

➔ TODAY'S VERSE

Matthew 6:33 But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.



➔ FACES OF HAMILTON COUNTY

People who call our community their own. What makes Roy Reynolds smile? "My wife, Julia," said the Noblesville resident who celebrated their 51st anniversary this year. Roy and Julia Reynolds present "The Roy E. Reynolds" Show from 6 p.m. to 8 p.m. today (Saturday) at the Noblesville Jim Dandy. The performance will take place as patrons are dining. For nearly 50 years, Reynolds has been performing Elvis songs for private and public events, and he also performs his own show of favorites. Reynolds' passion for Elvis began as a child, growing up in Noblesville. "I was 6 years old (in 1956). I remember my sister, more than anything, going crazy for this guy. For the longest time, I was buying records. I was hiding them in the bedroom, listening to Elvis music, learning the songs," he said. In 1972, he and his wife, Julia, then 5 months pregnant, saw Elvis in concert at the Indiana State Fair Coliseum in Indianapolis. "He rocked the house," Reynolds recalled. That same year, Reynolds saw "Little Elvis" Gary Gillespie performing "an Elvis routine," but he didn't look much like Elvis. So, Reynolds asked his wife what she thought about him doing his own Elvis tribute, since he knew all of the songs, had the moves and kind of looked like the King of Rock and Roll. Reynolds' first gig was a Christmas party for an insurance company using 8-track tapes of Elvis music and singing over Elvis' voice. He went on to perform Elvis tributes in a band. He still does his Elvis tributes but has come full circle, now performing again to pre-recorded music; although he brings along his Elvis guitar. Other upcoming gigs, after tonight's show, in Noblesville include "The Elvis Sighting" at 1 p.m. Oct. 21 at the Noblesville Senior Citizens Organization; and at 6 p.m. Oct. 22 at Noblesville Lakeview Wesleyan Circle of Hope Church with pitch-in snacks at 5 p.m. Reynolds still has a full head of hair and his own sideburns (like Elvis). He said that he'd continue performing "as long as I can sing a song."

And Another Thing...

1. CAMP BOW WOW@ NOBLESVILLE CELEBRATES GRAND OPENING

Camp Bow Wow®, the leading doggy day care and boarding franchise, will host a grand opening celebration in Noblesville on Saturday, Sept. 30, from 11 a.m. to 2 p.m. at 17661 Cumberland Road, Noblesville. The fun-filled event will feature dogs for adoption and a variety of on-site vendors and activities, including: Free treats from Three Dog Bakery for the first 50 attendees, Training demonstrations from Pawstive Progress Training, Food from Tijuana Flats Food Truck, \$10 microchipping and free DAPPV vaccinations from Homer's Helpers, Customizable license plates from Pet Friendly Plate, Free caricature drawings of pet parents and pups, Camp tours every half hour, Raffle prizes, including a prize basket and custom portrait of the winners' dog. Adoptable dogs from: Animal Protection League, Prison Greyhound's, Taffy's Touch Senior Dog Rescue, Forever We Love, Madison County Humane Society, Pet Friendly, Indiana Sheltie Rescue, Homer's Helpers

2. Volunteers Needed:

The Westfield-Washington Historical Society is in need of volunteers to host the opening of the Museum and Barker Cabin. The Museum and Barker Cabin are open Saturdays from 10:00 AM - 2:00 PM. For those who have not volunteered for one or the other, training will be provided. Please consider helping the Historical Society by volunteering to be a Museum or Barker Cabin host. We need two volunteers for Saturday 23rd immediately. Text Jeff Beals at 317-460-4844 or email jbeals@wwhs.us to be scheduled.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM

Boomer Bits

Ask Rusty - Nonagenarian War Veteran Asks About Extra Credit For His Service

Dear Rusty: I'm turning 95 this year and am caretaker for my wife in our 70th year of marriage. I served before 1968 (1951-53) during the Korean War. How do the "special extra credits for military service" work for me? Is it retro-active? My wife, who only worked a short time, gets half of my Social Security so would it affect hers, too? Signed: Korean War Veteran

Dear War Veteran: First, I want to express my gratitude for your war-time service to our country and I also applaud your 70 years of marriage. Thank you, and congratulations!

Regarding the "special extra credit" for military service, Social Security FICA taxes weren't withheld from military pay prior to 1957 so you didn't pay Social Security payroll taxes (FICA) from your military earnings during the years you served. As a result, Social Security would have no record of your military earnings during those 1951-1953 service years. But when you claimed Social Security later in life they would have asked if you served in the military and given you "special extra credit" in the form of presumed earnings for your service years. They likely would have asked for a copy of your DD-214 and would have added \$160 to your earnings record for each active duty month during those 1951-1953 years. Note they do



ASK Rusty Social Security Advisor

Social Security Matters

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

not give you an extra amount of Social Security; rather, for benefit computation purposes, they reflect your earnings for those years a bit higher than are shown in your earnings record (which would likely show zero for your service years). For example, if you served 12 months active duty in 1952, when your Social Security benefit was calculated they would consider your 1952 earnings as \$1,920 (\$160 x 12), instead of the zero shown in your record because you didn't actually pay FICA tax on your military pay. But whether those extra earnings credits would have any effect on your Social Security benefit is a separate item.

Assuming you had earnings from regular employment over your lifetime and paid into Social Security from those non-military earnings, you became eligible for Social Security benefits from earnings outside of your military service. If you worked and earned a decent salary for at least 35 years, then those special extra credits for your military service years

would have no effect on your Social Security benefit. If you had less than 35 years of regular non-military employment, then those extra earnings added for your military service years counted and provided you with a slightly higher Social Security benefit when you claimed.

So, the bottom line is this: if, over your lifetime, you worked for at least 35 years paying into Social Security via FICA payroll or self-employment tax, then the "special extra credits" for your military service years had no effect on your Social Security benefit. But if you worked less than 35 years in which SS taxes were withheld from your earnings, then those "special extra credits for military service" contributed to and increased your Social Security benefit when you claimed. However, even if you worked for over 35 years outside of the military and the extra credits didn't matter for your Social Security benefit, your service to our country did, indeed, matter a great deal. From one veteran to another, thank you again for your service to our country.

BBB Tip: Protecting Older Adults From Scams And Abuse

Like many of us, older adults are often targeted by con artists. Many victims don't ask for help until it is too late! Help your friends, family, clients, or patients avoid fraud by knowing the signs of current or impending fraud.

Warning signs that fraud may occur:

Frequent junk mail and spam calls. Incoming junk mail (illegitimate sweepstakes offers, etc.) or receiving frequent calls from people offering valuable rewards or asking for charitable donations are signs that fraud could easily occur or may have already occurred.

Unfamiliar payments are being made. Checks written or payments made to unfamiliar or out-of-state companies should be a red flag.

Acting secretly about phone calls or messages. When someone hides or acts secretly about phone calls and messages, it could signify that they have engaged a scammer.

Sudden problems paying bills or buying food and other neces-

sities. A sudden lack of funds could mean an individual's money is being drained in some form of scam activity. The cause should be investigated to rule out fraud.

Tips for helping your loved one avoid fraud:

Become familiar with common scams targeting older adults. Knowing the most common tactics used to target older adults can help you more quickly identify when scams occur.

Emphasize the criminal nature of telemarketing and email fraud. Help your loved one learn how to identify it and help them understand that these tactics are illegal. In participating, it is possible they could be pulled into criminal activity unknowingly.

Encourage the person to ignore phone calls and messages that appear suspicious. Don't reply to or click links within emails or text messages they are unfamiliar with.

➔ See BBB Page A6

➔ See JOHN Page A6

➔ INSIDE TODAY

Service Directory.....A5
Home.....A6
Travel.....A7

➔ HONEST HOOSIER

Sigh. So long summer. Today is the first official day of fall. Yeah, yeah, some of you like fall. But some of us miss summer already.



➔ TODAY'S HEALTH TIP

Mosquito repellants containing DEET are the most effective and are safe for anyone those older than two months. 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

"Autumn is the antidote to stifling summer."
-Terri Guillemets

➔ TODAY'S JOKE

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge. Seated at the bar is an elderly looking lady. The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, "So tell me, do I come here often?"

➔ OBITUARIES

Charles A. Price, Jr

The Times appreciates all our customers. Today, we'd like to personally thank **KERWIN & CHERYL KAUFMAN** for subscribing!



The Daily Almanac

Sunrise/Sunset
RISE: 7:34 a.m.
SET: 7:45 p.m.



High/Low
Temperatures
High: 80 °F
Low: 58 °F



Today is....

- Museum Day
- Kiwanis Kids Day
- The First Day of Fall

What Happened On This Day

• 1952 Nixon Makes his Checkers Speech. The televised speech was made by then-Vice Presidential candidate Richard Nixon as a response to accusations of corruption and use of campaign funds for private expenses. The speech received its name due to the mention of Checkers, a dog he had received as a gift for his children.

• 1909 Phantom of the Opera makes its Literary Debut. The novel about a disfigured musical genius was written by French writer Gaston Leroux. It was first published as a series in the French newspaper, Le Gaulois. The novel was later adapted as a popular musical and as a film.

• 1889 Nintendo is Founded. The Japanese gaming company was created by entrepreneur Fusajiro Yamauchi as a card company called Nintendo Koppai, which was based in Kyoto. The company originally produced and sold playing cards called Hanafuda.

Births On This Day

- 1930 Ray Charles American singer-songwriter, pianist, actor
- 1926 John Coltrane American saxophonist, composer

Deaths On This Day

- 1994 Robert Bloch American author
- 1968 Pio of Pietrelcina Italian priest, saint

WTHR 7 DAY FORECAST

84 SUNNY AND WARM	58/80 MILD AUTUMN	52/79 COOL START, RICE	60/78 PARTLY SUNNY	59/77 SHOWERS POSSIBLE	58/75 RAIN CHANCE	59/75 RAIN CHANCE
FRI	SAT	SUN	MON	TUE	WED	THU

OBITUARIES

Charles A. Price, Jr

May 12, 1938, Monday, September 18, 2023

Charles A. Price, Jr., age 85, of Sheridan, Indiana, passed away at Wellbrooke of Westfield on Monday evening, September 18, 2023. Born in Clinton County, Indiana on May 12, 1938, he was the son of the late Charles A. Price, Sr. and Geneva Mae (Hubbart) Price.



He was a 1957 graduate of Sheridan High School, and a member of the Sheridan First Christian Church. Charles was a humble man of strong faith, and lived his life by those guiding principles. As a business owner in Sheridan and a lifelong resident, Charles seemed to know just about everyone in town. His career path started in 1954 at age 16, when he began working part time for Boyer Heating and Air Conditioning in Sheridan. Over the next 19 years, Charles would learn the ins and outs of the business, eventually purchasing it in October of 1973. Price Heating moved to its current location on 2nd Street in Sheridan in December of 1975 and has continued to be part of the fabric of the community that it serves. As if owning one business wasn't enough to keep the family busy most days, Charles added a second one into the mix. The Price family purchased McDonald Hardware of Sheridan in 1979, operating the family run hardware store until its sale in 2000 to its current proprietors. After 50 years in the HVAC business, Charles decided that it was time for his boys to do the heavy lifting at the shop so he could become "upper management" and eventually retire.

Charles had an amazing work ethic, combined with a personality that could instantly put you at ease in just about any situation. There weren't too many occasions that Charles couldn't find an opportunity to work in a story or two. Talking with people was his favorite part of whatever he was involved in. Charles had many interests in life, and as you would expect, most of them involved his family. He and his wife, Sherry, loved to go square dancing and country line dancing. They were also huge Sheridan Blackhawk fans. Blackhawk football was a family tradition, and they treated it as such, supporting it in whatever way they were able. He also enjoyed snowmobiling and racing go carts.

As the years carried forward, Charles and Sherry loved their newfound roles as grandparents, and later great-grandparents. If the grandchildren were involved in it, it instantly became top priority. Whether it was at the shop, going to ballgames, reunions, cookouts, chasing the grandkids, or just driving around town with Sherry riding shotgun, Charles cherished opportunities to spend time with family.

Charles is survived by the love of his life, his high school sweetheart, Sherry Rose (Hoover) Price. She and Charles were married on Christmas Eve of 1955. Also surviving are sons, Randy L. Price (Debbie) of Sheridan, and Jerry A. Price of Sheridan; daughters, Ramona K. Moore (Daniel) of Borden, Indiana, and Elizabeth A. Walden of Sheridan; 10 grandchildren; 21 great grandchildren; 2 great-great grandchildren; 3 sisters, Judith Ann Jessup (William) of Zionsville, Nancy Carole Keesling of Sheridan, and Linda Lou Williams (Jesse) of Sheridan; brother-in-law, Rex Hoover (Frances) of Texas; and sisters-in-law, Winona Moss of Sheridan, and Wilanna McClay of Westfield.

He was preceded in death by his parents, Charles A. Price, Sr. and Geneva Mae (Hubbart) Price; father-in-law and mother-in-law, William and Clara Mae Hoover; brothers-in-law, Kenneth G. Tuffy, John Robert Hoover, and Paul McClay; sister-in-law, Phyllis Quick and her husband, Martin; and by his two canine BFFs, Coffee and Kenya.

Services will be held at 2:00 PM on Saturday, September 23, 2023, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with visitation from 11:00 AM until the time of service. Burial will follow at Crown View Cemetery. Pastor Michael Srbljan will be officiating.

In lieu of flowers, memorial contributions may be presented to the Sheridan First Christian Church or to the Leukemia and Lymphoma Society.



Photo courtesy of Rob Slaven and Indy Ghost Light Photography

Set designer Jay Ganz of Fishers said his favorite part of the set that he designed for "Sweeney Todd: The Demon Barber of Fleet Street," on stage now at Basile Westfield Playhouse, is "the ground-row silhouette of London towering over and looking down on the location and people of Fleet Street and the walkway that circles the space essentially trapping these people in their existence."

Museum's Visual Artist Creates 'Fleet Street' Set For Westfield Playhouse



BETSY REASON
From The Desk Of The Editor

Team creating design visualizations and production drawings.

When he's not creating for the museum, he is highly sought after for his design talents to create sets for local community theaters.

Ganz' most recent set design work can be seen during Main Street Productions' "Sweeney Todd: The Demon Barber of Fleet Street," which opened Thursday and continues through Oct. 1 at Basile Westfield Playhouse.

I attended a dress rehearsal, and the set was amazing.

Playhouse patrons will be delighted, and horrified, by this awesome and eerie show that is set on Fleet Street in 19th century London, where this musical features nearly two dozen cast members singing 30 numbers in the two-and-one-half-hour show with one intermission.

Many months ago, Ganz began the thought process of creating the show's set with scenes that included a Dock and London Street, Mrs. Lovett's Pie Shop, Judge Turpin's House, St. Dunstan's Marketplace, a Basement Bakehouse and Fogg's Asylum.

Ganz read the script a couple of times, noting place and physicality of the production. Then he met with the show director, Noblesville's Andrea Odle, to get a feel for her concept of the show, followed by getting to know the space at the theater. "You need to know the space intimately to work with its capabilities and limitations," he said.

"Once I have these steps behind me, I will research the period and location and begin 3D sketching. I work digitally, so I tend to go straight to 3D modeling the set with pieces I have in mind, fitting them together in the space I created in 3D software. Then working out color, texture and final form."

Ganz spent about 60 to 80 hours spread over two months on the design project.

"Once I have a completed set, I break it down again to individual units ready for creating detailed pages for size and paint specifications," Ganz said. He handed off the 32

pages of design drawings to Andrea Odle's husband, Mason Odle, also a volunteer who headed up set construction for "Sweeney Todd."

Being that scenery should support the narrative of the production and not overshadow it, he contemplated simplicity and as much open space as possible for the large cast, "at the same time conveying the time period and location," Ganz said.

"I wanted the feel of a place where the lower classes live and work and where the middle class pass through," he said. "That part of London, that was along the river and looked down from the rest of the city in the distance. That place is known as Fleet Street."

It's Ganz' first time designing a "Sweeney Todd" set. He said, "I had always wanted to attempt the show. So when Andrea (Odle) asked me to design for this production, I was more than happy to."

It's also Ganz' first time designing a set for Basile Westfield Playhouse. "I was happy to get the chance to design for their relatively new space." (The Playhouse opened in 2020 moving from a former church-turned-theater on Indiana 32 in Eagletown.)

"If I had to choose something as a favorite, I guess it would be the ground-row silhouette of London towering over and looking down on the location and people of Fleet Street and the walkway that circles the space essentially trapping these people in their existence," Ganz said.

He didn't base his design from any other "Sweeney Todd" production. "I wanted it to be my own," Ganz said. "That being said, it is harder these days to research for a production without being influenced by images of other productions. Probably the only thing I may have borrowed as an idea for was the slide for the (barber's) chair. But even that, I had to adapt to fit this design and space."

Ganz is referring to scenes where Todd, a barber, kills his unsuspecting customers by slitting their throats, then sending them through a trap door behind the barber's chair to the basement. "The slide was born out of utility," Ganz said. "The chair had to be elevated as per the script, being that the barbership was over Mrs. Lovett's pie shoppe. This adds to the drama of disposing of Todd's victims. In addition, we needed

a safe way to transition the actors from the chair to backstage safely and effectively."

Ganz designs three to four sets a year for theaters. Currently, he's been working with Anderson University at Byrum Hall designing a set for "Side by Side by Sondheim" musical, directed by Kenny Shepard; and "Nunsense," directed by Cynthia Collins. He will also be designing a spring production of "The Laramie Project" for Anderson University.

Ganz has designed many set for local community theaters. He designed the set of The Belfry Apprentice Players' "Frozen Jr." in 2022 and "Honk: The Musical" in 2019; "Savannah Sipping Society" in 2019, "Brighton Beach Memoirs" in 2018 and "How to Succeed in Business Without Really Trying" musical in 2017.

Ganz' love for theater design came many years ago, growing up in Alma, Wis., a small river town on the Mississippi River. "I guess you could say I have had the theater bug since I was in junior high. My mother was into theater at the university she was attending, so after school we were always doing something at the university theater when she was involved in a production," he has said. His first theater experience was on stage as a character in "A Christmas Carol" produced at the university. Ganz graduated in 1978 from Blair High School in Blair, Wis.

Loving theater, he went on and studied scenic design and technical direction at Rochester Community College in Rochester, Minn., and St. Cloud State University in St. Cloud, Minn. In 1983, he moved to St. Paul, Minn., and spent 11 years working freelance in many of the theaters around St. Paul and Minneapolis.

"I did everything from construction to sound design, but my first love was scenic design," Ganz has said. "It was something I did that I could truly step back and see the results as they progressed to opening night. And that is the process I love. Especially when it can be realized well."

In between school and moving to the Twin Cities, he went back to Rochester and worked for two years for his old professor at college as a designer and technical director for the college theater. His first design was for "Of Mice and Men."

Ganz came to the Chil-



JAY GANZ

dren's Museum in 1995 as lead technician and scenic designer for the museum's Lilly Theater. In 2003, he was asked to become part of the museum's Exhibit design and production team as a design draftsman.

In his 28th year at the Children's Museum, Ganz is involved in the design process for all exhibits at the museum, the most recent being "Sacred Places," a multi-faith exhibit highlighting several religions and their community location from around the world. The museum is currently in the middle of producing a new holiday experience, "Winter Faire," slated to open mid-November. "If I had to highlight an exhibit that I had the most influence on, it would be "Beyond Spaceship Earth," a mockup of the interior and exterior of the international Space Station and provides visitors a glimpse of what it is like for people to live and work in space."

He also freelance designs for the Phipps Center for The Arts in Hudson, Wis., a theater for which he worked before moving to Indianapolis. He's currently working on a set for "Tuck Everlasting" and "Arsenic and Old Lace" for the Wisconsin theater.

Ganz said of Basile Westfield Playhouse's "Sweeney Todd" set-design project that he doesn't like to take all of the credit for the beautiful sets that are constructed by volunteers from his designs.

He attended opening night of "Sweeney Todd" on Thursday at the Playhouse and saw the finished set for the first time. "I was pleased with the way the production turned out. Andrea did a phenomenal job in the direction of the show, and Mason executed the build beautifully."

He said, "It has been great working with Andrea and Mason and the Westfield Playhouse on this production, and I hope to get the chance to do it again sometime."

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

46 HOME SERVICES
Handyman Services
TV Mounting • Light Ceiling Fans
Home Automation
Shelf Mounting • Plumbing Repair
10% OFF when you mention this ad
317.741.8666

A&J CONSTRUCTION & CONCRETE LLC
Concrete • All Exterior Work • Privacy Fencing
Custom Outdoor Living Areas
Adrien Busby 765-716-1513
Jose Rodriguez 317-560-7967

ALL AROUND HANDYMAN
David Ellsworth
765-568-3285
DRYWALL
PRESSURE WASHING
INTERIOR/EXTERIOR PAINTING
FENCING
CLEAN OUTS

AMP PRINTING
EST. 2019
765.610.3884
Free Quotes
Expert in Home Improvement, Paint, Drywall, Remodeling

BARKER'S ELECTRICAL & MORE
Free Estimates
Insured
317-379-4615
WE ARE A SUPERIOR ELECTRICAL COMPANY
SERVING INDIANAPOLIS & SURROUNDING AREAS

Cornhole Boards
Cornhole Bags
Scoreboards
Basic Cornhole Boards & Accessories
317.645.6258
Family Owned & Operated

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

IndianaPublicNotices.com • TheTimes24-7.com

Carmel Author Publishes Action Novel An Inspirational Story Of Family And Self-Belief

7th Soul, a new book by Michael N. Ruggiero, has been released by Dorrance Publishing Co., Inc.

Can Coby Rodriguez save the world?

After six lost babies, Dina Rodríguez gives birth to her healthy baby girl, Coby, who is deemed by a mystic to be the seventh of the good-natured souls that will play a key role in guiding Coby's life to an extraordinary destiny. After she graduates

from West Point at the top of her class, Coby is assigned to a harrowing mission to stop the diabolical plans of vengeful Fahid from destroying the entire capitalistic system of the western world. At great peril to herself and her family, Coby is forced to make many sacrificial choices 7th Soul's positive themes inspire self-belief, curiosity, and love for family.

7th Soul is a 372-page paperback with a

retail price of \$24.00 (eBook \$19.00). The ISBN is 979-8-89027-207-2. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For members of the press, to request a review copy, visit our virtual pressroom at <https://dorrancepressroom.com/7th-soul/> or to buy the book visit our online bookstore at <https://bookstore.dorrancepublishing.com/7th-soul/>.

2023 Westfield Yellow Tie Gala

We are only two weeks away from this year's Yellow Tie Gala! The Gala is our largest annual fundraiser, benefitting the Westfield Youth Assistance Program. This year's Gala is on the beautiful grounds of The Bridgewater Club on Saturday, October 7 from 6-10 p.m.

Activities at this year's Gala include our new Plinko Board, a silent auction, a photobooth, caricature artists, and live music from The

FlannelTones. Guests can enjoy selections from several local Westfield restaurants and a signature drink upon arrival. Keep an eye on our social media for participating restaurant announcements and our silent auction items.

It's not too late to become a sponsor or to purchase a corporate ticket package for your company. Information on sponsorships and ticket packages can be found on the Gala website. A limited number of

tickets are still available for purchase, so buy your tickets now so you don't miss out on this fantastic evening of fun for a great cause. Your support allows WYAP to continue to provide our services like mentoring, tutoring, and connections with mental health supports, camps, enrichment, behavior & attendance plan supports, and more for our youth ages 3-17 referred to our program. We would love to have you join us!

Hamilton County Lawmakers: New Career Scholarships Can Open Doors For Hoosier High School Students

Local lawmakers encourage high school students who want to pursue work-based learning and credentials outside the classroom to apply for the state's newly launched Career Scholarship Account program.

"For Indiana to remain economically competitive and for our students to be successful beyond the classroom, we need to ensure the needs of our students align with the needs of our employers," said House Speaker Todd Huston. "These scholarships open up opportunities for high school students to boost their skills before graduation, so they can be better prepared no matter what path they choose."

State Rep. Chuck Goodrich, author of the new law creating the accounts, said Hoosier students in 10th, 11th and 12th grades at a state accredited public or private school can receive up to \$5,000 to access qualified training opportunities. About 1,000 spots are available for the 2023-2024 school year and students can apply for a Career Scholarship Account until the Oct. 1 deadline.

"We know that Hoosiers need a credential beyond a high school diploma, like a certificate or degree, to succeed in today's competitive workforce," Goodrich said. "These new scholarships are a gamechanger for our students and can help pay for experiences that are key to helping them identify a career path and develop in-demand

skills."

State Rep. Donna Schaibley said Career Scholarship Accounts are available to high school students who are enrolled in a course or educational experience approved by the Indiana Department of Education. Eligible students may also be enrolled in an apprenticeship, applied learning experience, work-based learning and/or credential attainment experience approved by the Indiana Commission for Higher Education.

"I believe our local schools are doing a great job at skilling up our students and this program will help build on their efforts," Schaibley said. "Career Scholarship Accounts can make a big difference, particularly for low-income students, who want to explore work experiences outside of the classroom but were limited due to the expense of transportation or other costs."

Approved students will receive \$5,000 over four disbursements and can use the money toward certain qualified expenses:

- Expenses to enroll in and attend sequences, courses, apprenticeships, or programs of study;
- Career coaching and navigation services;
- Postsecondary education and training;
- Transportation and equipment;
- Certification and credentialing examinations; and
- Any other expenses approved by the Treasurer of the State.

According to State Rep. Jerry Torr (R-Carmel), approved courses and


classes, which are listed on the online application, can be in accounting, cybersecurity, information technology, software development, veterinary science and more.

"Hoosier employers are struggling to find qualified workers for high-paying jobs that require additional training," Torr said. "Providing our students with more opportunities to learn about career options and explore them is critical to their success, and it's equally important to today's job providers."

The State Board of Education is also reviewing high school diploma requirements to provide more flexibility in a student's schedule, so they can pursue work-based learning and apprenticeship experiences.

"Creating opportunities for high school students to explore career fields and gain valuable hands-on experience is a commonsense approach toward making their education more relevant and beneficial," said State Rep. Chris Jeter (R-Fishers). "This much-needed collaboration between schools and employers will help young Hoosiers identify and pursue their interests early on."


To learn more about Career Scholarship Accounts and enroll before the Oct. 1 deadline, click [in. accessgov.com/tos/Forms/Page/tos/csa-application/1]here. For more information, visit in.gov/tos/csa, email CSA@tos.in.gov or call 317-232-0723.



**INDIANA UNCLAIMED RETURNS
\$1 MILLION IN UNCLAIMED PROPERTY
TO HOOSIERS EACH WEEK**

**VISIT
INDIANAUNCLAIMED.GOV
TO SEARCH FOR YOU AND
YOUR LOVED ONES**

**TEXT
"DISCOVER"
TO
46220**



THE GUTTER GUY & ROOFING LLC



317-513-3634

ZACHFLOYD6@GMAIL.COM

METAL ROOFING	NEW CONSTRUCTION
SIDING	PLUMBING
GUTTERING	ELECTRICAL
ROOM ADDITIONS	REMODEL
CUSTOM KITCHEN	POLE BARNs
CUSTOM BATHS	CONCRETE

Become an author today!

DON'T WAIT!

Learn how to get your book idea sold online and at bookstores nationwide.

Call or visit us to get your FREE authors guide to publishing! **800-448-1964**

DORRANCE PUBLISHING CO. INC. EST. 1920 www.mybook100.com

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

IndianaPublicNotices.com

TheTimes24-7.com

TheTimes24-7.com

HCCB Fall Concerts

Fall is upon us, and that means that the Hamilton County Community Band is preparing for its annual fall concert scheduled for October 8 at 7:00 pm at the Noblesville High School Auditorium. The concert is free to the public and will feature some spooky favorites including selections from The Wizard of Oz and The Phantom of The Opera.

"The fall concert is definitely my favorite event because it allows the band to get back into some more challenging pieces after a lighter summer season," says Brian Swart, lead director and founding member of the band. "We love to raise the bar a bit for our fall and winter seasons."

Additional selections for the concert include: "Shadow Waltzes" by composer Brian Balmages; Jason K. Nitsch's "Coffin Races"; "Ammerland" by Jacob de Haan; and some sure-to-please spooky movie medleys.

The Hamilton County Community Band (HCCB), with 80-plus volunteer members, was formed on February 25, 2018, with a meeting between current director, Brian Swart along with Eric Thornbury, and Marc Feeney. These three

men saw a need for a true community concert band in Hamilton County. "Our mission is to have a "FUN" atmosphere that is inviting to all musicians," says Swart. HCCB performs multiple concerts in and around the Hamilton County area. Rehearsals are held weekly on Sunday evenings at Noblesville High School.

In addition to the October 8 performance, the band will also team up with the Hamilton Heights concert band on October 22 at the Hamilton Heights High School. This concert will begin at 4:00 pm and will feature the Hamilton Heights bands and a combined performance with the Hamilton County Community Band.

Please consider supporting this community endeavor on Sunday, October 8 in the Noblesville High School Auditorium at 7:00 pm and on October 22 at Hamilton Heights High School at 4:00 pm. Bring the family and grandkids and kick off the Indiana fall season. At the October 8th concert, a free will offering will be collected to help with the purchase of new music and equipment. HCCB also welcomes corporate sponsors.

Community Development Block Grants Now Open For Applications

Lt. Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs announced the second round of Community Development Block Grants for 2023 is now open for applications.

The following programs are currently accepting applications:

- Public Facilities Program
- Blight Clearance Program
- Stormwater Improvements
- Wastewater/Drinking Water

Funding for all CDBG programs comes from the U.S. Department of Housing and Urban Development and is administered by OCRA. The state of Indiana distributes CDBG funds to rural communities to assist units of local government with various community projects such as improving infrastructure, downtown revitalization, public facilities improvements and economic

development.

Proposal submissions will be collected via the electronic Grants Management System. Instructions can be found at in.gov/ocra/cdbg.

2023 Round 2 proposals are due by 11:59 p.m. ET on Friday, Oct. 20, 2023 and must be submitted here. Communities are encouraged to submit their applications prior to 4 p.m. ET on Oct. 20, 2023, as technical assistance will not be available after that time.

2023 Round 2 applications are due by 11:59 p.m. ET on Friday, Dec. 22, 2023 and must be submitted here. Applicants are encouraged to submit their applications prior to 4 p.m. on Dec. 22, 2023, as technical assistance will not be available after that time.

For further information on these programs, contact your assigned OCRA regional Community Liaison.

Westfield Library Foundation To Host Legacy Giving Seminar

Program to Educate Community on Wills, Trusts, and Estate Planning Donations

The Westfield Library Foundation will host a Legacy Giving Seminar for anyone interested in learning how they can support the Westfield Washington Public Library in their will, trust, or other estate plan. The event is scheduled to take place on Thursday, October 5 at 5:30 p.m. at The Bridgewater Club in Westfield.

"Designating the Westfield Library Foundation as a beneficiary in your will or trust is simple, costs you nothing now and creates a lasting legacy for our community," says Erin Downey, Executive Director for the Foundation. "This

program will show those in attendance how to ensure future generations are enriched by our community's greatest resource of history, culture, and imagination."

Phil Purcell will be the event's keynote speaker. Purcell has enjoyed a thirty-year career in planned giving and as counsel to nonprofits. He currently serves as the Director of Planned Giving for the Central Territory of the Salvation Army.

Space is limited for the seminar. If you're interested in signing up for this free event, please do so at the following link. <https://ow.ly/qC4150POzgn>

Brad's Remodeling/Home Repair
bradleypurvis317@gmail.com 317.653.7427

I do anything Indoor & Outdoor

Siding • Soffit • Gutters
Window Replacement
Free Estimates

RESIDENTIAL & COMMERCIAL
Free Estimates
BI-WEEKLY & WEEKLY CLEANING

574-612-8684

\$20 OFF FIRST CLEANING

CLEAN CUT LAWN & LANDSCAPING LLC

Aeration
Accepting New Snow Removal Contracts
Holiday Light Installation

317-428-9813

CLEANING WITH KAYLA

- Bi-weekly Cleaning
- Move In/Move Out
- Deep Cleaning
- Monthly Cleaning
- Post Construction
- Carpet Shampooing

317-610-9404

317-474-0834

Mulching - Shrubs - Hedges & Bushes
Tree Pruning Stump Removal & More
Proudly serving you since 1982

DANNY'S TREE SERVICE

317-361-5625

Private Lessons
Band Experiences
& Music Production
All Under One Roof

211 W Broadway St.
Fortville

Family Owned Since 1921

HUGHEY HARTMAN UPHOLSTERY

437 Gradle Drive
Carmel, Indiana 46032
hugheyhartman@att.net

317.844.4800
Larry Hughey • Owner

K-Ray's Auto Detailing

Call or Text **765-810-6210**
Kalum Ray

LEGENDS CONCRETE
NOAH MILLS
317-794-8425

Free Estimates

Serving all of Hamilton County Commercial Residential

LM Elite Cleaning Services

We Love The Cleaning You Hate!

Free Quotes **317-350-3195** Free Quotes

ND NOAH'S DETAILING
317-385-0929

We are here to protect your investment
Luxury • Marine • Recreational

Noah Champman Owner
Serving all of Indiana

Patio Furniture Repairs LLC

317-347-1181 • 317-702-1339

Specializing in Vinyl Strapping, Fabric Slings Repair, Custom Cushions, Wicker Re-coating

Rent a Man Tree Service

Fully Insured
Veteran & Senior Discounts

765-757-1713

Big or Small We Cut Them All

Spring Clean Up
Fall Clean Up
Lawn & Bed Maintenance
Leaf Removal
Mulch Planting

SANCHEZ LAWN & LANDSCAPE LLC
317-750-6422

CALL US! SAUNDERS CLEANING CO. 317 691 8614

FAMILY OWNED & OPERATED
COMPETITIVELY PRICED CUSTOM CLEANS
RESIDENTIAL & COMMERCIAL

EMAIL US! INFO@SAUNDERSCLEANING.COM

DEEP CLEANS
MONTHLY • REOCCURRING
MOVE-IN/MOVE-OUT CLEANING

10% OFF FOR AUGUST

Sunshine and Love Photography would love to get to know you and your story so we can create a beautiful memory together!

We offer a variety of services from families, graduates, maternity, newborn, milestones, boudoir, pets and more!

There are still sessions available for fall and Christmas minis.

Contact Emily at 317-750-5283 to book your time today

30 years in business Fully Insured

SWINFORD'S TREE SERVICE
317-281-8360

TREE TRIMMING • REMOVAL • STUMP GRINDING

50 years in construction

Windows ...and more! by Phil

Gutters • Roofing
Window Replacement

Check me out on Facebook: Windows by Phil

765.552.3076
765.635.7247 (Cell)

TheTimes24-7.com

need a **job?**
Find one in the classifieds.
317.770.7777

relax & enjoy

THE TIMES

Noblesville And Carmel Lions Support Gleaners In September



Photo courtesy of Noblesville Lions

On Thursday, the 21st, the Noblesville and Carmel Lions Clubs helped Gleaners pass out food to those in need. This was done at the Hamilton County Fairgrounds, and is done each month. A new change to the event is to allow each attendee to pick out their desired food items. Pictured: Kneeling is Phil Mellencamp, Gleaners North/West Service Manager. (frm left) Carmel Lions Bill Ryan and Matt Best; Noblesville Lions Jerry Baker, Joe Connerley, Ron Williamson, Dale Unger, and Steve Shaw

Letters

Reader Defends Todd Rokita

Dear Editor,
Conservatives are being silenced. While the left side is allowed to say or do anything with no accountability, people on the right are being prosecuted for telling the truth.

The latest display of unfair prosecution are the charges being brought against our Attorney General Todd Rokita for doing a television interview. How dare he inform the public?!

The charges stem from a case where an abortion doctor violated a patient's privacy by disclosing the abortion

was on a 10-year-old victim. This doctor was held accountable for her responsible act by the Indiana Medical Licensing Board. The bad acting doctor was rightfully both publicly fined and reprimanded for her confidentiality failure.

During an interview, Rokita was asked about the case, which is still ongoing, but there have been public outcomes already revealed. Well, to shut him up from exposing this bad acting abortion doctor, the Indiana Supreme Court Disciplinary Commission has filed charges against our Attorney General.

If this had nothing to do with abortion, we all know no charges would have been filed.

It is time to stop silencing people and reject that our supreme court has gone over to the dark side with their heavy-handed tactics of keeping the information on this abortion provider hidden. I appreciate that our Attorney General Todd Rokita is and has been honest with Hoosiers.

All Hoosiers should stand behind an Attorney General who has done nothing wrong.

Micah Beckwith
Noblesville



765-617-1802

**Plumbing
Repairs
Bathroom
Remodels
Sewer
Cleaning**

Free Quotes

David Farms Tipton, IN

We are a family owned & operated farm



- No Antibiotics
- No Steroids
- No Hormones
- Grain Fed

\$2.70 a pound hanging weight
We are the cheapest around!

FROM OUR FARM TO YOUR FAMILY

Gary David Austin David
765-434-2960 765-434-9501

Check us out on Facebook

LIVING WITH DIABETES CAN BE
PAINLESS

If you administer insulin 3 or more times per day or using an insulin pump, CALL NOW and learn how a Continuous Glucose Monitor CAN HELP YOU.

Get **FREE** shipping of your new CGM, plus we will bill your insurance for you... **AT LITTLE OR NO COST!**

CALL NOW! 866-641-0141

COPAYS AND DEDUCTIBLES MAY APPLY

The Times SERVICE DIRECTORY

AUTOMOTIVE

Alexander's
Auto & Radiator Repair

Hours:
Monday - Friday
8 AM - 5 PM

317-773-7098

820 Hannibal Street
Noblesville

FUNERAL SERVICES

BUSSELL FAMILY FUNERALS

Serving Hamilton County and surrounding areas

BussellFamilyFunerals.com

Donna Bussell
Owner/Director

1621 E. Greyhound Pass
Carmel, IN 46032
317-587-2001

FEATURED BUSINESS

Alexander's
Auto & Radiator Repair

Hours:
Monday - Friday
8 AM - 5 PM

317-773-7098

820 Hannibal Street
Noblesville

FUNERAL SERVICES

Indiana Funeral Care

indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood

HOME SERVICES

PHOTOGRAPHERS

RESTAURANTS

Jim Dandy Restaurant
Since 1964

Online Ordering is HERE!
Visit our new website at www.jdrest.com to order now!
Sign up for our email list to receive weekly deals and specials!

Monday - Saturday 6:30 AM - 9 PM
Sunday 7:00 AM - 9:00 PM

2301 E. Conner Noblesville 317-773-3288

BBB From Page A1

Have a calm discussion about securing accounts and monitoring finances. Helping older adults monitor their finances can be a great way to prevent scam activity and identify if it has occurred.

Help the person change their phone number. If constant calls continue, changing the person's phone number may be worth changing. Registering the number with the Do Not Call list is a great first step, although scammers won't necessarily follow the Do-Not-Call list laws. If unsafe calls continue, it may be best to change the phone number.

Recognizing abuse against older adults

The most common types of abuse are physical, emotional, financial, and verbal. The National Council on Aging says up to five million older Americans are abused yearly, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion. BBB recommends that family, friends, and caregivers learn the signs of abuse or neglect in older adults. Business owners dealing in the industry can share these signs with employees.

Signs of neglect:

Lack of basic hygiene, adequate food, or clean and appropriate clothing. When basic needs are not being met for an individual in the care of another, neglect should be suspected.

Missing medical aids or skipped doctor's appointments. Medical aids (glasses, walkers, hearing aids, medications) and regular physician visits are critical to a healthy and active life for older adults. If these things are absent or ignored, it could be a sign of neglect.

The person is often unsupervised. Caregivers must supervise their patient or loved one, especially if the person requires additional assistance because of dementia or other disorders. The level of supervision may vary depending on the needs of the person in care, but in all cases, a lack of supervision could be a sign of neglect.

The home is overly cluttered, in disrepair, or fire and safety hazards are present. An unsafe home can be a sign of neglect and should be addressed due to safety hazards. Caregivers are tasked, in part, with creating a safe and healthy living environment.

Signs of financial abuse or exploitation:

Lack of amenities the person could typically afford. A sudden problem with affording the basics, especially if the person was able to in the past (with no change in income), is a sign of financial abuse or exploitation. This could be from a family member, caregiver, or con artist.

Giving excessive financial reimbursement or gifts for care and companionship. Care and companionship are necessary and can take a financial toll occasionally. But if care costs drain an individual's bank account, it's time to investigate and re-assess.

The caregiver controls the person's money but fails to provide for their needs. A sure sign of financial exploitation is when a caregiver fails to provide an older person with adequate supplies, food, clothing, or other necessities.

The caregiver is overly concerned about the person spending money. Caregivers should be concerned with an individual's spending habits if it is damaging to their health or well-being. Still, average daily spending should not be of concern to a caregiver.

Unexpected or unexplainable property transfers such as a power of attorney or a new will. These can be especially concerning when the person in care cannot comprehend the transaction or what it means. When in doubt, family and friends should look into these transactions carefully.

Signs of psychological and emotional abuse:

Unexplained or uncharacteristic changes in behavior. A drastic change in demeanor or a withdrawal from normal activities is a red flag that abuse may be present.

Unexplained weight loss or appetite changes. If medical professionals can find no other cause, it may be worth investigating if abuse is the cause of a sudden change in weight or appetite.

The caregiver isolates the person from others. A caregiver should always be willing to help older individuals visit their loved ones and medical professionals.

The caregiver is verbally aggressive, uncaring, or demeaning. Older adults deserve genuine care and compassion. Rude, dismissive, or aggressive behavior from a caretaker should be a red flag for potential abuse.

Signs of physical abuse:

Inadequately explained fractures, bruises, welts, cuts, sores, or burns. Frequent and unexplained injuries are concerning, especially if the individual under care cannot recall daily events easily.

Additional resources for older adults and their loved ones can be found on BBB.org. For more information and to learn how to protect yourself, Google "BBB 10 Steps to Avoid Scams". If you spot a scam, whether you have lost money or not, report it to BBB's Scam Tracker at BBB.org/ScamTracker and the FTC at ReportFraud.ftc.gov. Your story can help protect consumers from similar scams.

JOHN From Page A1

election period from October 15 to January 1. As Hohsfield explained it, "that's a myth. We're talking about Medicare Supplement or Medigap plans, very different than Medicare Advantage. You can review and shop your Medicare Supplement plan outside of your open enrollment period, which starts six months from your part B effective date. After that, depending on the state you live in and different eligibility rights, you can switch that plan and speak to an agent about plans in your area and see if the price is right for you every year. But if you're comfortable, you could stay on it for a couple of years and then work with your agent and switch again. But the point is we highly suggest you work with us to determine, am I on the right plan and am I on a competitive plan in the market that I live in?"

He explained that the annual election period, beginning October 15 through January 1st, doesn't necessarily apply to Medicare Supplement plans. "That applies to Medicare Advantage and prescription drug plans or what's known as part C and Part D of Medicare."

Another myth is that a Medicare Supplement plan and a Medicare Advantage plan are virtually the same thing, Hohsfield noted.

"These words, phrases and acronyms get thrown around very easily. Medicare Advantage plan is also referred to as Part C. A Medicare Supplement, also known as a Medigap plan, is a private health insurance carrier run by a state's Department of Insurance. It comes in the form of plan letters like Plan G, as in George or Plan F, as in Frank, it's not to be confused with Medicare parts A, B, C, and D, but a Medicare Supplement plan is exactly what it sounds like. It supplements or fills in the gaps of what original Medicare parts A and B do not cover. For example, Medicare Supplement Plan G covers everything except for the Part B deductible that Medicare doesn't cover. You have no networks, so you can see any doctor that accepts Medicare in any state in the country. It typically comes with a monthly premium. It does not include prescription drug coverage. So somebody who enrolls in a Medigap plan can then choose his or her's own separate Part D plan that suits their needs. And a big key, again, no networks. You can see any doctor that accepts Medicare. On the other side of the fence, you have Medicare Advantage or Part C, also sold by a private insurance company, often at a lower or zero premium. But it comes in network form like an HMO or a PPO. Typically, it means you

have to see doctors in that insurance company's network and that Medicare Advantage plans network. If it's an HMO, you can only see doctors in that network. If it's a PPO, typically you can go outside the network but pay higher cost share. And unlike a Medicare Supplement plan, you have out-of-pocket expenses like co-pays, co-insurance and shared dollar amounts for a variety of Medicare covered services. So those are the key differences -- out-of-pocket costs and networks. Most Medicare Advantage plans include drug coverage. So that's a benefit of an advantage plan. A benefit of a Medicare Supplement plan is that you can choose whatever drug plan you would like and see any doctor that you would like."

Hohsfield pointed out that "if anyone's ever been on an employer plan or an under 65 health insurance plan, you typically have deductibles and co-pays for things like urgent care, emergency room doctor visits. That's similar to how a Medicare Advantage plan works, whereas a Medicare Supplement plan covers everything that Medicare parts A and B does not except for the annual part B deductible. What that basically means is every time you go to the doctor, every time you need service of some sort, you're not taking out your wallet and using your credit card and paying out of pocket co-pays for all those different services."

He says the annual election period "allows anybody who is currently enrolled in a Medicare Advantage plan or not, who is enrolled in Medicare Part A and B between October 15th to December 7th can make a choice, see what plans are available in their service area, and make a change to their plan, keep their plan or drop their plan and go back to original Medicare. Those are the choices they have for Medicare Advantage and prescription drug plans during that annual election period, October 15 to December 7th. Other than certain special enrollment periods like somebody moving out of a plan service area to a new service area. For example, if somebody moves from New York to Florida, they're going to automatically lose their Medicare Advantage plan in New York and they'll have to look to a new plan in Florida. But that would be a special enrollment period outside of those steps. We call them special enrollment periods. You cannot switch your Medicare Advantage plan whenever you like. That's what the annual election period is for. And these plans are guaranteed for one calendar year at a time, January 1st to December 31st."

Interior/Exterior Painting
Drywall Repairs & New Build Homes
Remodels & Small Framing Jobs



F.I.S.H.
F-aith I-ntegrity S-ervice H-eart
Painting and Drywall

317-773-2937

www.fishpaintinganddrywall.com

RESCARE
COMMUNITY LIVING

903 South Sheridan
Sheridan, IN 46069
317-758-5330

WE ARE HIRING

Direct Support Professionals
Up to \$16.60/hour

*We have positions in Noblesville,
Westfield, & Sheridan*

Apply at

www.rescarecommunityliving.com/careers

Dreaming
of a
new home?



find it here!

the times

Discover
fine local dining
Dine In Downtown

The Times

Public Notices Deadline:
11:00 a.m.

2 Business Days Prior to Publication

legals@thetimes24-7.com

Private Party Notices Submitted After Deadline

May Be Subject To \$25.00 Fee

In Addition To The Cost Of The Advertisement



**Life without local news is like
hearing crickets**

**STOP LISTENING
TO CRICKETS**

The **TIMES**
Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!

770-7777

WEEKEND

In The Home

ENJOY A WORKDAY RESET

7 ways to break away from your desk and boost morale

FAMILY FEATURES

When the sun is shining and comfortable weather is calling you outdoors, focusing on tasks at work can become a challenge. Workdays are often long and strenuous, making that blue sky and fresh air all the more tempting.

Don't let a full to-do list bog you down. In fact, taking a break from your desk and averting your eyes from the computer may actually help you mentally reset and increase efficiency through the remainder of the day.

Consider these popular ways to disconnect for a short while so you can take on busy days without feeling overwhelmed.

- 1. Stretch** – After hours of sitting, stretching from head to toe can be a good way to get physically active if you're short on time and stuck at your desk. Neck, shoulder, arm, back and leg stretches are all easy ways to stand up and disengage from the computer. Another trick: practice wrist exercises to avoid injury or strain from typing.
- 2. Go for a Walk** – If you have a few minutes to spare, leave the office or your desk at home entirely and head outside for a walk. A stroll through your neighborhood or the city sidewalks can provide the fresh air and physical activity your body craves.



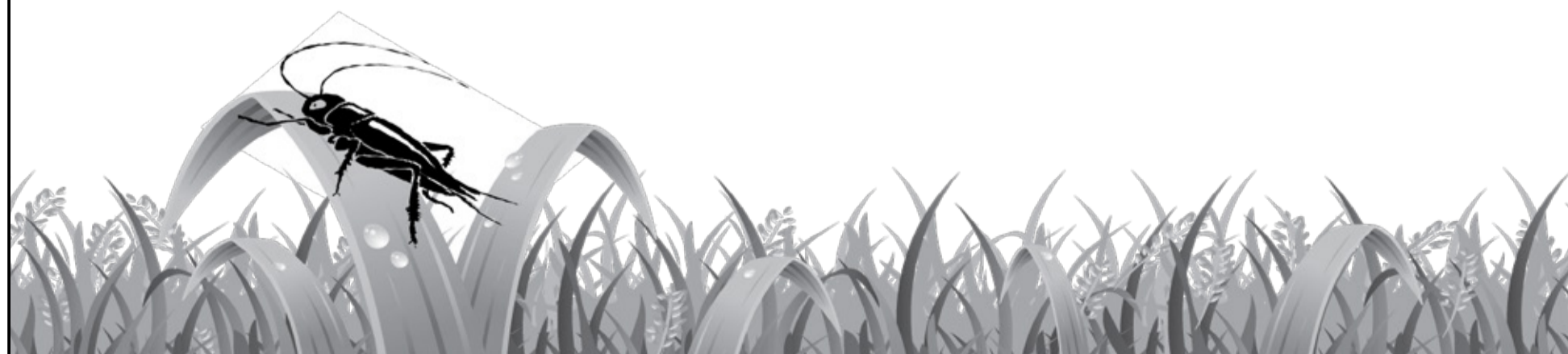
Photo courtesy of Getty Images



Find rallies Here

- 3. Take Five Outside** – On hot days when a mid-workday walk might not be the right refresh, skip it and simply find a shady spot to sit down. You can enjoy the benefits of fresh air and sunlight without getting too hot.
- 4. Rest Your Eyes** – Follow the rule of 20s. If you're working a computer job, eyestrain may be a serious concern. Give them a break by looking 20 feet away for 20 seconds every 20 minutes.
- 5. Enjoy a Favorite Snack** – Push that office chair away from the computer and treat yourself to a bite of something you enjoy. For example, Nestlé rallies nut butter bombs are a perfect cure for those back-to-back video calls, delivering a balance of permissibility and indulgence while helping you rally through your workday. Available in three craveable flavors – raspberry peanut butter, brownie almond butter and salted cashew butter – the chilled delights combine decadent chocolate and smooth nut butter for a rich burst of flavor with no preservatives, artificial flavors or artificial colors.
- 6. Check in with Friends** – Squeeze in a midday chat to catch up with a friend or coworker. Socializing is a feel-good way to take your mind off work even for just a few minutes.
- 7. Sip an Afternoon Coffee** – If caffeine gives you that much-needed jolt to finish out the workday, head to your favorite local shop for a refreshing iced beverage. Pair it with a chilled snack like Nestlé rallies nut butter bombs for a perfect sweet and savory afternoon pick-me-up.

Find more delicious ways to rally through the day by visiting nestlerallies.com.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS

The **TIMES**
Serving Noblesville & Hamilton County

SUBSCRIBE TODAY!
770-7777