

**▶ TODAY'S VERSE**

Isaiah 53:5 *But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.*



**▶ FACES OF HAMILTON COUNTY**

People who call our community their own.

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

**And Another Few Things...**

**1. Local on Board**

Governor Eric J. Holcomb yesterday announced several appointments to various state boards and commissions, including Rick Hall of Carmel, a partner at Barnes & Thornburg LLP. Hall was reappointed to the Board of Trustees of Ball State University; he will serve until Dec. 31, 2026.

**2. 4-H Adventure**

The public is invited to an adventure to learn more about Hamilton County 4-H on Jan. 14 from 9-11 a.m. at the 4-H Fairgrounds in Noblesville.

4-H is an experiential program for youth in grades 3-12 (mini 4-H for grades K-2). Through hands-on learning, 4-H kids build not only confidence, creativity and curiosity, but also life skills such as leadership and resiliency. Nearly 1,600 youth from Hamilton County are currently involved in 4-H and close to six million kids and teens worldwide and that is because 4-H has pivoted and adapted to today's changing world by providing a platform to promote individual growth by learning, doing and engaging."

If you are interested in 4-H but have some questions, want to enroll but don't know how or just want to check it out, join in the "Adventure" on the 4-H Fairgrounds on Jan. 14. Information and online enrollment is also available online at [puext.in/hamco4h](http://puext.in/hamco4h)

**3. A Christmas Story**

And then there was the holiday home invasion that occurred in Waxhaw, NC, the invader being a cute little squirrel, says the Association of Mature American Citizens [AMAC]. The homeowner, Taylor Stading, suspects it found its way into the house via a loose roof shingle. The squirrel led Stading and her family on a merry chase as it sought to settle in the branches of the family Christmas tree. Eventually she used a dust mop to help the critter exit the premises via an open window. It was all caught on video (view it at [youtube.com/watch?v=rs56XiwWrr0](https://www.youtube.com/watch?v=rs56XiwWrr0)), providing the family with their own, very funny version of the classic Chevy Chase film National Lampoon's Christmas Vacation.

# The TIMES

Hamilton County's Own Daily Newspaper

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Photo courtesy of the Hamilton County Sheriff's Office

The new Hamilton County Sheriff's badge.

## Sheriff's Office Celebrates 200 Years of Service with New Badge

Hamilton County is celebrating its 200th anniversary this year, and the Hamilton County Sheriff's Office is celebrating two-hundred years of a tradition of service to the Hamilton County community. The agency is celebrating with a special 200th Anniversary Bicentennial Badge that officers will be wearing on their uniforms.

The first of two important characteristics that distinguish the Office of Sheriff from other law enforcement agencies are its historical roots. In England, the sheriff came into existence around the 9th century. This makes the sheriff the oldest

continuing, non-military, law enforcement entity in history.

In early England, the land was divided into geographic areas between a few individual kings – these geographic areas were called shires. Within each shire there was an individual called a reeve, which meant guardian. This individual was originally selected by the community to be their informal social and governmental leader.

The kings observed how influential this individual was within the community and soon incorporated that position into

▶ See SHERIFF Page A5

## Bicentennial Fabric Show Now Taking Submissions

Artists with a fondness for fabric are invited to participate in the Noblesville Fabric Arts Show in August 2023. The show is made possible through a partnership between Nickel Plate Arts and the Hamilton County Bicentennial Commission's representative from Noblesville.

The Fabric Arts Show will take place in Noblesville (location to be announced), with an opening reception on Aug. 4 during First Friday events. The People's Choice Awards ceremony will take place Sept. 1.

The Fabric Arts Show includes two categories for entry:

1. heirloom or antique, and
2. modern or newly created.

To be considered for the



show, pieces must have a Hamilton County connection either through subject, maker, history or current owner. Show sponsors encourage artistic interpretations of Hamilton County's history through new pieces of fabric art.

Applicants may submit more than one piece. The deadline for submission is July 22, 2023.

▶ See FABRIC Page A5



Photo courtesy of the Sheridan Historical Society

Sheridan Historical Society Museum Executive Director Jim Pickett (left), Society President Ron Stone (center) and Marilyn Bell pose with Bell's Samuel Beck rifle.

## Historic Rifle Donated to Sheridan Museum

Sheridan resident Marilyn Bell has had an old rifle in her family for years, a rifle she believed may have been a relic of the Civil War. Rather than discard it, she decided to donate it to the Sheridan Historical Society, which has a small collection of Civil War era gun memorabilia. The museum welcomed this addition to the collection and, as it turns out, the rifle is a pre-Civil War 38 caliber hunting rifle.

When Marilyn brought the rifle to the museum, it was in several pieces and there were parts missing; a restoration gunsmith was contacted to restore the rifle. Retired local educator Joe Rushton worked with Noblesville gunsmith John Schippens to put the rifle together.

As luck would have it, the gunsmith had several parts for this type of rifle in his shop. He was also able to locate the additional pieces he needed without too much difficulty and the rifle was fully restored within a few months, recently returning to the museum.

Bell had not seen the rifle since she initially brought into the museum, and she was pleasantly surprised and pleased with the result of the restoration.

The top rib of the rifle barrel

## John Marlowe's Weekly Column



**JOHN O. MARLOWE**  
With The Grain

John O. Marlowe's column won't appear this week. The award-winning writer is on break.

is stamped with the name "S. BECK." Samuel Beck was a prominent gunsmith in Indianapolis in the mid to late 19th century, at a time when skilled gunsmiths were valuable members of their community. Beck was held in high regard by his

▶ See RIFLE Page A5



**Sunrise/Sunset**  
RISE: 8:06 a.m.  
SET: 5:30 p.m.

**High/Low Temperatures**  
HIGH: 65 °F  
LOW: 57 °F

**Today is...**

- Festival of Sleep Day
- J.R.R Tolkien Day
- Women Rock! Day

**What Happened On This Day**

- 1870 Construction begins on the Brooklyn Bridge in New York
- 1933 Minnie D. Craig becomes the 1st woman elected as Speaker of the North Dakota House of Representatives, the 1st woman to hold a Speakership anywhere in the US
- 1959 Alaska is admitted as the 49th state

**Births On This Day**

- 1892 J. R. R. Tolkien English philologist and author
- 1969 Michael Schumacher German race car driver

**Deaths On This Day**

- 1946 William Joyce American/English politician and broadcaster
- 2010 Mary Daly American philosopher and theologian

**▶ INSIDE TODAY**

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**▶ OBITUARIES**

**Elizabeth Nancy Ann Alexander Gerrard**  
**Gloria Merz**  
**Fred G. Vogel Jr.**  
**James Paul White Jr.**

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



**▶ HONEST HOOSIER**

Welcome to 2023! May it be a sight better than the last few!

**▶ TODAY'S QUOTE**

"And now we welcome the new year, full of things that have never been."

- Rainer Maria Rilke

**▶ TODAY'S HEALTH TIP**

Not receiving enough sleep can lead to increased appetite and obesity. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



**▶ TODAY'S JOKE**

What do snowmen eat for lunch? Icebergers!

**13 WTHR 7 DAY FORECAST**

57/65 BAIN, WILD AND WINDY	47/50 BREEZY, COOL	33/37 MUCH COLDER, FEW FLURRIES	28/40 MOSTLY CLOUDY	30/39 RAIN, SNOW SHOWERS	25/37 MOSTLY CLOUDY	22/36 MOSTLY SUNNY
TUE	WED	THU	FRI	SAT	SUN	MON





Photo courtesy of Hamilton County

Recent local graduates from the NACo Professional Development Academy are (from left to right) Parks Director Chris Stice, County Surveyor Kenton Ward, Recorder-Elect Trini Beaver, Assessor-Elect Kevin Poore and Assistant Director of Probation Paul McGriff.

## County Employees Recieve Leadership and Skills Mentorship

Recent graduates of the National Association of Counties (NACo) Professional Development Academy included five Hamilton County staff. Assistant Director of Probation Paul McGriff, Assessor-Elect Kevin Poore, Recorder-Elect Trini Beaver, Parks Director Chris Stice and County Surveyor Kenton Ward graduated from the High Performance Leadership program.

The program, created in partnership with General Colin Powell, is a 12-week, 4-course mentorship-based program with content provided by industry leading



executives. This program provides best practices in leadership, organizational development and change management, negotiation and collaboration, effective business communication and delivering value within high performance management.

NACo serves nearly 40,000 elected county

officials and 3.6 million county employees. Founded in 1935 for the betterment of county government, NACo serves its members through lobbying at the Federal level, providing educational opportunities, publications, research assistance and offering cost saving programs.

## Flood Zone Public Service Announcement

In 1913, 1958, 1964, 1999, 2003 and 2005 heavy rains caused the White River, creeks such as Big & Little Cicero Creek, Mud Creek and Stony Creek and streams to overflow their banks. Some of the most notable floods were the result of heavy rains over several hours, ice and log jams.

The largest flood of record in Hamilton County occurred in 1913, with other historical flooding events occurring in 1958, 1964, 1999, 2003 and 2005.

Hamilton County is divided into nine different building and zoning jurisdictions. The Hamilton County Plan Commission covers parts of Adams, Noblesville and Wayne Townships, as well as all of White River Township.

The Hamilton County Plan Commission offers assistance to current,

new and future property owners, insurance companies, banks, mortgage companies, etc., concerning a property's flood zone classification and whether it is in a floodway. Other information given includes flood depths, areas of historical flooding, how to go about getting flood insurance, contour information and wetland natural functions (when available) for jurisdictional areas of Hamilton County only. Elevation Certificates that are provided to the Plan Commission office for specific jurisdictional areas are available upon request.

The Plan Commission maintains a comprehensive library of manuals and materials dealing with flood hazard matters including:

- Reducing loss in high risk flood hazard areas
- Flood proofing for both residential and non-residen-

tial structures

- Elevating residential structures
- Installing manufactured homes in flood hazard areas
- Design guidelines for flood damage reduction, flood area maps, flood elevations, repairing your flooded home and more.

The Commission has also provided the Noblesville Library and the Sheridan Library with copies of the above information. The Noblesville Library is located at One Library Plaza, Cumberland Rd., Noblesville and the Sheridan Library is located at 103 West First St., Sheridan.

You may contact the Plan Commission by coming to the Hamilton County Government and Judicial Center, One Hamilton County Square, Suite 306, Noblesville or by calling (317) 776-8490.

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Photo courtesy of Leo's Market & Eatery

The employees of Leo's Noblesville pose with a check for \$513, donated to the Noblesville Boys & Girls Club.

# Leo's Employees Help Local Groups

Leo's Market & Eatery is in the 'market' of giving back in a big way to all the communities within which their store locations reside. Just before the Holidays, employees of all three respective Leo's Market & Eateries donated portions of their paychecks to an organization in need within their local community. In total, nearly \$3,500 went to a not-for-profit of each store team's choosing in Greenfield, McCordsville and Noblesville.

The employees of Leo's in Noblesville raised \$513 for the Boys and Girls Club of Noblesville. The Boys and Girls Club provides opportunities for youth to enjoy activities and experiences that shape character and enriches lives.

Leo's Greenfield presented a check to Talitha Koum Women's Recovery House for \$1,763. Talitha Koum offers a recovery program for women 18 years and older who desire to live free from addiction providing them with a safe, family-like environment to rebuild their lives and learn



how to live sober. The Leo's McCordsville team presented Geist Montessori Academy with a check for \$1,148. Geist Montessori is a tuition-free, public charter pre-k to eighth grade school that provides academics infused with character building and community awareness to develop the whole-child and prepare students for life.

The school thanked Leo's, saying, "We are so grateful for the generosity and kindness displayed by the Leo's Market and Eatery staff. The corporation offers a matching program for employees to donate to an organization of their collaborative choosing, and they chose us! Thank you, Leo's!"

Employees donate a dollar amount of their choosing from each

paycheck to be donated to charity two times annually. Those donated funds are then matched by Leo's parent company, Pride Investment Partners, and then donated to the organization via a special ceremonial check presentation. Since opening its first location in 2019, Leo's has given over \$35,000 in monetary donations and gifts in the communities within which it operates.

### About Leo's Market & Eatery:

Leo's Market & Eatery, founded by Stephanie White-Longworth and Keith White, is a subsidiary of Pride Investment Partners. The pair were the fourth generation of leadership of GasAmerica, which they grew to more than 90 stores across Indiana and the Midwest before selling

to Marathon Petroleum in 2012.

Leo's is named after the business partners' late father, Richard Leo White. Originating in Greenfield, Leo's is like no other 'convenience' store concept in the industry. Leo's has a chef providing weekly special featured food dishes including prepared and made-to-order soups, salads, pastas, pastries, and more; and is known for its wide assortment of breakfast, lunch, dinner, and dessert kolaches.

Grab your food to-go, dine-in or visit the drive-thru which serves both eatery and market items. Leo's market provides a wide assortment of grocery items including fresh produce, meats, cheeses, breads, ready-to-go family meal options, hand-picked flowers, and gifts; and of course, has your traditional snacks, chips, beverages, etc. Leo's supports local Indiana vendors so, you will always find something 'homegrown' or 'homemade' in Indiana on the shelves.

Find your local Leo's at yourleos.com

# AG Rokita Secures \$20M Settlement With Google for Deceptive Location Tracking Practices



Attorney General Todd Rokita

Indiana Attorney General Todd Rokita recently announced a \$20 million settlement with Google to resolve Indiana's lawsuit against Google for deceptive location tracking practices.

The attorney general filed a separate, independent lawsuit when negotiations between the company and a coalition of state attorneys general stalled. As a result, Indiana received approximately twice as much money as it would have received as part of the settlement that was later reached with the 40 states that did not file lawsuits against Google.

"This settlement is another manifestation of our steadfast commitment to protect Hoosiers from Big Tech's intrusive schemes," Rokita said. "We will continue holding these companies accountable for their improper manipulation of consumers."

Google's deceptive practices became widely known following a 2018 story by the Associated Press. After that story, multiple states began

investigating Google's location tracking practices.

As detailed in Indiana's lawsuit, Google uses location data collected from Indiana consumers to build detailed user profiles and target ads, but Google has deceived and misled users about its practices since at least 2014.

Rokita aggressively pursued litigation against Google because even a limited amount of location data can expose a person's identity and routines. Such data can be used to infer personal details such as political or religious affiliation, income, health status or participation in support groups — as well as major life events such as marriage and the birth of children.

With this settlement, Rokita has ensured that Hoosiers are no longer coerced into trading away their privacy.

This lawsuit was handled by an experienced litigation team including Doug Swetnam, Vanessa Voigt Gould, and Jennifer Van Dame — who tenaciously pursued complex data privacy theories in a Hoosier courtroom against a well-resourced adversary.

Read the full Settlement Agreement online at [content.govdelivery.com/attachments/INAG/2022/12/29/file\\_attachments/2366300/2022.12.29%20IN%20GOOGLE%20SETTLEMENT%20AGREEMENT%20%5Bfor%20signature%5D.pdf](http://content.govdelivery.com/attachments/INAG/2022/12/29/file_attachments/2366300/2022.12.29%20IN%20GOOGLE%20SETTLEMENT%20AGREEMENT%20%5Bfor%20signature%5D.pdf)

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 All obituaries must come from a funeral home.  
 A photo may be included and should be sent as a high-resolution JPEG.  
 Daily obituary deadline is 4 p.m. for the following day's print publication.  
 To read more obituaries, visit [www.thetimes24-7.com](http://www.thetimes24-7.com).

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Photos courtesy of Daimler



Photos courtesy of Daimler



Photo courtesy of Casey Williams

## Mercedes EQE Electric Sedan A Car Even Grandma Would Love

Back in 1976, Mercedes-Benz threw its entire engineering book at a new generation “E-Class” that won Motor Trend Car of the Year. Known among Mercedes enthusiasts as the W123, it’s perhaps the best car ever made. My grandmother bought a baby blue one in 1979. She paid an inflation-adjusted \$75,000 for a car with AM/FM radio, vinyl seats, and no active safety systems. I think Grandma would have liked the car I drove this week: The Mercedes-EQE350 4MATIC – the brand’s first all-wheel-drive mid-size EV.

Gone are the traditional chrome grille and star on hood, replaced by one of the most aerodynamic shapes ever put to road by Mercedes. Viewed head-on, it’s an amorphous blob with a big star hung low on a black background embedded with a constellation of smaller stars. From the side, some of the CLS four-door coupe profile

shines through as the rear ends high for clean airflow. Check details like 20” wheels and digital headlamps with millions of pixels that project driver indicators onto the roadway ahead.

Designing an elegant EV is not easy. A thick battery pack placed beneath the floor raises the car to near crossover heights, but a long body hides the heft while providing a spacious cabin that transitions from analog to digital without losing its Mercedes heritage.

Wide swaths of wood panel the dash while flat-screen gauges and large touchscreen integrate technology. It takes a second to learn how to pinch and expand functions, but it’s easy to access navigation, Apple/Android connectivity, and the saturating Bestermer 3D audio system when you do. Ambient lighting encircles the dash, doors, and even the seats.

There’s no head-up display, rear seat cushions

### Likes, Dislikes

#### Likes:

- Smooth acceleration
- Spacious interior
- Combination of luxury, technology

#### Dislikes:

- Amorphous styling
- Short rear seat cushions
- Sometimes tricky infotainment controls

are a little brief, and our car lacked the optional full-width “hyperscreen”, but it’s a pretty delicious place to ride. Safety systems are as expected in a Mercedes: Adaptive cruise, automatic emergency braking, lane keep assist, rear cross path detection, and lane change assist are all on the menu. It’s a long way from my grandmother’s 280E.

The lady who once raced an Amtrak and won, would be impressed with the EQE’s performance. It harnesses lithium ion batteries and twin motors to send 288 horsepower and 391 lb.-ft. of torque through the all-wheel-

### 2023 Mercedes EQE350 4MATIC

#### Five-passenger, AWD Sedan

**Powertrain:** Li-Ion batteries/motors

**Output:** 288hp/391 lb.-ft.

**Suspension f/r:** Ind/Ind

**Wheels f/r:** 20”/20” alloy

**Brakes f/r:** regen disc/disc

**Must-have features:** Style, Driving

**Driving range:** 240 miles

**0-60 mph:** 5.6s

**Recharge (10-80%):** 30m

**Economy (comb):** 85 mpg-e

**Assembly:** Bremen, Germany

**Base/as-tested price:** \$74,900/77,900

drive system. It runs 0-60 mph in just 5.6 seconds. Charging is accomplished in 9.5 hours on a 220v home charger or 10-80% in just 30 minutes on a DC fast charger. Range is about 240 miles with a light pedal.

With all of the battery weight low in the chassis, the AWD system and four-wheel steering, drivers can toss the heavy sedan about with total confidence. It slips through city traffic with bursts of torque, but wafts down the Interstate

with that iron sponge feeling of decades past. Four-wheel steering allows the rear wheels to turn 10 degrees to provide compact car maneuvering or turn in the same direction to provide stability at speed. It’s both a product of the digital age and a true-born Mercedes.

In truth, Mercedes-Benz experimented with an electric version of the W123, but focused instead on turbo-diesel variants that routinely cross 500,000 miles.



**CASEY WILLIAMS**  
Auto Reviews

Going diesel was a fair compromise for aspiring executives in an era of epoch gas prices, but the EQE dispenses with that smoggy mess as you zap cleanly towards the future.

If my grandmother was still living, she’d be driving the latest Mercedes E-Class – and she’d pay no more for the privilege. The EQE costs \$74,900 or a few grand more with 4MATIC. Competitors include the Tesla Model 3, BMW i4, Genesis Electrified G80, and Hyundai IONIQ6.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @AutoCasey.

## Letters To and From Krissy



**CARRIE CLASSON**  
The Postscript

A couple of days ago, a friend of mine posted something written by a friend of his on Facebook. This is what she had to say:

“I’ve been contemplating what I really miss in life. Why do I feel this empty space? I have not felt completely full in a very long time. I miss the outdoors... a good hike, fishing or camping. No radio, cellphone, TV, movies or internet. Just the birds, the river running... just the sound of crickets.

“I miss a good, deep, solid conversation about life, God and love. All the things that truly matter! The world has changed so much with technology that we don’t even know each other anymore. We don’t have time for each other anymore. You turn on the evening news and all you hear is bad news. Shootings and crime have skyrocketed, and it’s become the norm.

“We can no longer trust emails or use our debit cards without worry of scams or fraud. We can no longer leave a door unlocked or a window open.

“I miss the world I grew up in. Where people had time for each other. Where conversations mattered. Where there was respect for each other. When people knew what was right and wrong. Sometimes I honestly want to throw my cellphone out the window, but realize I have to use it to contact the ones I love.

“This new world has swallowed us up and there is not a damn thing we can do about it. Am I the only one who ever feels this way?”

“Signed,  
“Krissy”

I don’t know Krissy, but I wrote a letter to her anyway. This is what I said:

“Dear Krissy,  
“I think you should pull your tent out of storage and go camping this week. Unless you live up north. Then you might go snowshoeing in the woods. That’s fun, too.

“Shootings and crime have not skyrocketed—although reporting of them has. If you look at the statistics, you are actually far less likely to come to a violent end or die of disease than at any time in human history.

“But it does not sound like you are enjoying your smartphone. Maybe you should get a simple phone instead. They cost less, and you can still make phone calls. And use a credit card for online purchases instead of a debit card. Then you don’t need to worry so much.

“Meaningful conversations are there to be had. Sometimes you have to start them. I think you made an excellent start with this post. Maybe try again, but this time at your kitchen table with a friend and a cup of coffee.

“Krissy, you sound anxious, and I’m sorry. The world has not swallowed you. Meditation helps. Exercise helps. Being clear on your purpose in the world and helping others helps a lot. Life has never been perfect for anyone. But we have never had anywhere near as many years as we now get to enjoy life—or not. It’s your choice. And, yes, you can do something about it.

“All the best,  
“Carrie”

As I said, I don’t know Krissy. I don’t suppose she read what I wrote, and, if she did, I’m not sure she would care. We get invested in our beliefs, even if they aren’t making us happy.

But I wanted to tell her that every one of us gets frustrated and discouraged and sometimes feels things are going down the tubes. I wanted to tell her she was not alone.

And I wanted to wish her a happier New Year.

Till next time,  
Carrie

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

## Dr. Roberts Picks Up Loose Ends of GERD



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

I left you hanging last week wondering about the treatment of Gastroesophageal Reflux Disease (GERD). First, a quick review. Recall that 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).

When I see someone complaining of GERD symptoms, I review my patient’s history to try and identify any risk factors for GERD such as decreased tone of the lower esophageal sphincter (LES), loss of normal muscular function of the esophagus, excess production of stomach acid, delayed emptying of the stomach, and overeating. Fatty or fried foods, coffee, tea, caffeinated drinks, chocolate, and mint are all foods that can cause or worsen GERD. Alcohol and cigarette smoking are also risk factors.

Many patients immediately reach for medication to help control the symptoms rather than try to control the underlying cause(s) of the GERD. Direct-to-consumer advertising has been extremely effective

in pushing medications to treat this common problem. Virtually any medical insurance company will tell you that its largest drug expense is often a class of medications called PPIs or Proton Pump Inhibitors (more below).

Simple lifestyle modifications are the foundation of treatment for GERD. Losing even a modest amount of weight can have a significant impact. Reducing fat in the diet and avoiding large, fatty meals just before bedtime are also critical to managing symptoms. Avoiding tight fitting clothing, reducing alcohol consumption, and quitting smoking are also important.

People who wake up at night with reflux symptoms should consider raising the head legs of their bed using commercial plastic bed risers, a 4X4 post cut into blocks, or by nailing two 2x4s together. Raising the head and chest by sleeping on a number of pillows can make the symptoms worse. Bending the body at the waist can increase pressure in the abdomen, resulting in worsened reflux.

Those who don’t respond to lifestyle modifications may need medication. Reduction of the frequency and intensity of heartburn, the most common symptom of GERD, is much less predictable than treating esophagitis that I mentioned last week. People may need to try different medications from various classes to find one that works for them.

Histamine antagonists are the oldest medications on the market. They block the release of histamine

that stimulates stomach acid production. Tagamet (cimetidine), and Pepcid (famotidine) are the most common ones available over the counter and are effective for most people.

Proton Pump Inhibitors (PPIs) are the newest class of anti-GERD medications. These are extremely powerful blockers of acid production. Names that most people recognize (due to very successful marketing) include: Prilosec, Protonix, Aciphex, Nexium, Zegerid, Dexilant and Prevacid. Why so many? Because they make pharmaceutical companies wheelbarrows of money.

PPIs are safe and effective for short-term use, but are associated with a slight increased risk of hip fractures in those over age 50, probably due to reducing absorption of calcium in the gut. Many people take PPIs for years thinking they need them because their symptoms return when they stop taking the medication. Most of these people suffer from “rebound” reflux. Some call this an “addiction” to PPIs. Once the initial symptoms of GERD are controlled, preventing their return can often be controlled with medications that are not as powerful as PPIs. Ask your doctor about ways to try to stop PPIs if you’ve been on them more than a few months.

I get a lot of questions

about the “two week warning” found on boxes of GERD medication. People are advised to contact their physician if they have to use the medication longer than two weeks to control their symptoms. This is an important reminder for people to see their medical provider to discuss risk factors and develop a game plan to manage their GERD. It’s also important to see a provider to assess your risk for other more serious complications of GERD that I discussed last week.

Surgery is the treatment of last resort. Laparoscopic Nissen fundoplication is the most commonly performed procedure. This involves using minimally invasive endoscopic surgery to take the top portion of the stomach and wrap it around the bottom of the esophagus to act as a valve to prevent stomach acid from refluxing. It’s very important to see a gastroenterologist and/or surgeon who is very familiar with the procedure to make sure you are a candidate. EsophyX TIF is a newer procedure that allows reconstruction of the lower esophageal sphincter via an endoscope passed through the mouth into the esophagus.

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

# The Times

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Send resume and vehicle information to [jobs@thetimes24-7.com](mailto:jobs@thetimes24-7.com).

# BBB Tip: Holiday Returns and Exchanges

Holiday returns aren't easy, and we don't mean the part where you explain to your mother why you returned the sweater she gave you.

Stores are not legally required to accept exchanges or give refunds unless the merchandise was defective or misrepresented. While most retailers do offer refund and exchange programs, policies vary greatly from one store to another. Be sure to double-check policies this holiday season, even if you are familiar with the brand, as stores can change their policies whenever they want.

**The following tips should help to make your holiday returns run more smoothly:**

**Get to know store policies.** Before you make a purchase, find out if the store has a return policy and, if so, how it works. Understand that many retailers change their policies for the holiday sea-

son. If the store does allow returns or exchanges, find out if you will need to pay a restocking fee. Ask the seller if they offer cash refunds, exchanges, or only store credit. Store policies are usually posted at the check-out counter or printed on the back of receipts.

**Understand online store return policies.** If you are shopping online, search for the seller's return policy and read it through before clicking "buy." Find out if they accept returns or exchanges, and who pays the shipping when an item is returned. In some cases, you can save on shipping fees by returning an online purchase to the local brick-and-mortar store.

**Get the details on a product's warranty.** Most electronics and home appliances come with warranties that are to be fulfilled by the manufacturer, not the retailer. Find out how returns and

repairs are handled if an item stops working or needs replacement parts. Will the retailer ship the

item to the manufacturer for you? Or will you need to deal with the manufacturer directly? Knowing

the answers will leave you well-prepared for any future issues.

**Keep your receipt and packaging.** Most stores will only accept returns and exchanges if you can present the item with its receipt and original packaging. Always include a gift receipt with items you give, and hold on to any gift receipts you receive.

**Bring your ID.** To avoid holiday return scams, many stores ask to see your ID when you return an item. Sometimes retailers require you to bring your ID and the original form of payment. If this is the policy of the store where your gift is from, you may need the assistance of the gift giver in order to be reimbursed.

**Make returns in a timely fashion.** Almost all return policies are valid during a specific time period. Some stores modify their return period

during the holidays, so don't risk missing your chance to make your return. Take the item back to the store without delay.

For more holiday tips, visit the BBB Holiday Tips page at [bbb.org/all/holiday](http://bbb.org/all/holiday)

See BBB's New year's guide by visiting [bbb.org/all/new-year-s-guide](http://bbb.org/all/new-year-s-guide)

**About BBB Serving Central Indiana:** The Better Business Bureau has empowered people to find businesses, brands and charities they can trust for over 110 years. In 2021, people turned to BBB more than 200 million times for BBB Business Profiles and Charity Reports on 25,000 charities, free at [BBB.org](http://BBB.org). Local, independent BBBs can be found across the United States, Canada, and Mexico, including BBB Serving Central Indiana, which was founded in 1916 and serves 46 counties.

## SHERIFF

From Page A1

the governmental structure. Reeves soon became the Kings representative to protect the King's interest and act as mediator with people of his shire.

Through time and usage, the words shire and reeve came together to be shire-reeve, guardian of the shire and eventually the word sheriff, as we know it today.

Governor William Hendricks appointed the first Hamilton County Sheriff, William P. Warrick, in 1823. Sheriff Warrick was paid a salary of \$26.50 for his service in his first year. The very first HCSO Jail was built in 1824, made from logs, on the east bank of the White River just north of the old cemetery in Noblesville. The cost of the twenty-one-foot-long two apartment jail was \$300.00.

The Hamilton County Sheriff's residence and jail was built in 1875-1876 and is a Second Empire style brick and limestone building. It consists of the two-story, ell-shaped jail-

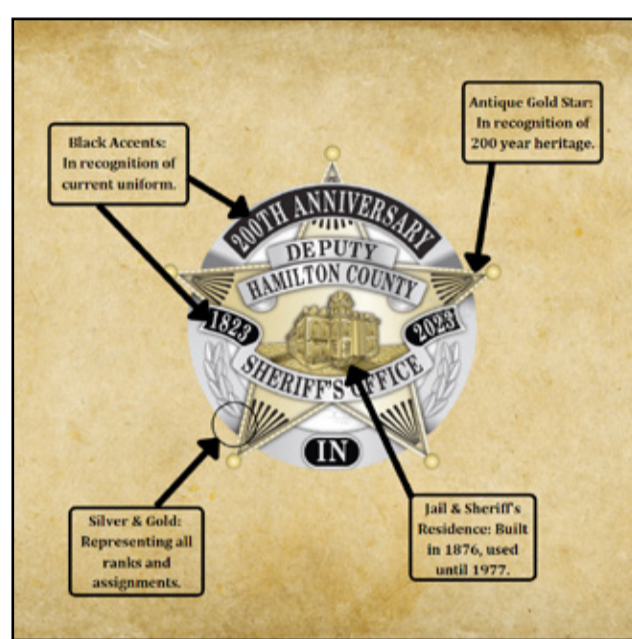


Photo courtesy of the Hamilton County Sheriff's Office

**A diagram outlining the details on the new badge.**

er's residence, with a cell-block attached at the rear. It features a three-story square tower.

This historic building served as the Sheriff's Residence and the Jail until 1977. The Jail is also listed in the National Register of Historic Places, the 1876 Museum houses items of county historic

interest, restored Victorian rooms, a research library, and jail cells which once housed the infamous Charles Manson and Ku Klux Klan leader, D.C. Stephenson.

The tradition of service continues today under Hamilton County Sheriff Dennis Quakenbush and his staff.

## FABRIC

From Page A1

Applicants can complete a form to submit their pieces for consideration beginning next Monday at [nickelplatearts.org/uncategorized/noblesville-fabric-artshow-to-accept-submissions-through-july-2023/](http://nickelplatearts.org/uncategorized/noblesville-fabric-artshow-to-accept-submissions-through-july-2023/)

**About the Hamilton County Bicentennial Commission:**

The Hamilton County

Bicentennial Commission was established by the Hamilton County Board of Commissioners as the official oversight agency for the 200th anniversary, happening in 2023.

It will do so in partnership with the Hamilton County Historical Society, Hamilton County Tourism, Inc and lead sponsor Duke Energy. The official

2023 Bicentennial event lineup includes upwards of 45 one-of-a-kind events funded by the Bicentennial's grant program. In addition, a traveling exhibit will be available to the public at 25+ locations around the county.

Access the complete events calendar on the Bicentennial website at [hamcoturns200.com/events](http://hamcoturns200.com/events).

## RIFLE

From Page A1

community, and his guns were worthy of that regard. While it is impossible to know for sure if the gun was used in the Civil War, it was more likely used locally for hunting smaller game.

If you would like to know more about Samuel

Beck, use your favorite search engine to research his name. He and his family have extensive Indiana and Indianapolis history. If you would like to see the restored rifle, visit the Sheridan Historical Society Museum at 315 South Main St. in Sheridan. The

museum is open to the public Tuesday and Friday afternoons from 1-4 p.m. and, beginning in January, the 2nd and 4th Saturday afternoons from 1-4 p.m. They are also open by appointment if you call (317) 758-5054 prior to visiting to make arrangements.

relax & enjoy

THE TIMES

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