property and licensed it to On Target Laboratories, which is based in West Lafayette, Indiana. Low is the founder and chief science officer of On Target Laboratories.

Roberts Answers Questions on Colorectal Cancer Screening

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 www.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



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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, yield-

ing 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®, 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 for the latest Colorectal Cancer Facts & Figures.

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

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TUESDAY

Health and WELLNESS

Tuesday, Dec. 20, 2022

A13

GET FIT

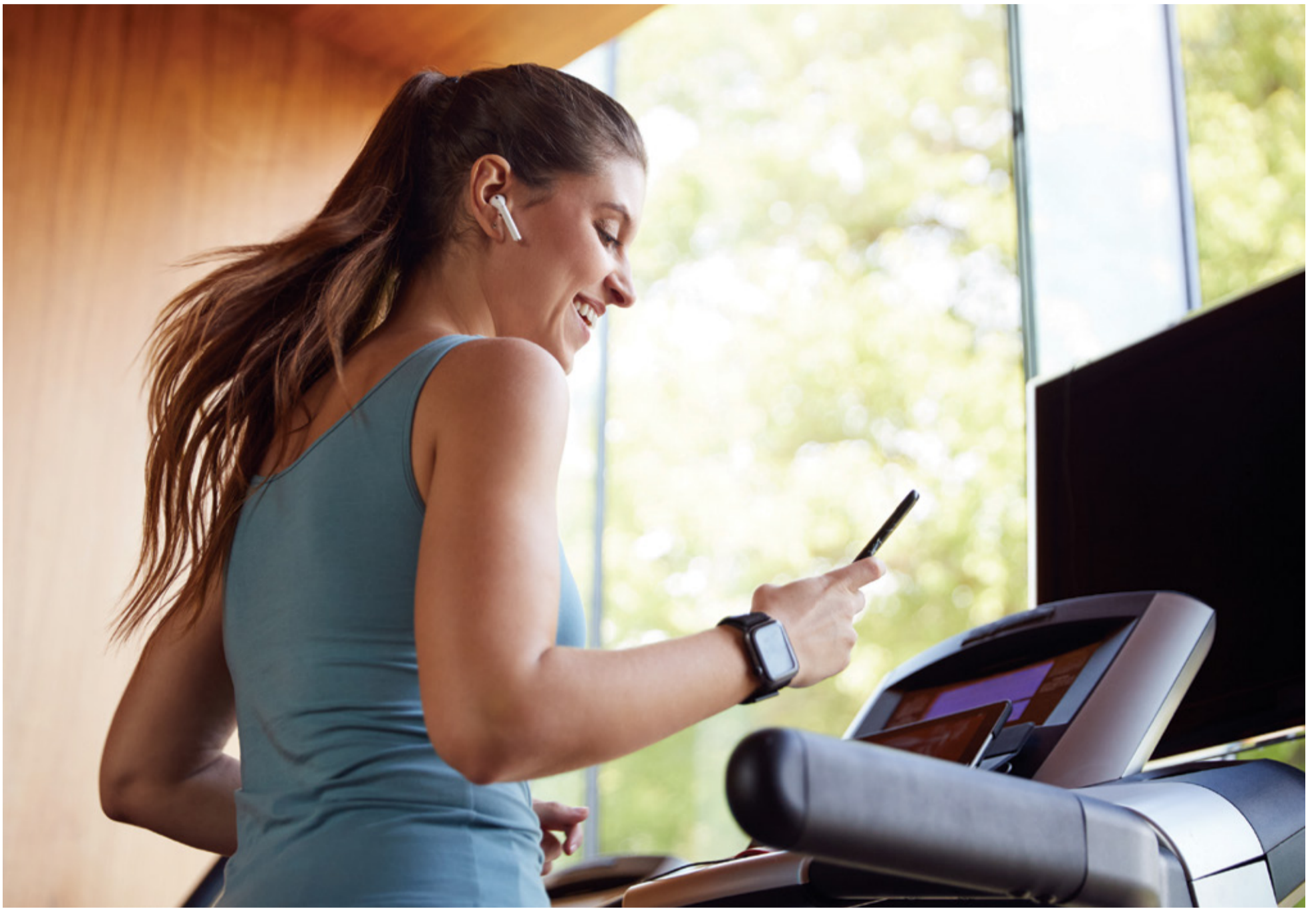


Photo courtesy of Getty Images

Tackle goals with fitness-friendly tech gadgets

FAMILY FEATURES

Committing to getting fit and actually doing it aren't always one and the same but relying on tech devices can be an effective way to tackle your fitness goals.

From watches and phones to earbuds and virtual reality headsets, technology can make it easier to track your progress and create a more enjoyable workout experience. See how some of the latest technology is fueling new devices ideal for amping up your workouts this winter with these trendy ideas.

Find more inspiration to energize your fitness regimen at [Qualcomm.com](https://www.qualcomm.com).



Music to Power Your Workout

Enjoy stereo-quality sound wherever your workout takes you with a state-of-the-art smartphone like the Motorola Edge+ Gen 2, powered by the Snapdragon 8 Gen 1 Mobile Platform. Giving you up to two full days of power, lightning-fast speeds and pro-quality features for doing more of what you love, this smartphone can provide music that motivates you regardless of your exercise style. When it's time to rest and recover, you can enjoy days of entertainment on a beautiful display that wraps around the edges.



Sound to Motivate More Movement

An energizing workout requires a soundtrack to get you pumped up and moving. Enhance your listening experience with LG Tone Free T90 wireless earbuds, which feature Dolby Head Tracking and Snapdragon Sound. These earbuds identify the location of sound as you turn your head, recalibrating to enable a more natural sound experience so you're always in the center of the scene. The speaker driver is made of a strong, lightweight material that delivers better overall audio clarity and reduced vibration so you can hear every sound come alive. Exceptional audio combines with superior connectivity for music, movies, crystal-clear voice calls, gaming and a low latency fit for aptX Adaptive compatible devices.



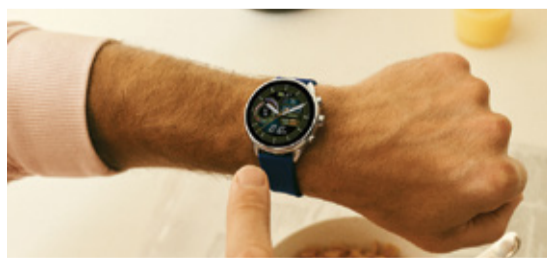
A Smart Workout Buddy

If you're always on the go, a powerful smartphone is a smart way to get in a streamlined workout. An option like the OnePlus 10T 5G delivers on multiple levels. Driven by the powerful Snapdragon 8+ Gen 1 mobile platform, this is a phone built to evolve beyond speed. It has Qualcomm FastConnect 6900 for premium Wi-Fi connectivity and a Kryo CPU for unbeatable performance, ideal for multitaskers and power users. The charging system delivers a day's power in 10 minutes. What's more, the antenna system, featuring a total of 15 antennas, provides a 360-degree closed-loop system to avoid blind signal angles, while simple and textured visuals help you focus and move seamlessly between work, rest and play.



Play Your Way to Fitness

If your workout regimen needs an infusion of playful fun, the Meta Quest 2 virtual reality headset may be just the ticket. This VR headset is your ticket to the metaverse (and so much more), whether you're working out, gaming, meeting up with friends or going on a virtual field trip. Industry-leading graphics and immersive audio put you in the middle of the action. The portable device is ideal for workouts on the go, and you'll find a wide range of apps that let you work out amid stunning scenery, compete against friends and participate in challenges. The immersive experiences break up the monotony of a boring, basic workout, making exercise fun and playful.



Wellness You Can Watch

Powered by the Snapdragon 4100+ Wear Platform, the Fossil 6 Wellness Edition watch provides the speed, power and performance you need to efficiently track your health, all with extended battery life, Bluetooth 5.0 LE connectivity, rapid charging and more features to elevate your experience. The watch detects movement and starts a workout for you. In addition, not only does it allow you to monitor how hard your heart is working and provide estimated blood oxygen measurements so you can see how well your body is circulating oxygen, but it also measures your cardiorespiratory fitness, allowing you to track the amount of oxygen your body utilizes during exercise. In addition to keeping tabs on your active habits, the watch also helps you understand more about your sleep habits, including sleep quality and history, restfulness and progress against sleep goals.

Track Your Progress

Setting fitness goals starts with a plan and achieving them requires strong work ethic and, just as importantly, the ability to track progress so you can enjoy the success. The ultimate expression of ultra-portability and versatility, the Lenovo IdeaPad Duet 5 Chromebook is powered by the Snapdragon 7c Gen 2 Compute Platform.



Slim and sleek, this 2-in-1 features a detachable keyboard to transform from a tablet to a laptop so you can keep an eye on your fitness goals whether you're working out at home or on the go, and 15 hours of battery life means you can enjoy usage from day to night.

TUESDAY

Health and WELLNESS

Tuesday, Dec. 20, 2022

A14



Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death.

Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication.

Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice.

If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure.

When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life.

When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

Blood Pressure Categories			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels