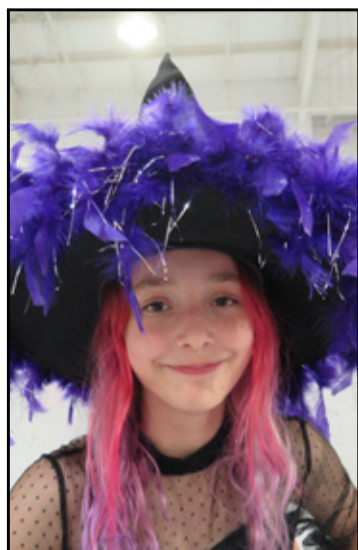


➔ TODAY'S VERSE

Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Quinn Bates smile? "A lot of stuff. Cats," said the then 11-year-old Noblesville resident, a then sixth-grade homeschooler. She was dressed as a witch and was found playing games at the 2022 Hamilton County 4-H Junior Leaders Halloween Party at the 4-H Fairgrounds in Noblesville. Most fun about the party? Getting "the candy," and playing the games. She was found with her brother, Levi, then 8, dressed as Link from the action-adventure game, "Legend of Zelda: Breath of the Wild." Their parents are Richard and Stephanie Bates. Favorite school subject? "Social Studies." Favorite food? "Ramen." Pastimes? "Dance." She said, "I do ballet and contemporary (dance)." What else? "I usually just play video games ... and I like doing art." Plans when she grows up? "I want to work at an animal shelter." This year's Junior Leaders Halloween Party, for ages 10 and younger and their families, will be 6-7:30 p.m. today (Tuesday) with Halloween carnival, haunted house and hayride at the 4-H Fairgrounds, 2003 E. Pleasant St., Noblesville. The event, which encourages costumes, offers games, refreshments and fun, and admission is free.

And Another Few Things...

1. Trick or Trivia - This Week

The Boys & Girls Club of Noblesville will host their tenth annual Trick or Trivia night on Friday, presented by America's Auto Auction. Trick or Trivia is a Halloween-themed event that consists of ten rounds of spine-chilling trivia. Teams will pool their useless knowledge and compete against others in hopes of winning the coveted Trick or Trivia traveling trophy. Doors will open at 6:00pm, and the hair-raising competition will begin at 7:00pm. Ghouls, ghosts, and goblins ages 21+ are invited to form a team of up to eight players and attend this howling night of trivia at the Noblesville Moose Lodge. Teams may pre-register for the event for \$250.

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.

3. COMMUNITY

HALLOWEEN CARNIVAL

Come in costume and enjoy games, treats, hayrides and more at the annual Community Halloween Carnival TODAY! The Carnival will be held in the Exhibition Center at the Hamilton County 4-H Fairgrounds, 2003 Pleasant Street, Noblesville, from 6:00 - 7:30 p.m. Join us for this fun family activity offered at no charge. Youth ages 10 and under should be accompanied by an adult and are encouraged to come in costume to enjoy games, prizes, candy, refreshments, a haunted house and a hayride. Hayrides begin at 6:00 p.m. The evening is organized and sponsored by the Hamilton County 4-H Junior Leaders.

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The Times photo courtesy of Betsy Reason

Noblesville High School sophomore Devon Puetz sings in the Madjazz advanced mixed choir on Thursday during NHS Choirs' "An Autumn Concert" at NHS.



The Times photo courtesy of Betsy Reason

Noblesville High School's varsity mixed show choir NHS Singers, Matthew Hunt (from left), Blake Valentine, Tyler Cowan and Ray Kenley, wearing the choir's new "Back to the Future" shirts promoting competition season, perform "The Rhythm of Life" and "Ring Them Bells" during NHS Choirs' "An Autumn Concert" at NHS.

Noblesville Choirs Celebrate Fall



BETSY REASON
From The Editor's Desk...

For the first time since this school year started, parents, families and friends of Noblesville High School choir students descended upon the school to watch all eight NHS

choirs perform on stage. It was a packed house for "An Autumn Concert," presented free to choir families in the 942-seat auditorium last Thursday evening.

There were no costumes during this concert. Choir members sported their choir shirts with jeans. Choir director John Neubauer and assistant director Julianne Fowler led the choirs, and Cindy Romano accompanied on the piano.

The choirs, consisting of nearly 260 choir students performed a total of 19 songs in just more than an hour.

Thursday's concert showcased performers of all ages and levels to sing for their families and friends. The show led with the concert choirs and then the show choirs, culminating with the varsity unisex choir, New Dimension, and the varsity mixed choir, NHS Singers.

Synergy, an all-female 32-member choir, kicked off the concert with "Kalinka Russian

Folk Song," "Unruly Heart" with solos by Ava Brewer, Lee Hutchinson and Claire Cuson, and "Ad Astra."

Maletonez, an all-male 16-member show choir, performed "I Want It That Way" and "Fly Me to the Moon." Maletonez originally debuted as Milltonez.

The all-female 15-member Momentum concert choir sang "Dide Ta Deo" Nigerian folk song, "I Am But a Small Voice" with soloist Sophia Kintz and "Good Times" with choreography by Jillian Howell.

Momentum, Cantamos and Synergy concert choirs perform at all NHS Choral Department concerts.

MadJazz, an advanced mixed choir of 19, MadJazz sang "September," "Time In A Bottle" and "The Song of Purple Summer" with solos by Lukas Eros and Bayley Long. MadJazz sings a repertoire of madrigal and jazz compositions and performs at all NHS Choral Department concerts, Jazz and Desserts, vocal jazz competitions and special community events.

The all-female, 14-member Cantamos concert choir performed "Dream Keeper," "The Little Mermaid Medley" with solo by Lilly Scace and "I'll Be There" with solo by Veronique Cequea Delgado.

Sensation, an all-female show

➔ See BETSY Page A6

Spartz Gives Strong Statement On Debt Commission



Photo courtesy of Victoria Spartz

Noblesville's Victoria Spartz, a Republican Congressperson, issued a statement Monday saying she would consider resigning from Congress if a debt commission is not passed this year. "I've done many very difficult things being one woman standing many times with many very long hours and personal sacrifices, but there is a limitation to human capacity. If Congress does not pass a debt commission this year to move the needle on the crushing national debt and inflation, at least at the next debt ceiling increase at the end of 2024, I will not continue sacrificing my children for this circus with a complete absence of leadership, vision, and spine. I cannot save this Republic alone."

10th Annual Hamilton County Festival Of Trees

GOOD SAMARITAN NETWORK of Hamilton County, Inc., a local nonprofit 501c3 organization is excited to announce its annual Hamilton County Festival of Trees. The return of this holiday tradition marks a significant impact for the unserved, at-risk, and underserved Hamilton County families with critical programming for shelter, holiday, and food assistance.

Whether you're looking for inspiration to decorate your own tree or simply want to revel in the magical atmosphere, the 2023 Festival of Trees is the perfect place to kick-start your holiday season.

The 10th Annual Festival of Trees will be held November 18, 6 pm with an onsite LIVE event and LIVE auction, as well as a Silent Auction. This unforgettable evening will take place at the beautiful Renaissance Indianapolis North Hotel, 11925 N Meridian St. Carmel, Indiana, 46032. The evening

➔ See TREES Page A6

The Daily Almanac

Sunrise/Sunset
RISE: 7:44 a.m.
SET: 7:28 p.m.



High/Low
Temperatures
High: 87 °F



Low: 60 °F

Today is...

- National Soft Taco Day



- National Techies Day
- Look at the Leaves Day

What Happened On This Day

• 1995 OJ Simpson acquitted in the killings of Nicole Brown Simpson and Ronald Lyle Goldman. The former football player had been accused of murdering his ex-wife and her friend on June 13, 1994.

• 1952 UK tests its first atomic bomb. Called Operation Hurricane the test was conducted near the Montebello Islands in Western Australia. The operation made the UK the third country to have nuclear weapons, the United States and the Soviet Union were the first two.

• 1849 Edgar Allen Poe seen in public for the last time.

The Baltimore, Maryland-based American poet and author, best known for his poem The Raven was found sick and delirious on the streets and taken to



Washington College Hospital, where he died a few days later.

Births On This Day

• 1954 Al Sharpton American minister, talk show host, activist

• 1925 Gore Vidal American author, screenwriter, actor

Deaths On This Day

• 2005 Ronnie Barker English comedian, actor

➔ INSIDE TODAY

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➔ HONEST HOOSIER

Here's a tip of the seed corn cap to Hamilton County's favorite daily. My friends there tell me that they're going to share Halloween chuckles and quotes all month long. Good on you guys!



➔ TODAY'S HEALTH TIP

Don't smoke around kids - it can lead to increased numbers of ear infections and lung infections. 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

"There is magic in the night when pumpkins glow by moonlight."
-Unknown

➔ TODAY'S JOKE

Where do ghosts like to go swimming?
The Dead Sea.

➔ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

85 PARTLY A SUNNY	60-87 RECORD 90 / 84	62-87 RECORD 90 / 81	65-70 SCUD DRIZZLE BREEZY & COOL	56-66 MUCH CLOUDS BREEZY & COOL	46-59 BREEZY & COOL	43-60 SUNNY & COOL
MON	TUE	WED	THU	FRI	SAT	SUN



Photo courtesy of HHHS

Hamilton Heights FFA Skillathon Team competitors.



Photo courtesy of HHHS

HHHS FFA Juniors 10th Team (l-r): Leah Happel, Annie Sheller, Abbie Sheller, Kaylee Smith, and Brooklyn McMillen.



Photo courtesy of HHHS

HHHS FFA Orange 7th Team (l-r): Jasmine Smith, Marshall Frye, Ryann Liggett, and Keagan Shively.



Photo courtesy of HHHS

HHHS FFA Gold 4th Team (l-r): Kaden Derrer, Tatym Green, Jenna Schnarr, and Quentin Derrer. This team placed 4th at area and is advancing to state the state competition. Here they will be met with more activities including team events.

Heights FFA Members Among Top 10 In Skillathon Competition

Earlier this month, Hamilton Heights FFA members traveled to Boone County Fairgrounds to compete in the Area Livestock Skillathon contest. These students had been preparing for a very long time to bring their best to the competition. They did not disappoint.

The contest consisted of four areas of identification and knowledge-based tests.

As part of the identification, students needed to know, 1) Breed Identification (know the name of the breed along with the description of the breed, so where it comes from and what its purpose is); 2) Feed Identification (What is the feed along with the category it fits into: protein, energy, mineral); 3) Equipment Identification (name the piece of equipment) and 4) Meats Identification - this is the hardest ID pieces of the contest. Students must be able to identify the species

it comes from (beef, pork, or lamb), what primal it comes from (example: loin, rib, leg, round, etc.), the retail name (porterhouse, T-bone, rib roast, etc.) and cookery (how is it cooked: Dry, Moist or Dry/Moist).

Two other components of the contest are knowledge test based through 1) an Industry Quiz (25 questions of animal industry all around knowledge) and 2) Quality Assurance Test (20 questions - students need to know how to read medicine/feed labels and answer questions about those feed/medicines).

HHHS Juniors - 10th Team/Junior Division

Team members: Brooke McMillen, Abbie Sheller, Kaylee Smith, and Leah Happel

Senior Division

HH FFA Gold - 2nd Team: ADVANCING TO STATE

Madison McLendon - 4th individual

Lauren Happel - 7th individual
Cheyenne Boggs 17th individual
Cooper Rollins - 40th individual
HHHS 4-H Gold - 4th Team: ADVANCING TO STATE
Tatym Green - 10th individual
Quentin Derrer - 11th individual
Kaden Derrer - 14th individual
Jenna Schnarr - 18th individual
HHHS FFA Orange - 7th Team
Marshall Frye - 13th individual
Ryann Liggett - 24th individual
Jasmine Smith - 36th individual
Keagan Shively - 70th individual
Individual - Sophia Hulien - 43rd individual

Overall, there were 35 seniors' teams, and 129

individuals. In the junior division there were 14 teams and 58 individuals that participated in this competition.

"I am super proud of all of these members for preparing and attending the contest and then for all of them to do so well!" said Emilie Carson, FFA Advisor. "If you look at our scores overall, our members are all stacked up right together and to me that's a win in itself. Then on top of that, all our teams are in the top 10! INCREDIBLE! This is one of my favorite events as an agriculture educator to coach and see my students succeed in and Wednesday was the perfect storm. Our area is stacked with tough competition, and we are proud to have two of the four teams advancing to state. Over the next few weeks, we will be working hard to prepare for the state competition at Purdue on October 7."



Photo courtesy of HHHS

HHHS FFA Gold 2nd Team (l-r): Lauren Happel, Cheyenne Boggs, Madison McLendon, and Cooper Rollins. This team placed 2nd at area, earning a spot at the state competition on October 7 at Purdue University. This next level will include team activities like quality assurance, keep/cull classes, marketing, and meat, hay, and wool judging classes.

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INSURED



Photos courtesy of Genesis and Porsche

2023 Genesis GV70 Crossover Electrifies Luxury Compact Crossovers

I'm as much into modern minimalism as anybody, but sometimes I'd like a little less being less and a little more being more. Take, for instance, a popular electric luxury compact crossover bearing a name that starts with the last name of a 19th Century innovator and ends with a letter we last explored on Sesame Street. I appreciate Tesla's style, but might prefer a dose of classic elegance combined with all the latest technology. The 2023 Genesis Electrified GV70 may be that car.

The GV70 was already debonair with its big grille, flowing forms, deep arching swage line in the bodysides, and rear window treatment that echoes the Porsche 928. The only clue this one is electric is the mesh-molded silver insert with a hidden door for the plug where a grille normally resides. The

long hood, quad front light strips, and equally thin taillamps continue. It looks especially fetching over 20" wheels and under a power panoramic sunroof.

Large screens for gauges, infotainment, and dual-zone automatic climate control glass up the cabin, but Nappa leather seats, sueded headliner, stitched dash coverings, and lush door panels dish deep class. Add fingerprint authentication juxtaposed against heated/ventilated front seats, heated rear seats, and a heated steering wheel. Wireless phone charging and Lexicon audio, same as in a Rolls-Royce, provide sweet tunes. Safety is enhanced by a head-up display, adaptive cruise, blind-spot intervention, and safe exit assist that prevents passenger from stepping into traffic.

Few will complain about

2023 Genesis Elect. GV70 Five-passenger, AWD Crossover

Output: 429hp/516 lb.-ft. torque
Suspension f/r: Adapt. Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: regen disc/disc
0-60 mph: 3.8s
Range: 236 mi
Fuel economy: 98/83 MPGe city/hwy
Assembly: Montgomery, AL
Base/As-tested price: \$66,450/\$74,350

the GV70's performance. Its electric drive sends 429 horsepower and 516 lb.-ft. of torque to the road through all-gripping all-wheel-drive. A Boost Mode button on the steering wheel allows 10 seconds of up to 483 horse-

LIKES

- Sexy styling
- Quick acceleration
- Fast charging

power to zap 0-60 mph in just 3.8 seconds. Range is limited to 236 miles, but drivers can fast charge 10-80% in just 18 minutes. That's not a lot of range for a luxury crossover, but at least drivers can replenish quickly.

It's zippy, but also sophisticated. The adaptive suspension system reads the road ahead to anticipate rough pavement so it can adjust before it even bumps. A switch in the console adjusts the Drive Mode Select system through Eco, Comfort, Sport, and custom settings. The throttle is less sensitive in Eco, most sensitive in Sport. Steering adjusts accordingly too.

DISLIKES

- Limited range
- Heavy feel
- Hefty price

I drove in Eco and was impressed...until I clicked into Sport and the satin devil appeared. No matter the mode, the GV70 rides smooth and quiet.

The driving experience instills confidence, but the GV70 feels heavy when you put it into a corner. Some will like that, some won't. Range is abysmal for a premium luxury electric crossover wearing the price tag you'll soon see, but at least it can charge with the best of them. Beyond all that, it's a handsome little fiend with an interior that pampers passengers in egregious luxury.

One thing for sure: It's not cheap. Gasoline



CASEY WILLIAMS
Auto Reviews

GV70s start at \$44,900, but Electrified versions rise from \$66,450 to our vehicle's \$74,350 sticker. Given that lofty outlay, also check the Tesla Model Y, Cadillac Lyriq, Mercedes-Benz EQB, BMW iX, and Audi Q4 e-tron.
Storm Forward!

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

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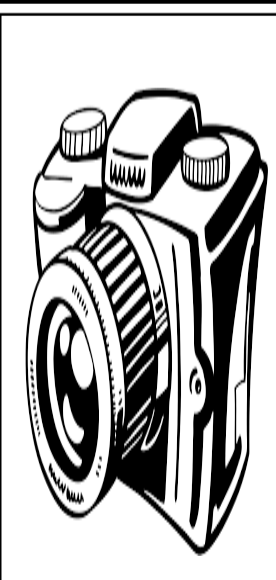
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Trump Is Laying It All On The Table



BRIAN HOWEY
Howey Political Report

As things stand today, former President Donald J. Trump is the prohibitive favorite to win his third Republican presidential nomination next year. He leads the Real Clear Politics national polling composite by a resounding and unprecedented 53%. He leads Florida Gov. Ron DeSantis by 33% in Iowa and Nikki Haley by 31% in New Hampshire.

down over a \$5.7 billion impasse on funding for the Mexican border wall, something Trump had repeatedly insisted that Mexico would pay for.

A 2019 CBS News poll found that 71% of Americans considered the border wall “not worth the shut-down” and a Washington Post/ABC News poll found that 53% of Americans blamed Trump and Republicans.

In 2013, the congressional Republican majority forced a 16-day government shutdown under President Barack Obama. According to a Washington Post/ABC News poll conducted several months afterward, 81% of Americans disapproved of the shutdown and 53% held Republicans in Congress accountable.

That ill-fated shutdown prompted then-U.S. Rep. Marlin Stutzman of Indiana to tell the Washington Examiner, “We’re not going to be disrespected. We have to get something out of this. And I don’t know what that even is.”

We all know what happened afterward: Republicans lost the White House and U.S. Senate in 2020.

Conservative commentator Hugh Hewitt writes in his Washington Post column, “I’m tempted to call what’s happening a ‘Seinfeld shutdown’ because it’s a shutdown about nothing ... other than some politicians’ wretched self-interest.”

A few days after Braun’s endorsement of the former president, Trump on Truth Social suggested that Gen. Mark Milley, the outgoing chair of the Joint Chiefs of Staff, should be executed. He cited Milley’s phone call to reassure China in the aftermath of the Jan. 6 insurrection as “an act so egregious that, in times gone by, the punishment would have been DEATH.”

Actually, Milley had two calls to Chinese Gen. Li Zuocheng, the last one two days after the attempted U.S. coup d’etat that President Trump instigated. Milley’s call on Jan. 8, 2021, was conducted with the knowledge of then-Chief of Staff Mark Meadows, Secretary of State Mike Pompeo, Defense Secretary

Mark Esper, and acting Defense Secretary Christopher Miller, according to Politico.

“My task at that time was to de-escalate,” Milley told the Senate Armed Services Committee hearing of the calls that were revealed in Bob Woodward and Bob Costa’s book “Peril.” Milley told senators that the “specific purpose” of his phone calls to Li “was generated by concerning intelligence which caused us to believe the Chinese were worried about an attack by the U.S.”

Milley told CBS “60 Minutes” in an interview airing Sunday, “As much as these comments are directed at me, it’s also directed at the institution of the military. And there is 2.1 million of us in uniform. And the American people can take it to the bank, that all of us, every single one of us from private to general, are loyal to that Constitution and will never turn our back on it no matter what.”

Last weekend, Trump called for the investigation of NBC and affiliates for treason. “They are almost all dishonest and corrupt, but Comcast, with its one-side and vicious coverage by NBC NEWS, and in particular MSNBC, often and correctly referred to as MSDNC (Democrat National Committee!), should be investigated for its Country Threatening Treason,” Trump wrote. “They are a true threat to Democracy and are, in fact, THE ENEMY OF THE PEOPLE!”

MSNBC “Mornin’ Joe” host Joe Scarborough accused Trump of extending “an invitation for his people to step up and assassinate” leaders like Senate Minority Leader Mitch McConnell and Milley. “That’s not a dog whistle,” Scarborough said. “That is an invitation. Just like ‘come on Jan. 6, it’s going to be wild.’”

Donald J. Trump is openly conveying to his supporters — and all of us — what his intentions will be if he is returned to the White House in 2024.

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

Mental Health & Pollution: Research Clarifies Connection



Dear EarthTalk: Are there any proven links between exposure to pollution and mental health problems?

Mental health and environment are two issues often in the spotlight, though not often associated together. But some researchers have begun to find links between increases in polluted air, water and soil and growing mental health problems throughout our society.

Several recent studies showed that exposure to high levels of air pollutants, like fine particulate matter and nitrogen dioxide, is linked to higher risks of mental health problems. Several studies have found that long-term exposure to air pollution can increase risks of depression, anxiety and even neurodevelopmental disorders in children. Harvard researchers recently concluded that long-term exposure to air pollution correlates to late-life depression in older Americans. More studies are needed, but researchers believe that the inflammation and oxidative stress caused by air pollution likely affects mental health negatively.

Emerging research also suggests that air pollution may have adverse effects on cognitive abilities, including memory and decision-making. These impairments can, in turn,

contribute to stress and anxiety. Exposure to contaminants like lead, arsenic and pesticides in drinking water can have neurotoxic effects, too, leading to behavioral and cognitive problems in both children and adults and contributing to the development of mental health issues like attention deficit hyperactivity disorder (ADHD) and depression.

Noise pollution, often overlooked but pervasive in urban areas, can also harm mental well-being. Chronic exposure to noise pollution can lead to increased stress levels, sleep disturbances and heightened anxiety and depression. Noise pollution’s negative impact on mental health is compounded by its association with increased risk of cardiovascular diseases, which can further contribute to mental health problems.

Environmental justice aspects of pollution and mental health are at issue, too. Low-income communities and marginalized populations are often disproportionately exposed to pollution due to factors such as proximity to industrial facilities and limited access to green spaces. Consequently, these communities face a higher burden of mental health issues linked to pollution, exacerbating existing health disparities.

Addressing these concerns requires concerted efforts on multiple fronts. Governments and regula-

tory bodies must prioritize air and water quality standards, enforce pollution controls and invest in cleaner technologies. Individuals can reduce their personal exposure by using air purifiers and cleaner transportation options, and advocating for clean energy policies. Also, mental health services need to incorporate environmental factors into their assessment and treatment plans. Healthcare professionals should be trained to recognize the potential role of pollution in mental health problems.

—CONTACTS: Association of Long-term Exposure to Air Pollution With Late-Life Depression in Older Adults in the U.S., jamanetwork.com/journals/jamanetworkopen/fullarticle/2801241; Growing Evidence for the Impact of Air Pollution on Depression, ncbi.nlm.nih.gov/pmc/articles/PMC6447209/; Pollution and our mental health, ehponline.org/air-pollution-and-mental-health-2656823544.html; Air pollution can alter our brains in ways that increase mental illness risk, ehponline.org/air-pollution-mental-illness-2655532520.html; Is there a link between air pollution and mental health? iqair.com/us/newsroom/air-pollution-and-mental-health.

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Hamilton County Highway Engineer Receives Statewide Award

The Association of Indiana Counties (AIC) announced that Hamilton County Highway Engineer Brad Davis received the 2023 Outstanding Highway Engineer Award. The award recognized his contributions made to county government throughout his years of public service.

Brad Davis is the Director of the Hamilton County Highway Department, where he has continued to lead a team of several engineers, project coordinators, office staff, and maintenance personnel for over 15 years. Brad is a 1976 graduate of Purdue where he received his BCSE in Civil Engineering. He also earned his MBA in Business at Butler University.

Brad began his career with INDOT, serving for over 26 years. Brad served as Greenfield District Director before becoming the Director of the Hamilton County Highway Department.

Alongside the City of Fishers, City of Noblesville, INDOT, and the Indianapolis MPO, Brad would be a major part of the coalition formed to



Photo courtesy of AIC

study traffic congestion problems along SR-37. Several intersections along SR-37 between Fishers and Noblesville are being converted to interchanges to allow free flow of traffic.

Brad has also served on the Board of Directors for the Indiana Association of County Highway Engineers and Supervisors. Brad was also a member of the Board of Directors for Janus Developmental Services for several years. Janus is a non-profit whose mission is to provide individuals with disabilities the opportunity to participate and contribute within the community.

The award was presented during the

AIC’s 65th Annual Conference in Orange County on Wednesday, September 27, 2023. The AIC’s Annual Conference is the largest gathering of county officials in the state. Representatives from public agencies, private entities, and local elected officials addressed issues such as Public Access Laws, Budgeting Best Practices, Technology, Human Resources Challenges, Road Funding, Public and Mental Health, Regional Tourism, and Natural Resource Matters.

For more information about the AIC or the Annual Conference, please contact Elizabeth Mallers at emallers@indianacounties.org.

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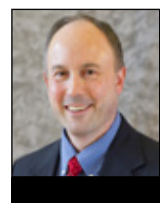
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Antibiotics Are Good – Right?



JOHN R. ROBERTS, M.D.
Montgomery Medicine

There is no doubt that antibiotics have saved millions of lives, but is it all good news? I suspect you have been seeing more news stories

related to problems with overprescribing antibiotics that can result in antibiotic-resistant bacteria. Alexander Fleming, who discovered penicillin, warned of this inevitability in his Nobel Prize acceptance speech in 1945. Dr. Sally Davies, the former Chief Medical Officer of the United Kingdom, has equated the critical health threat of antibiotic resistance to the risk of terrorism.

Each year in the United States, two million people are infected with antibiotic-resistant bacteria and 23,000 die. An excellent CDC report on the topic was published in 2019 and can be downloaded at [bit.ly/2QICpqp](https://www.cdc.gov/2019report). The primary cause of resistant bacteria is the overuse of antibiotics, both in medicine and agribusiness. This is also complicated by the fact that very few new antibiotics are being developed since there is little profit in drugs that will quickly become ineffective as bacteria continue to develop antibiotic resistance.

In addition to the growth of resistant bacteria and the infections associated with them, the overuse of antibiotics has also been identified as a probable cause of a number of other medical conditions involving the immune system. This is an absolutely fascinating and rapidly expanding area of medical research. It may hold the key to putting the brakes on many of the disease trends that have been on the rise in the decades since antibiotic use has become commonplace. Researchers have hypothesized that altering the bacteria that reside in the gastrointestinal tract and elsewhere in and on our bodies can lead to a number of medical conditions.

Shortly after we are born our bodies are colonized, both inside and out,

by trillions of bacteria. The entire collection is referred to as our “microbiome.” In fact, some estimate that there are over ten times as many organisms in a person’s microbiome than there are cells in the body, yet a person’s microbiome is estimated to weigh only about seven ounces. Humans and the organisms in their microbiomes have evolved together over the millennia to form a fine-tuned symbiotic relationship – we gain certain things from the microorganisms and they, in turn, gain things from us. It is a truly fascinating relationship and one we are just beginning to understand.

One of the main interactions we have with our microbiomes occurs in our gastrointestinal tracts. The organisms colonizing our GI tracts have a very close association with the cells that line it. This close association is critically important for the training and regulation of our immune systems. The interaction of our microbiome with organisms outside of it (i.e. infectious microorganisms) is also very important in helping to develop our immunity.

So, what does all this have to do with antibiotic use? Depending on what antibiotic is taken and for how long, it can lead to varying levels of damage to a person’s microbiome. More often than not, the person does not notice much difference – perhaps a little diarrhea or bloating that eventually resolves. However, the insidious effects can be very significant.

When a part of the microbiome is killed off, it may or may not be able to regenerate. If not, there are other organisms that are more than willing to inhabit the open turf. When this occurs, a couple of things can happen. First, the open space can be taken over by pathogenic organisms that cause disease. You may have read or heard about *Clostridium difficile* or “C. diff” infections. These are bacteria that normally live a peaceful life in the gut, but can become invasive and infect the wall of the intestine if a person’s normal bacterial ecosystem is altered.

Second, the interaction

between the microbiome and the cells in the gut can be altered causing changes in immune system function. Since a properly functioning immune system is critical to maintaining health, altering it can lead to many diseases, particularly autoimmune diseases. These diseases result when the immune system does not recognize the normal body tissues as friendly and attacks them.

Inflammatory bowel disease (Crohn’s disease and ulcerative colitis), diabetes, multiple sclerosis and rheumatoid arthritis are a few examples of autoimmune diseases. Other diseases such as allergies and asthma can be caused or worsened by an overactive immune system. It’s hypothesized the microbiome is important in regulating and training the immune system to not over-react to an infection or allergen.

Another fascinating branch of this research examines the interaction of the microbiome and obesity. The microbiome is very important in aiding digestion and metabolism. Has altering people’s microbiomes, perhaps through antibiotic use, led to or worsened the rates of obesity?

It is very likely many more diseases will be tied to altered microbiomes and that novel treatments such as replacing or altering our microbiomes may become commonplace. We are already witnessing the incredible success rates of fecal transplants (putting someone else’s feces inside a patient) to treat conditions such as ulcerative colitis and resistant *C. diff* infections. In the meantime, you should avoid taking antibiotics unless they are definitely indicated. Remember that 90 percent of coughs and 80 percent of sinus infections are caused by viruses and will improve with time. And parents, be particularly cautious about asking for antibiotics for your kids – it’s possible that early alteration of their microbiomes could lead to diseases later in life.

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

Column Signing Marks Milestone For New Westfield Washington Public Library



Photos courtesy of Westfield Public Library

Left, Executive Director Sheryl Sollars signing a column. Right, library staff got their first peek inside the new building.

The Westfield Washington Public Library hosted a column signing at the construction site of its new library building on Thursday, September 28. Library staff and supporters took turns signing one of the steel columns that will become a permanent part of the library’s structure.

Library Director, Sheryl Sollars, expressed her excitement about the event, saying, “This column signing marks a pivotal milestone in the progress

of this landmark. This symbolic moment signifies our shared dedication to the future of this library.”

Construction on the new 43,000 square foot state-of-the-art facility has just passed 50 percent completion. It is expected to be complete by next summer.

“The project is tracking on time and on budget,” says Marc Griffith, Vice President of Veridus Group. “The exterior of the building will continue to evolve over the coming

weeks and months with the completion of masonry, metal panels, and other architectural features.

Windows are scheduled to arrive toward the end of October to get the building weather tight for the winter months. The interior of the building will be finished out over the winter.”

For more information about the Westfield Washington Public Library and its new facility, please visit www.wvpl.lib.in.us.

Carrie’s Thinking Of A Story



CARRIE CLASSON
The Postscript

I’ve been thinking about forgiveness.

A lot has been said on the subject by people a lot smarter than I,

so I don’t have anything valuable to add to the discussion at large, but I’ve been thinking of how it affects me, and what a powerful thing it is.

I’ve had very little to forgive compared to most people. People have always been kind to me. I am always astonished by how kind people have been—for no reason. As a young person, I received help and advice from strangers at every turn.

As I got older, I lived in different places and continued to meet a wide variety of people from different cultures, with different experiences, and time after time, people were kind to me when they had no reason to be. They were kind because it was who they were.

But very occasionally, I’ve been treated poorly. It usually takes me a long time to even realize it. I always assume I have made some dreadful mistake and, as soon as that is cleared up, their behavior will change.

When it turns out I am wrong—that no change on

my part will change them in the slightest way—then I tend to get very hurt.

Probably because I am so spoiled by the kindness of others, this less-than-charitable behavior strikes me to the core.

A few months back, I wrote a column about a friend who hurt my feelings. He had written a long essay and quoted my column about finding beauty in unexpected places. He accused me of being an idealist, someone who would rationalize mass shootings and natural disasters. He said I’d go “looking for a pony in a pile of horse poop.” He urged his readers not to be like me. It made me feel awful.

I wondered what I had done to cause him to write such a mean-spirited thing about me, and (as usual) I got very hurt.

But then I did something new. I gathered those feelings, and I did something with them. I took his point of view, and I wrote a story about a man who believed as my friend did. I tried to imagine what might happen to that man that could cause him to change his mind.

Writing that story put me inside this friend’s head in a way I had never been before. He annoyed me, but he also touched me, and I came to appreciate him in a new way—even if he was only

a fictional character.

And this is my new idea about forgiveness.

Sometimes—most of the time—I can never know what causes people to say hurtful things. I don’t know why friends betray me or strangers curse at me on the street. These things have happened and will probably happen again.

My new idea is to make up a story.

My story will give that person a reason to be so hurt or angry that they would do these things. My story will help me to empathize with them, even though I know my story is fiction. Because even without a made-up story, I will make assumptions about why that person was unkind, and those assumptions will almost certainly be fiction—I will just imagine they are true.

So I might as well make up a better story, a more compassionate story.

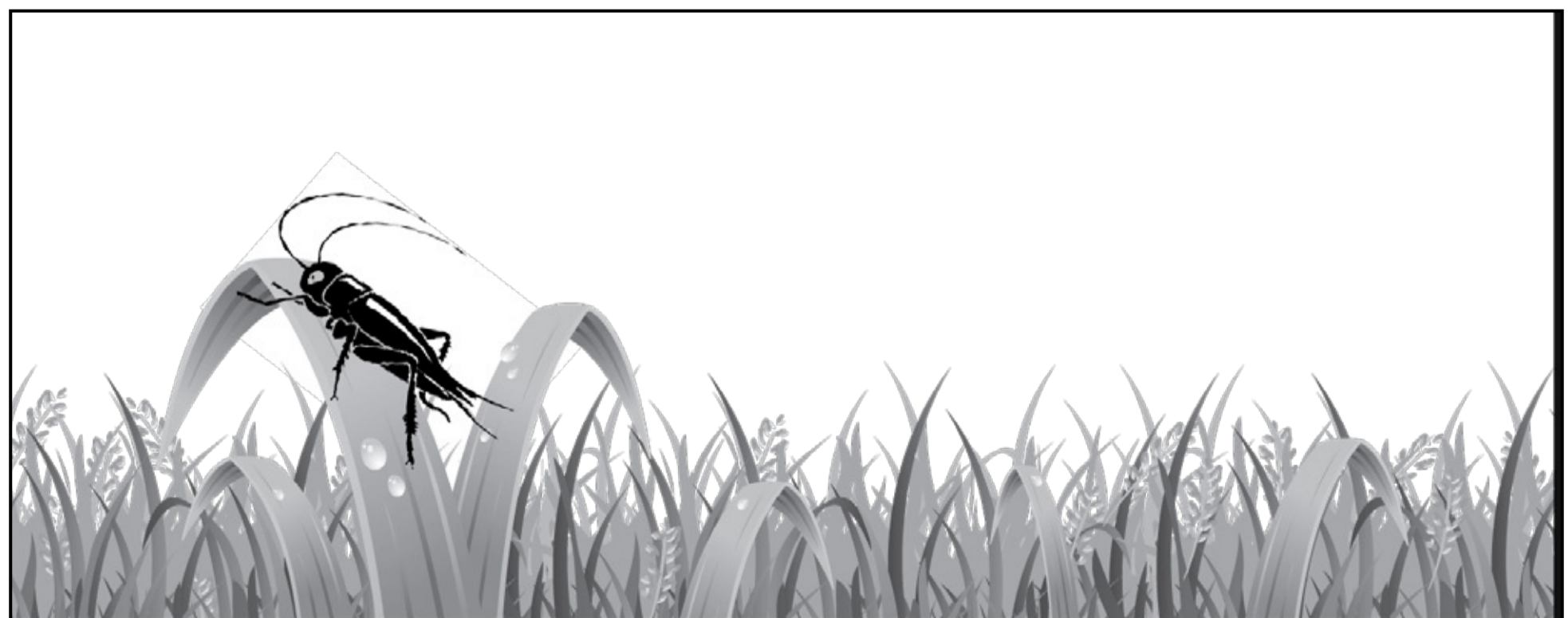
Yesterday, I wrote a note to this friend who had been unkind. I thanked him for the inspiration. He had no recollection of what he had written.

And that might just be the best part of the story.

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

choir of 44, performed “Kyrie” and “Opening Up” (solos by Khamila Reyes, Ella Kinzie and Olivia Magill and choreography by Andrea Garcia, Liv Begeman and Devin McDuffy).

Sensation performs at all NHS Choral Department concerts and at various show-choir competitions around the Indianapolis area.

New Dimension, the premiere women’s show choir, with 57 members, performed “Only Hope.” New Dimension has competed successfully at show choir and concert choir competitions and appears in concerts and performances on behalf of their school and community.

NHS Singers 60-member mixed show choir performed “The Rhythm of Life” and “Ring Them Bells” with solo by Soren McLaughlin and duet by Sean Wood and Brenner Zebrauskas. NHS Singers is one of the oldest mixed show choirs in the state and has represented NHS and the Noblesville community for more than 50 years. The Singers compete as a show choir and concert choir. NHS Singers compete at show choir competitions around the Indianapolis area and nearby states.

The NHS Choral Department has a busy choir season that includes, Rodgers + Hammerstein’s “Cinderella,” Nov. 16-18;

a Holiday Choral Concert, Dec. 8-9; Various Show Choir Competitions Jan. 13-March 23; Show Choir Preview Concert, Jan. 25; All-District Show Choir Concert, March 20; Spring Choral Concert, April 11; End of the Year Choral Banquet, May 6; Finale Concert, May 14; and Show Choir Finale Concert, May 17.

During Show Choir Competition season, the NHS Singers and New Dimension will travel to nine competitions, including Beavercreek, Ohio, Show Choir Invitational, Jan. 13; Ball State University Show Choir Invitational, Jan. 27; Fishers Show Choir Invite, Feb. 3 (also Sensation); Pendleton Show Choir Invitational, Feb. 17 (also Sensation); Huntington North High Show Choir Invitational, Feb. 24; Sensation will also compete Feb. 10 at Plainfield Show Choir Invitational. New Dimension will compete March 9 at Brownsburg Show Choir Invitational. NHS will host the Show Choirs of Indiana Championships March 16. NHS Singers, New Dimension and the Main Event will travel to Show Choir Nationals at the Grand Ole Opry March 21-24.

-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 courtesy of Betsy Reason

The Momentum concert choir sings “Dide Ta Deo” Nigerian folk song, “I Am But a Small Voice” with soloist Sophia Kintz and “Good Times” with choreography by Jillian Howell during NHS Choirs’ fall concert at NHS.



The Times photo courtesy of Betsy Reason

Noblesville High School’s varsity mixed show choir, NHS Singers (Chloe Ninete and Mia Feigel in front) perform “The Rhythm of Life” and “Ring Them Bells” during NHS Choirs’ fall concert at NHS.



The Times photo courtesy of Betsy Reason

Cantamos, Noblesville High School’s all-female, 14-member concert choir performs “Dream Keeper,” “The Little Mermaid Medley” and “I’ll Be There” during NHS Choirs’ fall concert at NHS.

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The Times photo courtesy of Betsy Reason

Sarah Rolinson (left) and Bayley Long sing in Noblesville High School’s Madjazz advanced mixed choir on Thursday during NHS Choirs’ “An Autumn Concert” at NHS. Long was one of two soloists.



The Times photo courtesy of Betsy Reason

Noblesville High School’s Maletonez, an all-male show choir, performed “I Want It That Way” and “Fly Me to the Moon” on Thursday during NHS Choirs’ “An Autumn Concert” at NHS. Long was one of two soloists.



The Times photo courtesy of Betsy Reason

Synergy, an all-female 32-member choir at Noblesville High School, was the first of eight choirs to perform Thursday during NHS Choirs’ “An Autumn Concert” at NHS.



The Times photo courtesy of Betsy Reason

Noblesville High School Sensations choir member Luci Deichman sings with the all-female show choir of 44, performing “Kyrie” and “Opening Up” during NHS Choirs’ fall concert at NHS.



The Times photo courtesy of Betsy Reason

New Dimension, Noblesville High School’s premiere women’s show choir, with 57 members, perform “Only Hope” during NHS Choirs’ fall concert at NHS.

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TREES From Page A1

includes a dinner, a keynote speaker, a surprise guest, and an auction including custom-designed themed Christmas trees, wreaths, and table centerpieces – all hand-decorated by local designers specifically as fundraising pieces. Purchased trees (5’ and taller) will be professionally delivered FREE to the purchaser’s residence or address of choice the following Monday after the event.

Nancy Chance said, “Immerse yourself in the enchanting world of beautifully decorated trees, twinkling lights, and the joyous spirit of the holidays, you’ll be glad you did. It’s a fantastic opportunity to connect with the community, enjoy a program, indulge in a wonderful meal with delicious treats, and browse through a variety of unique hand-made holiday items you’ll want to take home as you kickstart your holidays.”

Reservations are now available and are required due to limited seating. To RSVP, please visit www.gsnlive.org/festival-of-trees, or contact Good Samaritan Network (317-842-2603 x200) for more details. An early registration discount to automatically save five dollars per person is available for those who register by October 10.

Nancy Chance said, “In 2022 we thoroughly enjoyed our second year at the Renaissance North with a near-capacity crowd. It was a historic evening, marking the first time a LIVE AUCTION tree, “Christmas Camping, We Will Go”, was auctioned for \$6,000.

But, the evening included a wonderful selection of countless other items in our SILENT AUCTION.” Chance went on to say, “2022 was our best year ever with our strongest list of sponsors and participants, grossing \$91,197 for the event. The “live” auction was fast-paced, incredibly fun, and very successful, raising \$30,600 alone!”

The Festival of Trees will include mobile and online bidding! Simply register and you’re ready to bid by phone and/or online at any time during the bidding timeline. No app is required.

Last year’s Holiday Assistance Program served over 46,000 peo-

ple with (1) Thanksgiving Distribution of food boxes, (2) Thanksgiving Day Meals (drive-thru and delivery), (3) Christmas Distribution of food boxes and holiday toys, and (4) delivery of 791 holiday meals for shut-ins on Christmas Eve!

Speaking about the value of sponsorship, Nancy Chance said, “Since Festival of Trees began in 2014, we have been blessed with 110 amazing sponsors accumulating over \$150,000 in sponsorships. Collectively they have assisted Hamilton County families by supporting GSN’s Client Assistance programs and services! That’s incredible and that’s why sponsor participation is so critical! Sponsorships usually provide over one-third of the fundraising gross, making a huge investment in our community and showing generosity and concern for our neighbors during the holidays! Thank you, sponsors!”

Sponsorships are available in multiple categories, including: Event Sponsor \$8,000, Pinnacle Sponsor \$4,000, Pillar Sponsor \$2,000, Platform Sponsor \$1,000 and Partner \$500. Sponsors can easily register online: www.gsnlive.org/festival-of-trees.

Current 2023 Festival of Trees sponsors include:

- Gaylor Electric Chuck Goodrich / Event Sponsor
- Breathe Easy Hamilton County Stacy Collins / Pinnacle Sponsor
- Gordon Insurance Austin Boyer / Pillar Sponsor
- Dorsey Excavating Roscoe Dorsey / Pillar Sponsor
- Christine Altman Hamilton County Commissioner / Platform Sponsor

For more Festival of Trees I of Trees information and details, or to become a sponsor or designer, visit our website: www.gsnlive.org/festival-of-trees or contact: Kim Harden, Good Samaritan Network Festival of Trees Event Coordinator, 317.379.0470, iloveitdesigns@att.net; or Nancy Chance, Good Samaritan Network, Founder/ Executive Director, 317.842.2603, x200, ncance@gsnlive.org.

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TUESDAY

Health and WELLNESS

Tuesday, October 3, 2023

A7

Making the Connection Between AFib and Stroke



Photo courtesy of Getty Images

FAMILY FEATURES

For many people, the heart naturally contracts and relaxes to a regular beat. However, those living with atrial fibrillation (AFib) experience a quivering or irregular heartbeat that can lead to further health issues including stroke, heart attack, heart failure or sudden cardiac arrest.

In fact, people with AFib are up to five times more likely to have a stroke, yet many people are unaware that AFib is a serious condition. Managing your AFib is important to reducing your stroke risk.

Consider this important information from the American Heart Association's Getting to the Heart of Stroke, an initiative sponsored nationally by the HCA Healthcare Foundation, to understand if you may be at higher risk of a stroke.

Symptoms

While some people with AFib don't have symptoms, those who do may experience a racing heartbeat or irregular heart rate. Other common symptoms include heart palpitations (rapid "flopping" or "fluttering" feeling in the chest); lightheadedness or faintness; chest pain or pressure; shortness of breath, especially when lying down; or fatigue.

During AFib, some blood may not be pumped efficiently from the atria (the heart's two small upper chambers) into the ventricles. Blood that's left behind can pool in the atria and form blood clots. The clot may block blood flow to the brain, causing a stroke.

Risk Factors

Anyone can develop AFib. The risk factors for AFib are broken into two categories: heart-health factors and behavioral factors. Heart-health factors may include advancing age (especially over age 65),

family history of AFib, high blood pressure, prior heart attack or disease, diabetes, sleep apnea and prior heart surgery. Behaviors that may be associated with higher risk factors include excessive alcohol use, smoking and prolonged athletic conditioning. (Appropriate physical activity is important for a healthy lifestyle, but you should discuss your exercise plan with a health care professional.)

"Early identification and treatment of AFib is critical to stroke prevention, especially in high-risk populations experiencing health care disparities or barriers to accessing vital health care resources," said Steven Manoukian, MD, FAHA, senior vice president at HCA Healthcare. "Common risk factors, like high blood pressure, are more prevalent within Black communities, yet Black patients may be diagnosed less often with AFib. Creating awareness of AFib, stroke risk and treatment options can be a lifesaving first step in stroke prevention."

Treatment Options

It's important to talk to your doctor if you think you may have symptoms of AFib or be at risk for AFib. Diagnosis of AFib starts with an in-depth examination from a doctor. Work with your doctor to identify a treatment plan and goals to help manage your AFib and reduce your risk of stroke.

Treatment options for AFib may include medications to prevent and treat blood clots or control heart rate and rhythm, procedures or surgery. Your doctor may also prescribe medications to prevent and treat blood clots that can lead to a stroke. Discuss the best options for you with your doctor to create a shared decision-making plan.

To learn how to manage your AFib and connect with others, visit MyAFibExperience.org.



GETTING TO THE **HEART OF STROKE™**

AFib can happen to anyone.

What are the symptoms of AFib?

Common symptoms may include:



Racing heart, fluttering or palpitations



Fatigue, shortness of breath



Lightheadedness



or no noticeable symptoms at all



Get regular checkups.

It's important to listen to your heart. If you think you may have AFib, talk with your health care professional and find out what you can do to lower your risk for stroke.

People with AFib are at greater risk for stroke.



AFib is linked with a

5x

— HIGHER —
STROKE RISK



Compared with white people, Black people are about one-third less likely to be aware they have AFib.

Visit heart.org/AFib to learn more about AFib symptoms and stroke risk.



The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.

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TUESDAY

In The Kitchen

Tuesday, October 3, 2023

A8

Quick, Easy Recipes to Add to Your Dinner Rotation



Poached Egg Tostadas with Avocado-Tomatillo Salsa

Poached Egg Tostadas with Avocado-Tomatillo Salsa

Servings: 4 (1 egg and 1/2 cup salsa per serving)

- Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs

Salsa:

- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil. Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

Nutritional information per serving: 185 calories; 11 g total fat; 2.5 g saturated fat; 3 g polyunsaturated fat; 5 g monounsaturated fat; 186 mg cholesterol; 169 mg sodium; 15 g carbohydrates; 3 g fiber; 2 g total sugars; 9 g protein.

Simple, nutritious meals to make more time for family

FAMILY FEATURES

Making time for meals together can have a positive impact on the well-being of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in "Canadian Family Physician."

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in "New Directions for Child and Adolescent Development" showed these conversations help improve children's vocabularies more than being read aloud to.

Making time for meals together shouldn't require spending all night in the kitchen, however. A simple-to-prepare

ingredient like eggs can help you spend less time cooking and more time with family.

For example, these heart-healthy recipes for Poached Egg Tostadas with Avocado-Tomatillo Salsa, Sweet Potato Hash with Eggs and Poblano Frittata from the Healthy for Good Eat Smart initiative, nationally supported by Egghand's Best, are ready in 15 minutes or less. They include a wide variety of vegetables, fruit, whole grains and healthy protein sources, which are recommended by the American Heart Association to help prevent heart disease and stroke.

To find more tips for family mealtimes and recipe inspiration, visit heart.org/eatsmart.

Poblano Frittata

Servings: 4 (2 wedges per serving)

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped

- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and

carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place two wedges on each plate. Top with tomatoes and sour cream.

Nutritional information per serving: 244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.



Poblano Frittata

Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled

- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of

spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on "keep warm" setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Nutritional information per serving: 258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 g protein.



Sweet Potato Hash with Eggs