

➤ TODAY'S VERSE

Matthew 7:7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ben Graves smile? "Friends," said the 12-year-old, a sixth-grader at Noblesville West Middle School. He was found watching the Noblesville Homecoming Parade on Friday afternoon at Ninth and Logan streets in downtown Noblesville. "I just came to be here, to be part of the community." He is the son of Nathan and April Graves. He was with his mom and sister, Emma, 9, watching the parade. Favorite parade float? "The basketball one - with the big ball." He also liked the "Baseball" floats. Plans for the weekend? He had a Boy Scout camping trip. He plays the cello in NWMS orchestra and sings in the NWMS school choir. He loves singing and plans to try out for Westside Sound, the school's seventh-and eighth-grade show choir later this school year. Read more about the Noblesville Homecoming Parade and see photos in the Betsy Reason column in today's edition of *The Times*.

And Another Few Things...

1. Commitment To Excellence

The Westfield Chamber invites business leaders, residents, and guests to attend the September Chamber Luncheon on Thursday, September 21 at West Fork Whiskey with Steve Harden, Consumer Brand Strategy Executive. The event will kick off at 11:00 am with the opportunity to network with other attendees and businesses. You will also have the opportunity meet with different company's display tables. Guests will then enjoy a delicious lunch. Remarks will begin at 11:45 am. Please join us for what is to be a memorable event. Discounted Partner Tickets and Non-Partner Tickets Available. Corporate Reserved Tables (Seating for 8) are also available.

2. Upcoming Town Hall

There is an upcoming Town Hall with Rep. Spartz this Saturday at 11 a.m. The Town Hall will be at Westfield City Hall on 130 Penn Street. If you have any questions please contact the office of Spartz at 317-848-0201.

3. September 23 - WHAT'S BENEATH GEIST RESERVOIR?

Hamilton East Public Library - Fishers 11 a.m.-12 p.m. Flooded in 1943, Geist Reservoir was the result of decades of planning. Join our speakers, local historian Robert Bowling and area descendant and genealogist Susan Lucas, to learn about the community of Germantown and surrounding farms and how Geist came to be. If you're a descendant of a family from this area, bring your memories and records! Register on the library's website.

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The Times photo by Betsy Reason

The Noblesville High School Miller Man mascot gets smiles from the kids as he gives out candy and high-fives.

Everybody Sure Loves A Homecoming Parade



BETSY REASON
From The Editor's Desk...

Noblesville High School's Homecoming Parade on Friday attracted a very large crowd who lined Logan Street, Ninth Street and Monument Street, the usual parade route.

Yes, many Noblesville school families came out to watch the parade. Having such a great turnout just goes to show how

much the community needs to hold onto our parade tradition, for Homecoming, as well as July Fourth and the Noblesville Christmas Parade.

It was a lot of fun to see the downtown streets filled with families as Noblesville Schools celebrated 2023 Homecoming.

Just like at the Noblesville football games, Noblesville High School Dean of Students Jeremy Luna was easily spotted using a megaphone while supervising the crowd just before the parade began.

In tradition, Noblesville Police and Fire departments led the parade.

NHS Marching Millers followed, performing Neil Diamond's "Sweet Caroline." Band members sported their classy, stylish black and shiny gold band uniforms, although some senior band and guard members made a fashion statement wearing their decorated senior cords.

Noblesville Band Boosters followed by promoting their popular Pot of Black & Gold 50/50 raffle that gives away thousands of dollars to a lucky raffle winner while benefiting the band.

Noblesville resident Kent

➤ See BETSY Page A6

Pharmaceutical Company Coming To Westfield

Isotopia Molecular Imaging, an Israel-based global pharmaceutical and nuclear medicine manufacturing company, announced plans today to locate its first U.S. operations in Indiana. The company's newly formed U.S. subsidiary, Isotopia USA, will invest approximately \$20 million to establish its flagship operation in Westfield, creating up to 50 new, high-wage jobs by the end of 2027.

"Indiana's life sciences sector continues to grow, generating a \$79 billion economic impact and providing life-changing products, pharmaceuticals and medical devices to customers across the world," said Indiana Secretary of Commerce David Rosenberg. "Isotopia's decision to locate its first U.S. operation in Indiana is a testament to our competitive business climate and the strength of the Hoosier life sciences ecosystem and its skilled workforce."

Isotopia USA will build a state-of-the-art manufacturing facility at 17075 Oak Ridge Road in Westfield. The new

➤ See COMING Page A6



Photo courtesy of Noblesville School

Paints line the back table in the science room.

A House For Cookie Monster. Where Art And Science Collide

What do Cookie Monster and acrylic paint have to do with science class? For some seventh graders at Noblesville West Middle School these subjects go hand-in-hand thanks to teacher Emily Crapnell's unique approach to science learning.

Crapnell is one of only 20 educators in the state chosen to participate in a prestigious new program through the Indiana Arts Commission and the Indi-

ana Department of Education that brings art into traditional classrooms.

Crapnell has partnered with Carvan Classes' Deanna Leonard as a Noblesville community artist in residence and the two are working together this year to lead six collaborative art and science lessons for Crapnell's seventh graders.

➤ See COOKIE Page A6

➤ INSIDE TODAY

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➤ HONEST HOOSIER

The wonderful days of summer are nearing an end. And yes, I know some of you like fall. Thing is, some of us like spring and summer more.



➤ TODAY'S HEALTH TIP

Remove honeybee stingers by scraping the surface of the skin with a credit card. 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

"You are never too old to set another goal or to dream a new dream."
-L.S. Villafane

➤ TODAY'S JOKE

A new restaurant called Karma is opening. There's not going to be any menu. You walk in and get what you deserve.

➤ OBITUARIES

None

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



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Spartz Issues A Statement Opposing Lack Of Leadership By McCarthy



Photo courtesy of Victoria Spartz

Monday, Rep. Victoria Spartz issued the following statement on her opposition to the proposed CR deal: "Unfortunately, real leadership takes courage and willingness to fight for the country, not for power and a picture on a wall. The Republican House is failing the American people again and pursuing a path of gamesmanship and circus. Neither Republicans nor Democrats have the backbone to challenge the corrupt swamp that is bankrupting our children and grandchildren. It is a shame that our weak Speaker cannot even commit to having a commission to discuss our looming fiscal catastrophe. Our founding fathers would be rolling over in their graves to see how this institution is betraying our Republic for personal political ambitions and our children will be ashamed of another worthless Congress."

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Photos courtesy of Mercedes and Casey Williams

Examining The Mercedes W123, "The Finest Saloon Car Of The 20th Century"

On November 6, 1979, my grandmother bought a new Mercedes-Benz 280E and paid \$22,943 for the privilege. I know because I have the invoice. That's over \$80,000 in today's money for a car with AM/FM radio, vinyl seats, and hubcaps. But, Grandma owned the best car in the world – a car named 1977 Import Car of the Year by Motor Trend magazine and featured in a book titled, "Mercedes-Benz W123: The finest saloon car of the 20th Century?"

A Legend Born
"W123" is Mercedes' internal designation for its "E-Class" from 1976-1985. My grandmother had many choices in 1979. She could have purchased the basic 240D diesel, 300D diesel, 280E sedan, 280CE coupe, or 300CD diesel. The wagon had not yet arrived, nor had the later and very popular 300D Turbodiesel. My grandma was not into diesels nor the flamboyance of a coupe, so a

Pastel Blue 280E it was. Created under designer Friedrich Geiger and Chief Engineer Hans Scherenberg, the W123 seems more engineered than styled, and while Mercedes threw the engineering book at its new model, styling was nonetheless carefully considered. "We have attempted to create a balanced, dynamic, non-aggressive form – one that lends these vehicles a special character – by emphasizing horizontal lines both at the front and rear, suggesting a slight wedge shape from the side aspect, reducing the use of chrome trim and, in the truest sense of the term, introducing rounded lines," Scherenberg said. "We are as unimpressed by revolutionary leaps of style as by fashionable gimmicks." The wide chrome grille, quad round lamps, and ribbed taillights that are still echoed in the light patterns of modern Mercedes are memorable, but

style was an evolution of the Mercedes 600 flagship sedan that debuted in 1963. As with the 600, vacuum-operated central locking allowed owners to unlock or lock all portals from either front door or the trunk. Doors thunked close as if stamped from military-grade steel. Later models pioneered airbags and anti-lock brakes. **From The Inside**
I loved riding in that car before child seat laws. I'd sit on the flip-down armrests where I could see the wide hood with star at the end. My grandma would turn the key in the dash, click the gear selector through its notches, grab the large rubberized steering wheel, and off we'd go. Springy seats and a wafting suspension seemingly erased any unpleasantness beneath. Whether driving to the Ft. Wayne Zoo, Holiday Inn at Beef & Boards, or Daytona Beach with my parents, that car felt as safe as my grandma's arms.

My neighbor in Indianapolis, Jon Dawes, owns a very different W123 – a 1983 240D with right-hand drive and a manual transmission. A fair portion of W123s sold in the U.S. were 300D Turbodiesels. They had a larger five-cylinder engine and the turbo gave them almost livable performance. Jon's car with the smaller non-turbo engine has about 70 horsepower, but fuel economy is quite good. With just 215,000 miles on the odometer, it's still a young car. Diesel-powered W123s routinely travel over 500,000 miles with 1,000,000 miles not strange at all. They go slowly into forever, which is why so many found favor as taxis around the globe. Even with the top 2.8-liter inline-six, my grandmother's car was not fast. It produced just 142 horsepower, routed to the rear wheels through a four-speed automatic transmission. During a test with Motor Trend, one ran 0-60 mph in 11.9

seconds. Fuel economy rates 14/19-MPG city/highway, or about the same as today's V8-powered Chevy Suburban. Compared to American luxury boats, though, those numbers were frugal. And, unflappable handling from the four-wheel independent suspension was decades ahead of American luxury sedans. This was a '90s car built in the '70s. **A Legend Still**
My grandma was in good company as the W123 was popular among celebrities as varied as Bonnie Tyler, Barry Gibb (Bee Gees), Rue McClanahan (Golden Girls), and Lady Gaga. Like Rue, my grandmother eventually traded in her W123 for a newer Mercedes – a 1987 190E and later the 1995 C220 I inherited. The W123's gauges, gear selector, controls, seats, and handling are virtually identical in the C220 from twenty years later. There was simply no need to change them.



CASEY WILLIAMS
Auto Reviews

The W123 was the kind of car that owners, like Lady Gaga, who could afford new cars, saw no reason to get rid of the one they already had. It was epically durable and rewarding to drive. It exudes class in any era. Gaga looks just as chic stepping out of hers in Versace as my grandmother did in dress slacks and sandals the day she drove away. Storm Forward!
Send questions and comments to Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey.

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Shawn Fain's United Auto Workers



BRIAN HOWEY
Howey Political Report

Buried deep in the wallet of Shawn Fain is a well-worn pay stub of one of his two grandfathers. It's a reminder of where the

new United Auto Workers president comes from, here in the City of Firsts.

Two of his grandparents were General Motor retirees at Kokomo and one worked at Chrysler starting in 1937. Nine years later in 1946, the UAW's negotiation strategy with the then-Big Three American automakers was to bargain with one, and then use that template for the other two.

Fain is now in the vortex of the American labor movement. He was elected as president of the UAW in March after beginning his career as an electrician at the Chrysler Kokomo Casting Plant. His election was seen as a sea change in the world of auto-making.

"He's always been a labor activist. He was always locally popular with rank and file members," said former Kokomo Mayor Greg Goodnight, who worked for Haynes International and was a union president at the same time as Fain was at Chrysler (now a unit of Stellantis).

But Fain is doing his negotiations in Detroit far differently than his predecessors. The UAW's contracts at the Detroit automakers expire at 11:59 p.m. Thursday. He said on Wednesday that while there has been progress, the four sides are still far apart.

"All sides are watching what the others are doing, then trying to match them or offer something that is more advantageous to their balance sheets while still meeting a union demand," the Detroit Free Press reported. "That's precisely what UAW President Shawn Fain had in mind when he decided this year to negotiate national labor contracts with all three

manufacturers at once, and very publicly, refusing to name one company as the negotiating lead, instead playing each car company and their offers off the others."

What Fain and the Detroit carmakers decide will have a big impact in Indiana, which is part of the UAW's Region 3, where membership peaked in the 1950s at 140,000. In 1982, Indiana's membership in Region 3 of the UAW was 100,000. By the 1990s, membership in Region 3 had fallen to 85,000, and it faced the challenge of the continuing decline of U.S. automobile industry plants.

In the year before the Great Recession put Chrysler and GM on the brink of extinction in 2008, "Shawn was anti-ratification due to the agreement implementing tiers and cutting wages for workers in half," the UAW website said. "Many times, at council meetings, he was ostracized for speaking up against the agreements as they didn't serve the best interest of the Membership."

Fain was asked on CNN earlier this week whether a strike at the Detroit automakers could damage the recovering U.S. economy. "In the last decade they made a quarter of a trillion dollars in profits," Fain said. "In the last six months alone they made \$25 billion in profits. In the last four years, the price of cars went up 30%. CEO pay went up 40%. No one said a word; no one had any complaints about that."

"Now, God forbid, workers actually ask for their fair share of equity in the fruits of the labor and the product they produce, and all of a sudden it's the end of the world," Fain said. "It's not that we're going to wreck the economy. We're going to wreck their economy, the one that works for the billionaire class. It doesn't work for the working class."

Fain also isn't reticent about wading into American politics. This comes as the House Republican Study Group formerly

headed by U.S. Rep. Jim Banks advocated a shift from Republican advocacy of big business to that of blue-collar workers.

Asked on MSNBC whether he plans to endorse President Biden for reelection, Fain responded, "We'll make that decision when the time is right. Our endorsements are going to be earned, not freely given."

He then pivoted to "the other person we talked about, the other candidate," meaning Republican presidential frontrunner Donald Trump. In 2020, Trump carried Howard County (home to GM and Stellantis plants in Kokomo) with 65% of the vote, to Biden's 33%, up from 63% in 2016. In Allen County (GM at Fort Wayne), in 2020 it was Trump 55%-43% over Biden. In Lawrence County (GM at Bedford) Trump carried it with 74%. In Grant County (GM at Marion) Trump won with 68%.

"I'll be real about that person," Fain said of Trump. "I'll never forget in the '16 race when he spoke about workers in Michigan, union jobs in the Midwest, he said we need to do a rotation in this country. We need to move those jobs to other places that pay less money and those people will be begging for their jobs back. That's not a person I want as my president. And then he made the comment recently telling people to stop paying their union dues," Fain said. "That's not someone who represents working-class people. He's part of the billionaire class and we ought not to forget that."

The Wall Street Journal observed on Tuesday: "Unions aren't the force in the U.S. that they used to be. That doesn't mean they can't pack a punch."

In the coming days, we'll find out how hard that punch is.

-Brian Howey is senior writer and columnist for Howey Politics Indiana/State Affairs. Find Howey on Facebook and Twitter @hwypol.

Uranium Mining Outside Of The Grand Canyon?

EARTHTALK

Dear EarthTalk:
What's the kerfuffle over uranium mining near the Grand Canyon?

Since the 1950s when uranium was discovered below the desert in the Grand Canyon region of Arizona, land managers, resource extractors, environmentalists and locals have debated the ecological impacts of mining this heavy metal that serves as an abundant source of concentrated energy for nuclear power plants and other applications. The Grand Canyon is a World Heritage Site and a protected national park; worries that uranium mining in the area could harm the environment and the park's natural resources are central to the debate. Meanwhile, uranium mining in the region poses a serious threat to the native people like the Havasupai who have called the Grand Canyon home for centuries.

In 2012, the Havasupai worked with then President Barack Obama for a 20-year moratorium on uranium mining in the region because the mining could threaten the tribe's only water source, Havasu Creek. The harmful tailings from the mining, loaded with heavy metals, could contaminate the creek, rendering the water non-potable. Operations

would also endanger sacred and cultural sites. And so, the danger to the Havasupai land seemed to be diverted.

But the can was only kicked further down the road: As climate change continues to rage on, interest in nuclear energy has resurfaced, and mining companies have started nosing around the Grand Canyon region again, this time just outside of the national park where uranium reserves are reportedly abundant without the red tape of being on federally protected land.

Furthermore, mining companies say they can go about their business with minimal impact given the advent of better mining technology. Energy Fuels Resources, the company that owns the only claim in the Grand Canyon area, says they can operate without affecting the groundwater, and that they are just as dedicated to preserving the land as everyone else. Local Arizonians also support the mining, with local officials preaching about the stimulating effect the operation would have on the local economy.

However, the miners have been faced with some pushback by Democrats and the White House. The land surrounding the Canyon makes up less than two percent of uranium reserves in the U.S., so why not look elsewhere? President Biden took

executive action on the issue, using the Antiquities Act to create the "Baaj Nwaavjo I'tah Kukveni—Ancestral Footprints of the Grand Canyon National Monument," a massive 900,000 acre preserve to federally protect the lands of tribes like the Havasupai. And although it won't completely shut down all mining operations outside the Canyon—claims to nearby Pinyon Plain have been affirmed by the federal courts—the monument does stand as a victory for native tribes in the region. It appears that the native people have struck gold in protecting their culture and identity for the near future.

CONTACTS: New national monument comes after more than a decade of advocacy by Native nations, npr.org/2023/08/08/1192556327/new-national-monument-comes-after-more-than-a-decade-of-advocacy-by-native-natio; Biden Protects Land by Grand Canyon but Will Still Allow Mining, bnanews.bna.com/environment-and-energy/bidens-grand-canyon-monument-declaration-wont-block-all-mining-1; Keeping uranium mining out of the Grand Canyon, grandcanyontrust.org/grand-canyon-uranium.

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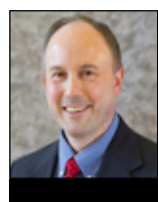
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Let's Try And Get Some Sleep, A Deeper Look Into Insomnia



JOHN R. ROBERTS, M.D.
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Medicine

This week I want to focus on basic prevention and treatments for insomnia. If the cause of insomnia is not readily identifiable

it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at bit.ly/3KHxjE7.

Poor sleep hygiene is one of the most common things we find when taking a sleep history or reviewing a sleep diary. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When we ask patients what they do when they can't fall asleep in a few minutes, most people answer that they continue to lie in bed and watch the clock. A key concept to remember is that the bedroom should be reserved for sleep and sex. It should not be used for watching TV, surfing the Internet, playing video games, doing work, exercising, etc. Your brain needs to be trained that when it's in that room it should be relaxing and recharging. Your bedroom should also be cool.

If you find yourself in bed unable to fall sleep, you should get out of bed and go to another room. Engage in a low-energy activity such as reading (no electronic screens). The room should have the minimum light you need

to do the activity. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes before retiring. A warm bath or shower before bedtime can be helpful for most people. A light snack may also promote drowsiness.

Having a consistent wake time is more important than a regular bedtime. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and maintain the same schedule as closely as possible and get the same total number of hours in bed that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax. Cognitive Behavioral Therapy for Insomnia (CBTI) is very helpful for most people; you can read more here: mayocl.in/2LSrmp8.

I touched on medications last week, but I want to briefly mention drugs that frequently

cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine (Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the absolute last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into deep restful stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps 1/2 to 1 mg, and to take it in the evening since our body's natural production starts to ramp up just after dark. Prescription sleep medications should be the absolute last resort for treating insomnia - they really don't have a significant effect. These medications are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at bit.ly/39XAkPC. Sleep specialist Dr. Chris Winter spoke recently at Wabash College. I would recommend his book, "The Sleep Solution: Why Your Sleep is Broken and How to Fix It." He also produces the podcast "Sleep Unplugged with Dr. Chris Winter" found on most podcast players.

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

Talking With Strangers



CARRIE CLASSON
The Postscript

I got anxious again today.

I think I am getting better at leaving anxiety behind, and then anxiety says,

"Not so fast! We have more work to do."

Usually, this has to do with my writing: "Is it good enough? Does she hate it?" But not always. Sometimes I will post something on Facebook, and someone will take offense. Since I make an effort to never post anything controversial or unkind, this always shocks me and makes me wonder if I have any idea how I sound when I write. Since writing is pretty much all I do, this concern starts to bang around in my brain like a kitten knocking things off the shelf.

"What was I thinking?" I wonder. But I don't actually remember thinking anything at all. I will make comments I imagine are helpful or clarifying, and end up offending someone and wondering why I did not just remain silent.

The best thing to do at this point is to take a walk.

On my walk, I usually encounter a few homeless people. The Catholic Church nearby feeds them and provides other ser-

vices, so there are usually a handful of folks, who have some kind of problem that I have never had to deal with, waiting in the summer heat or the winter cold for the doors to open so they can get the help they need. I talk to these folks as I walk by. Some of them ignore me. Most of them smile and return the greeting.

But occasionally, I meet someone who just stares at me, like, "What is her story?"

And the funny thing about this is that they assume I have one.

"It's going to be cooler tomorrow!" I announced yesterday to a gentleman sitting on the steps. Only as I got closer did I notice he had his head under his T-shirt. He pulled it out when he heard me.

"It's going to be really cool," I repeated to the confused-looking fellow. "Much cooler than normal!"

He stared at me as if I was speaking in code. I could tell that—whatever he thought of me—he assumed I knew what I was talking about. He thought I had it together. He had no way of knowing how many days I wondered if hiding under my own T-shirt might not be the best strategy.

I realized by then that he had some cognitive problem, but I felt I needed to

wrap up the conversation anyway—just for the sake of politeness.

"So, you take care, OK?"

I waved and headed off, realizing I had just embarrassed myself in front of a man who was hiding under his own T-shirt.

We are all making up stories for one another without knowing what the real story is.

The story I make up for myself when I am anxious is that I am failing—somehow, somewhere—and no one has told me how or why. But I have no idea why that man was hiding under his T-shirt, and I'm betting his reasons were a lot better than mine.

By now I know that my anxiety is a mood, that it will pass. As uncomfortable and demanding as it is in the moment, it is almost impossible to remember after the fact. Walking helps. And talking to people—even folks who seem a little confused—helps as well.

It is cooler today—just as I promised the fellow on the steps it would be. I am going to put on my shoes right now and talk to some strangers.

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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BETSY From Page A1

Graham, retired teacher and track and cross country coach at NHS, who rarely misses a Noblesville photo moment with his own camera, was the parade's grand marshal, riding in a red Oldsmobile Cutlass convertible.

NHS Millers football seniors were the first of the athletes to appear in the parade as the players rode on the back of a trailer decorated with gold and black balloons and the Miller flag. Then they were followed by NHS junior football players, sophomore players and freshmen players on flat-bed trailers and wagons.

NHS Miller Man and the NHS Miller cheerleaders walked and gave out candy and rode floats. A "Seniors 2024 Cheer" float featured a "Beaver Stadium" sign and black and gold and white and purple balloons.

NHS Class of '74 featured a dozen members of the 50-year class waving from a float with a sign that read, "Class of '74, Go Millers! Pluck Eagles! '70s Rock."

The NHS Alumni Association board members, NHS grads Peggy Beaver, Terri Sigman-Kennedy and Michelle Dixon rode in a golf cart driven by board member Charlie McMillan Jr.

The Noblesville Soccer players parade entry was easily identifiable with a giant soccer ball on the parade-entry trailers, as was the Noblesville Basketball players with a giant basketball. Noblesville Lacrosse had several floats with players, including some dressed in the parade theme of "Rio Carnival."

All of the different school sports were represented, including Noblesville Girls Track with players carrying an almost lifesize poster of the seniors, Boys Tennis players held up senior team members' faces made onto big head cutouts, Girls Soccer float featured "parrots" perched and flying above. Miller Baseball, Noblesville Swim Club, Miller Softball, Unified Cheer and Unified Track & Field and Unified Bowling and Student Government were represented. NHS news media float had news articles plastered to the back of the trailer. Noblesville Wrestling Club and a small train of players riding with signage that read "Grow Girls Wrestling." There were floats for Men's and Women's Volleyball, Rugby, Millers Cross Country, Miller Dance Team and Girls Golf Team. NHS Orchestra performed on a float. Characters from NHS Choir's upcoming fall musical "Cinderella," on stage Nov. 16-18, joined NHS Singers and New Dimension show choirs with seniors walking and riding on decorated trailers. Plus, Noblesville Young Life, Lend a Paw, Riley Dance Marathon, and more were featured in the parade.

Did I miss naming any groups? Probably. Some floats and parade entries could have been better labeled as to the name of their group, on not only the back of the parade float but also on the sides of the float, so that parade-goers along the parade route would know what group they were watching.

It was fun seeing all of the students on their floats. And this goes to show that the community still loves their parades.

-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at betsy@thetimes24-7.com



The Times photo by Betsy Reason

The Noblesville High School Marching Millers, which performed Neil Diamond's "Sweet Caroline," were the first group in the Noblesville Homecoming Parade on Friday through downtown Noblesville.



The Times photo by Betsy Reason

The Noblesville Fire Department's Ladder truck appeared in the Noblesville Homecoming Parade on Friday through downtown Noblesville.



The Times photo by Betsy Reason

Noblesville High School Dean of Students Jeremy Luna was easily spotted using a megaphone while supervising the crowd at Ninth and Logan Streets, just before the Noblesville Homecoming Parade began on Friday afternoon.



The Times photo by Betsy Reason

Noblesville resident Kent Graham, retired teacher and track and cross country coach at NHS, who rarely misses a Noblesville photo moment with his own camera, was the Noblesville Homecoming Parade's grand marshal, riding in a red Oldsmobile Cutlass convertible.



The Times photo by Betsy Reason

Noblesville High School Class of '74 featured a dozen members of the 50-year class waving from a float with a sign that read, "Class of '74, Go Millers! Pluck Eagles! '70s Rock."



The Times photo by Betsy Reason

Noblesville High School Orchestra members performed aboard their float during the Noblesville Homecoming Parade.



The Times photo by Betsy Reason

Noblesville High School Marching Millers perform during the Noblesville Homecoming Parade.



The Times photo by Betsy Reason

Characters from Noblesville High School Choir's upcoming fall musical "Cinderella," on stage Nov. 16-18, joined NHS Singers and New Dimension show choirs with seniors walking and riding on decorated trailers.



The Times photo by Betsy Reason

Noblesville High School Miller football teams have several floats for each grade, including this wagon for freshmen players, during the Noblesville Homecoming Parade.



The Times photo by Betsy Reason

Noblesville High School Marching Millers perform during the Noblesville Homecoming Parade.



The Times photo by Betsy Reason

Noblesville High School Cross Country float features seniors during the Noblesville Homecoming Parade.



The Times photo by Betsy Reason

A colorful Noblesville High School Girls Golf float celebrates the parade theme of "Rio Carnival" during the Noblesville Homecoming Parade.

COOKIE

From Page A1

Through the program, students are meeting biology and nature academic standards by cultivating habitats for imaginary creatures like Cookie Monster. These three-dimensional habitats incorporate the study of elements such as water, food, air, growth, homeostasis, cellular organization, and energy use.

Allowing students to pursue a creative outlook in applying their science learning brings lessons to life in a way that generates deeper questions, engaging discussion, and thoughtful debate. Oh, and it's also a lot of fun. Who doesn't love Cookie Monster?

COMING

From Page A1

facility will house production clean rooms, analytical and microbiology laboratories, packaging and logistics systems, and precursor isotope recycling systems. The company plans to begin production of GMP-grade Lu-177 n.c.a. - a radioactive medical isotope used in pharmaceuticals for targeted cancer treatment - for delivery to its key customers by the end of 2024.

"The state of Indiana and the city of Westfield have rolled out the welcome mat," said Todd Hockemeyer, CEO of Isotopia USA. "This support from our new community will help accelerate our efforts to bring this critical medical isotope to the market as soon as 2024. Indiana is one of the most business-friendly states in the U.S., while Westfield is an ideal community with great schools and excellent housing. We look forward to being a corporate partner with the city and state to create highly desirable, well-paying jobs in this exciting field doing good work treating cancer."

Isotopia USA will begin hiring immediately, filling positions for technical, engineering, quality and scientific personnel over the next 24 months. The company plans to invest heavily in employee training to support the growth and success of its first U.S. location.

"I am thrilled to welcome Isotopia USA to Westfield," said Westfield Mayor-elect Scott Willis. "Establishing their flagship production operation in our city marks a significant milestone for Isotopia and our community. This investment reflects the confidence Isotopia has in our skilled workforce and supportive business environment. We look forward to a successful collaboration as we continue to grow and innovate together."

Isotopia Molecular Imaging is a global pharmaceutical company that develops, produces and distributes cutting-edge diagnostic and therapeutic radioactive isotopes and advanced PET and SPECT radiotracers. The company, which has production operations in Israel, Europe and North America, supports a multi-disciplinary team of experts committed to expanding healthcare providers' power to diagnose and treat cancer with greater precision and safety. Isotopia Molecular Imaging offers an extensive portfolio of radiopharmaceuticals and cold kits, along with contract manufacturing services for pharmaceutical and research purposes and continuous professional guidance and support.

Based on the company's investment and job creation plans, the Indiana Economic Development Corporation (IEDC) committed an investment in Isotopia USA of up to \$1.1 million in the form of incentive-based tax credits and up to \$100,000 in workforce training grants. These tax credits are performance-based, meaning the company is eligible to claim incentives once Hoosiers are hired. The city of Westfield has committed additional incentives valued at up to \$1.42 million in support of the project.

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TUESDAY

Health and WELLNESS

Tuesday, September 19, 2023

A7

Managing Your Family's Year-Round Health



FAMILY FEATURES

Now is a good time to check in and make sure your entire family is protected from infectious diseases.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight off infections. Timely routine vaccinations, such as MMR (measles, mumps and rubella) and Tdap (tetanus, diphtheria and pertussis), are known to prevent around 4 million deaths annually, yet only 1 in 5 adults are up to date on their vaccines.

Convenience, accessibility and lack of trust all play fundamental parts in why vaccination numbers are low across some demographic groups and geographic regions. Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic, have emerged as accessible and convenient options for people seeking needed healthcare services outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

Routine preventive care, including vaccine administration, can take place at various points throughout the year and is not limited to a single season. Certain populations, such as people who are 60 years of age and older, those with chronic diseases and some minority populations, are more at risk for contracting certain infections and are encouraged to maintain updated vaccinations and boosters throughout the year. (For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.)

The CDC recommends everyone 6 months old and older get an annual flu vaccine. Influenza, more commonly known as the flu, is a highly contagious respiratory virus that infects the nose, throat and lungs, and could lead to serious illness, hospitalization or death. Dominant flu strains are constantly shifting and protection from a single flu vaccine declines

over time. To reduce the risk of getting or spreading the flu, it's important to get a yearly flu vaccination.

Retail pharmacies and clinics hold a unique position in the local communities they serve and are deeply committed to vaccine education and outreach. In addition to providing protection against illnesses such as influenza, vaccines also offer protection against hepatitis A, hepatitis B, varicella (chicken pox), measles, RSV, pertussis (whooping cough), COVID-19 and more. By equipping people with consistent, factual information, retail pharmacies and clinics empower them to make informed decisions about their health and the health of their loved ones.

Research shows schools and colleges have the potential to cultivate a higher disease transmission rate that affects all ages, from students to staff and teachers, due to the proximity of people within buildings. When students are protected against vaccine-preventable illnesses, they experience fewer absences due to illness, allowing them to fully participate in classroom activities and maximize their learning potential.

Ensuring children are current on their vaccines also creates opportunities for parents and caregivers to check their own preventive health statuses. The National Institutes of Health notes vaccine-preventable diseases cost the country approximately \$27 billion annually in lost wages and increased healthcare costs. Missing routine immunizations could result in missed work and medical bills that could prevent people from being able to provide and care for their families.

Unlike some traditional healthcare settings, retail pharmacies and clinics are easily accessible. They are often located within local communities and have extended hours that cater to busy schedules, allowing flexibility for people getting their families vaccinated. In fact, 90% of the U.S. population lives within 5 miles of a pharmacy. Options like the Kroger Family of Companies' Pharmacies and other retail pharmacies have established vaccine clinics within their pharmacy and

clinic locations, making vaccinations a seamless and convenient part of the healthcare experience they provide.

Annual Gallup Polls consistently show pharmacists and nurse practitioners are among the most trusted people in the medical field. Healthcare professionals at retail pharmacies and clinics undergo rigorous training and possess in-depth knowledge about vaccines, proper storage and handling as well as administration techniques. These professionals contribute to the

confidence of their patients and the health of the community at large.

Retail providers disseminate accurate information about vaccines and address vaccine hesitancy and misinformation within their local communities. By prioritizing proactive vaccinations, retail pharmacies create an environment that supports the overall well-being of students, teachers, staff and families alike, helping communities live healthier lives.

To learn more about annual vaccination needs, visit [kroger.com/vaccinations](https://www.kroger.com/vaccinations) or plan a visit to a local pharmacy or clinic.



Stay Up-To-Date on Recommended Vaccines
Check the boxes on this form to keep track of your and your family's vaccinations

<h3>Infant to Age 15</h3> <p><small>Please note: The Kroger Family of Companies' Pharmacies and The Little Clinic can only administer vaccinations for children 12 months and older.</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hemophilus Influenzae Type B (Hib) <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Polio
<h3>Age 16 to 49</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hepatitis A <input type="checkbox"/> Hepatitis B <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 50 to 64</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 65+</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Flu (Influenza) <input type="checkbox"/> Pneumonia (Pneumococcal) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> RSV (Respiratory Syncytial Virus)

For more information or to make an appointment, please visit [Kroger.com/vaccinations](https://www.kroger.com/vaccinations)

You may be eligible for other vaccines based on underlying medical conditions or other considerations. Please talk to your healthcare provider for a recommendation on which vaccines are right for you.

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Kickoff Cravings

Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegate is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes. Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, hall-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors – beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives – and adds a twist with the Fresh Express Butter Supreme Salad kit. This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes

Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil. In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.

