

➔ TODAY'S VERSE
Romans 12:1 "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." (NASB)



➔ FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Heather Hauke smile? "Seeing the joy in the kids' faces and helping them know that they matter," said the North Elementary School PTO president. She has two children at the school, daughter, Sammie, in fifth grade, and son, Griffin, in second grade. She is a stay-at-home mom of 10 years and has been vice president of North Elementary PTO the past two years and was found at North Elementary PTO Fun Run on Oct. 6. Her background is in social work, and being involved with the PTO helps her "satisfy the social work need inside of me," she said. She and husband, Brian, were married in 2010. She is treasurer and troop manager for a Girl Scout troop. She coaches Noblesville Youth Baseball and likes to work out. Favorite place to eat in Noblesville? "I love Michaelangelo's, Mateos, I'm an Italian girl. I love Rosie's for breakfast." She was born and raised in Marion and graduated in 2000 and moved here when she was 22. She earned her bachelor's degree in social work from IUPUI. Why she likes to be involved at school? "Being in the know, just knowing what's going on and being able to be a part of everything." Haute started substitute teaching at North in September. She said, "I'm just very blessed to be able to stay home and be here." Her plans for fall break? "My goal is to relax."

And Another Few Things...

1. Spartz Issues A Statement On Speaker Vote: I Rescind My Support For Jordan For Now

Rep. Victoria Spartz issued the following statement on the speaker vote: "Today, I voted to support Jim Jordan for speaker. He is a great American with strong conservative values, but I am not sure if he truly is the independent thinker and visionary leader we need to deliver for the American people. After witnessing all of the behind-the-scenes politics, backstabbing, undermining, top-down attitude and statements made by former Speaker McCarthy and his allies in conference today, I will have to assess on Monday if Jim is the right person who will be held accountable to the same standard as Kevin was, or just another puppet for the swamp with a better bio. I am also very disappointed that we were sent home without reconciling this issue."

2. SBA Assisted Financing

The Basics and What's New. We are honored to host SBA Division Manager, Ted Kraizer as the October coffee speaker on Wednesday, October 25 from 8 a.m. - 9 a.m. Ted will be speaking about the basics Small Business Administration Assisted Financing as well as what is new in the field. Join us to learn about new SBA lending parameters geared to enhance business acquisitions and family business transitions. With more than 30 years of industry and senior management experience in banking, accounting, and credit, Kraizer is well known in the St. Louis business community. Prior to joining the Bank, he served as a Chief Lending Officer at another financial institution in addition to having established two of the most successful Small Business Administration (SBA) Lending Departments in the regional market. A native St. Louisian, Kraizer earned a Bachelor of Accounting from University of Missouri - St. Louis, and he is CPA certified.

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Over 100 Attend County's First Inclusive Leadership Summit

The Noblesville Diversity Coalition convened more than 100 Hamilton County leaders from 70-plus organizations last month at its first Inclusive Leadership Summit.

The daylong event, held Sept. 27 at Conner Prairie, drew positive feedback from attendees.

Mojo Up Media + Marketing's Travis Brown, a highly sought-after brand strategist, motivational speaker, and DEI thought leader who lives in Hamilton County, kicked off the event by challenging attendees to be adaptable.

"You will become irrelevant if you are resistant to change," Brown said.

And Hamilton County is changing. As the community continues to grow, it is becoming more multicultural, multi-generational, and diverse - a fact that is driving leaders to help their organizations adapt to better reflect their communities, allowing them to attract and retain top talent and stay competitive and innovative.

The Summit aimed to equip leaders to do just that through

a dynamic group of speakers, including Andrea Mazzocco of Deloitte, who introduced attendees to the firm's Six Signature Traits of Inclusive Leaders. The framework defines inclusive leadership through six traits: commitment, courage, cognitive of bias, curiosity, cultural intelligence, and collaboration.

In addition to presenting the business case for inclusive leadership, Mazzocco said leaders must shift their mindset and take intentional actions that lead to creating diverse teams—and addressing systems that exclude some people.

Two breakout sessions gave Summit attendees the opportunity to explore individual traits in more detail, giving them practical tools and insight on how to apply the learnings to their lives and workplaces.

"I loved how many examples of diversity were discussed throughout the day," said attendee Tonya Hyatt, Executive Director of the Northern Hamilton County Chamber.

"Many think of diversity as race or gender, but it can also



Photo courtesy of NDC

include disabilities, languages spoken, religion preferences, etc. This [realization] allowed us to expand our conversations as to how we subconsciously categorize."

When the group reconvened, Mazzocco wrapped up the Summit discussing the final trait: Commitment. She led the group through a "5-5-5" planning framework, challenging them to write down and commit to what they would do in the next 5 days, 5 weeks, and 5 months.

Many thanks to the Crosser Family Foundation, Duke Energy, and the Hamilton County Community Foundation for their generous support of the Summit.

For more information on the topics and speakers, visit noblesvilleleadershipsummit.org



The Times photo by Betsy Reason

Students walked and ran laps through an inflated start-finish line during North Elementary School PTO Fun Run, which reached the school's \$14,000 goal and is still fundraising through the district's Fall Break, which continues through Oct. 22.

North Elementary PTO Fun Run Tops \$14K Goal, Fundraising Continues Thru Break



BETSY REASON
From The Editor's Desk...

Returning to North Elementary School in Noblesville to watch this month's PTO Fun Run brought back memories of when my own daughter last participated in the fundraiser seven years ago, when she was a fifth-grader at North, where Principal Robert Lugo was in his first year.

This year's PTO Fun Run centered around the 2023 Hamilton County Bicentennial.

"So everything has been birthday themed," said Lisa Fritz, North Elementary art teacher and school teacher representa-

tive for the PTO.

The Fun Run had a week of events leading up to the fundraiser, which was on Friday, Oct. 6. On the Monday before the Fun Run, students watched teachers compete in a blind-fold cake-decorating contest.

"They're quite humorous," Fritz said.

"Each day, we would do an interview with a teacher. We have several teachers who were students here, who are teaching here now. We had on our videos. Teachers told how North was different when they were here, compared to now." Fritz also did video clips with history trivia questions, interviewing Noblesville Mayor Chris Jensen, who was a Noblesville student of Fritz when she taught fourth



Photo courtesy of Mark Hall

There will be more photos from the recent event inside!

The Heart Of A Host



MARK HALL
The Timesheet

Pantries 56 and 57 were placed in service this past week, both were loaded in the back of a Gaylor Electric truck, driven to their permanent locations, and set up in Westfield along high traffic roads. Driving away from the second deployment I was caught up reflecting on all the families that are a part of FeedingTeam.org. Families that donate, volunteer, stock, organize, clean, fundraise and especially those that shop from one of the

The Daily Almanac

Sunrise/Sunset
RISE: 7:58 a.m.
SET: 7:07 p.m.



High/Low Temperatures
High: 63 °F
Low: 46 °F



Today is...

- Mulligan Day
- National Pasta Day
- Black Poetry Day



What Happened On This Day

• **1989** Loma Prieta Earthquake Rocks California. Santa Cruz County was the most affected by the 6.9 magnitude earthquake. About 60 people died as a result of falling buildings and landslides.

• **1973** OPEC Declares Oil Embargo. The Organization of the Petroleum Exporting Countries or OPEC led by Arab countries declared an oil embargo on any country that supported Israel during the Yom Kippur War, which was fought between Israel and a coalition of Arab states. The embargo led to a massive oil shortage and had long-lasting economic effects in the United States and Europe. The embargo was lifted in March 1974.

• **1814** London Beer Flood. Vats of beer at the Meux and Company Brewery burst, flooding city streets with 610,000 liters of beer. The almost 15 feet tall wave of porter killed 8 people, some of whom were gathered for a funeral.



Births On This Day

- **1972** Eminem American rapper, producer, actor
- **1918** Rita Hayworth American actress, dancer

Deaths On This Day

- **1868** Laura Secord Canadian war heroine
- **1849** Frédéric Chopin Polish pianist, composer

➔ INSIDE TODAY

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➔ OBITUARIES

None

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

➔ HONEST HOOSIER

This from a reader: I'm going to let God fix it. Because if I fix it I'm probably going to jail.



➔ TODAY'S HEALTH TIP

Learn to read food labels and watch for ingredients that end in -ose, that means it's a form of sugar. 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

"Deep into the darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before." -Edgar Allan Poe

➔ TODAY'S JOKE

Why did the game warden arrest the ghost? He didn't have a haunting license.

3 WTHR 7 DAY FORECAST

46/56 COOL, BREEZY	46/63 PARTLY SUNNY	45/68 WARMER	53/67 P.M. RAIN CHANCE	49/60 SCATTERED SHOWERS	43/58 PARTLY CLOUDY	36/53 BREEZY AND WINDY
MON	TUE	WED	THU	FRI	SAT	SUN



City Of Fishers Announces New Tribute Tree Program

Community invited to honor, celebrate and remember loved ones with new program

The City of Fishers has launched an all-new Tribute Tree Program. The program invites Fishers residents to donate trees to honor, remember or celebrate their loved ones and special occasions while infusing vibrancy into the city's parks and public spaces.

The new program offers an easy online portal to request and coordinate tree plantings.

Through the application process, applicants can select a preferred location in several Fishers parks. Trees will be planted with the guidance and aid of the Fishers Department of Public Works. Residents will also be given the opportunity to have a tree-planting ceremony or conduct the planting in a way that honors their loved one.

Types of Tribute Trees include:

- Planting a tree in memory — a living tribute that benefits present and future generations.
- Planting a tree in honor — a way to show one's appreciation for a loved one, someone who has

touched lives or a community or someone who has served or is serving their country.

• Planting a tree in celebration — a unique method of celebrating birthdays, holidays, graduations, weddings, new births, anniversaries, or other special occasions.

Applicants are responsible for the maintenance and care for each tribute tree that is planted. The Department of Public Works reserves the right to remove trees that have degenerated or are damaged and are not responsible for replacement post-installation.

This new tribute program is joining the City's lineup of programs to honor and remember loved ones. The Honor a Hero program invites residents to purchase a brick paver or light pole banner in honor of an armed services member. The Angel of Hope Memorial at Heritage Park, presented by the Fishers Parks Foundation, offers memorial pavers in honor of lost children.

For more information about the Tribute Tree Program or to visit the online portal, visit fishers.in.us/TributeTree.

Secretary Of State Diego Morales Alerts Hoosier Investors After Hamilton County Man Charged With Securities And Investment Fraud Scheme

Indiana Secretary of State Diego Morales and the Securities Division announced that Darrin Blaine of Fishers, Indiana, has been charged with six counts of securities violations, one count of money laundering and one count of corrupt business influence, which are all Level 5 felonies. According to court documents, Blaine was operating under the companies Akamai Physics Inc. ("API"), Porrima Photonix, Inc. ("PPI"), and Laser Tech Investment Club ("LTIC").

"The financial investors in this case placed their hard-earned money into

the hands of someone whom they thought they could trust. Instead, the victims' money fell into the hands of a bad actor who used the investors' funds for personal use. Our office will continue to seek justice for these Hoosier investors and hopefully restore some trust back to the victims," said Secretary of State Diego Morales.

Eight Indiana investors allegedly lost approximately \$680,000. Mr. Blaine was not registered to sell securities with the Indiana Securities Division.

Mr. Blaine was arrested

at his home, Thursday, October 12, 2023, and was booked into the Hamilton County Jail. The charges are in connection to complaints received by the Indiana Securities Division relating to an alleged Ponzi scheme perpetrated by Mr. Blaine.

Indiana Securities Commissioner Marie Castetter stated that the case was investigated by the Securities Division and New Mexico Regulations & Licensing Department Securities Division along with assistance from the Fishers Police Department, the IMPD Digital Forensics Unit,

the Madison County High Tech Crime Unit and Hamilton County Prosecutor's Office. The Indiana Attorney General's Office is assisting with the asset recovery process.

Any individuals who may have invested with Mr. Blaine or the companies Akamai Physics Inc. ("API"), Porrima Photonix, Inc. ("PPI"), and Laser Tech Investment Club ("LTIC"), may contact the Indiana Securities Division at (317) 232-6681 or online at www.securities.sos.in.gov.

Mr. Blaine is presumed innocent until proven guilty in a court of law.

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Photos courtesy of Toyota

2023 Toyota Corolla Cross XSE Hybrid Trades Well On A Best-Selling Name

Scroll through web pages from major auto-makers and you'll quickly realize compact sedans are in short supply. Haven't looked for a while? Good luck! Ford, GM, Chrysler, and Mitsubishi have all waved adios to a segment they once dominated. While the Toyota Corolla still sells in respectable numbers, its maker recognizes buyers are shifting to taller rides. So, to capitalize on the storied brand, and throw in some Prius DNA to a package buyers want, we get the 2023 Toyota Corolla Cross Hybrid.

It does kind of look like a tall Corolla wagon with its pinched nose, squinty headlights, and narrow wrap-around tail lamps, but our XSE edition's dark badges, black body accents, and contrasting roof give it a devilish flair. I didn't know what to think of our car's Acidic Blast goldish metallic paint, but

it does look striking with the noir contrasts. Large 18" wheels fill hunky chiseled fenders nicely.

It was easier to slide inside the higher seats, but sitting behind the wheel, I could just as easily have been in a Corolla sedan. And, this generation feels appreciably more upscale with a thick leather-wrapped steering wheel, soft dash coverings, and intuitive touchscreen perched proud of the center dash. Even the gear selector and firm Softex-and-cloth seats seem more expensive. Luxuries like a power sunroof, JBL audio, dual-zone automatic climate control, and wireless phone charger confirm the XSE's premium position.

Toyota makes safety a priority in all of its vehicles, so the Corolla Cross comes with the latest crash avoidance technology: Automatic emergency braking with pedestrian recogni-

2023 Toyota Corolla Cross XSE Hybrid Five-passenger, AWD Crossover

Powertrain: 2.0-liter I4, Li-ion batteries
Output: 196hp (combined)
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: regen disc/disc
0-60 mph: 7.3s.
Fuel economy: 45/38 mpg city/hwy
Assembly: Huntsville, AL
Base/as-tested price: \$27,970/\$36,337

tion, lane keep assist, blind spot warning, and rear cross path detection with auto brake. Radar adaptive cruise and lane centering steering assist drivers on longer highway drives.

Nobody does hybrids better than Toyota, so it's no surprise the Corolla

LIKES

- Hybrid MPG's
- Comfy interior
- Cargo space

Cross comes stoked with excellence. The hybrid system combines a 2.0-liter four-cylinder engine, continuously variable transmission, lithium ion batteries, and motors to put 196 horsepower to the road through standard all-wheel-drive. Fuel economy is rated a frugal 45/38-MPG city/highway. Use Sport mode to make the throttle most sensitive and to zip off 0-60 mph in 7.3 seconds. Even if not racing neighborhood teens, you'll feel the pep when skipping onto the freeway.

Some hybrids can whine and scream as they rev the engine and shift continuously variable transmissions, but the Corolla Cross feels smooth and refined. Batteries add torque,

DISLIKES

- High-ish price
- Sleepy handling
- Frumpy styling (non-XSE)

which translates into surer acceleration without drama. The XSE's sport-tuned four-wheel independent suspension provides a good balance between ride comfort and firm handling. It can bounce some off some bridges, but just rumbles over rough pavement without a creak, squeak, nor rattle.

Toyota has sold more Corollas since its 1966 debut than Ford sold Model T's or Volkswagen sold Beetles. It's a global icon, but its genre is in decline. Almost nobody buys compact sedans and hatchbacks today, so Toyota made a smart move in creating an affordable crossover, imbuing all the efficiency, affordability, and durability for which Corollas



CASEY WILLIAMS
Auto Reviews

are known. And if it stirs in a little Prius and Supra DNA, then all the better.

The base all-gas Corolla Cross starts at \$23,610. Hybrids rise from \$27,970 to our car's \$36,337 all-in. Also check the Honda HR-V, Chevy Trailblazer, Subaru Crosstrek, Kia Seltos, and Mazda CX-50. Storm Forward!

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

The Times SERVICE DIRECTORY

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BRIAN HOWEY
Howey Political Report

The last two American presidential assassinations — coming about 60 years apart — set in motion different yields when it comes to trust in government. When bullets felled President William McKinley in Buffalo in 1901, the subsequent ascension of President Theodore Roosevelt commenced a progressive movement that largely persisted over six decades, bringing us the New Deal and the Great Society.

And it was 60 years after the assassination of President John F. Kennedy in Dallas that ultimately led to a gradual unraveling of our public trust. Yes, the bullets of Dallas brought about the Great Society and the Voting Rights Act of 1965 two years later under President Lyndon B. Johnson, but those were quickly followed by the Vietnam War, the Watergate scandal and President Nixon's resignation in disgrace, and a rise of a conservative movement beginning with Barry Goldwater in 1964.

When the National Election Study began asking about trust in government in 1958 for Pew Research, about three-quarters of Americans trusted the federal government to do the right thing almost always or most of the time. Today, Pew reports that 25% of Democrats and Democratic-leaning independents say they trust the federal government just about always or most of the time, compared with 8% of Republicans and Republican-leaning Americans.

This may have come to a head when President Reagan held a press conference on Aug. 12, 1986, in which he uttered this famous phrase still quoted by his GOP acolytes: "The nine most terrifying words in the English language are: 'I'm from the government, and I'm here to help.'"

Donald Trump adroitly tapped into this

notion three decades later. During Trump's presidency, there had been overt damning of the federal government. This ranged from his unproven allegations that the 2016 and 2020 elections were "rigged" and then "stolen," to the Jan. 6, 2021, U.S. Capitol insurrection, to defining the federal bureaucracy as the "deep state," to his public distrust of the U.S. intelligence network and the federal courts, to his Stalinist definition of the news media as "fake news" and as the "enemy of the American people."

Reuters reported that the annual Edelman Trust Barometer reported in Davos, Switzerland in 2017 (the year Trump came to power) revealed that faith in the Chinese government jumped 8 points to 84%, while in the United States it fell 14 points to 33%. "The United States is enduring an unprecedented crisis of trust," said Richard Edelman, head of the communications marketing firm that commissioned the research.

By 2021, after a year of the COVID-19 pandemic, Edelman reported: "With a growing trust gap and trust declines worldwide, people are looking for leadership and solutions as they reject talking heads who they deem not credible. In fact, none of the societal leaders we track — government leaders, CEOs, journalists and even religious leaders — are trusted to do what is right, with drops in trust scores for all."

Reagan explained in his January 1989 farewell address, "Back in the 1960's when I began, it seemed to me that we'd begun reversing the order of things; that through more and more rules and regulations and confiscatory taxes, the government was taking more of our money, more of our options and more of our freedom. I went into politics in part to put up my hand and say, 'Stop.' I was a citizen politician, and it seemed the right thing for a citizen to do."

The bookend to decades of acute conservative criticism of the federal government came last

Sunday when Republican U.S. Rep. Jim Baird of Indiana reacted to last week's news that House Speaker Kevin McCarthy had been booted from office in a historical first, followed days later by the surprise attack on Israel by Hamas. "Our disunity on Capitol Hill is weakening America's position as a global leader and hindering our ability to respond to the atrocities committed by Hamas on the Israeli people," Baird posted on X. "We must stop these political games and show leadership during this international emergency."

But that's the federal government. State governments fare much better. When Morning Consult did its governor approval ratings in all 50 states last July, not a single sitting state executive had a higher disapproval than approval, and most (including Gov. Eric Holcomb at 55% approve, 35% disapprove) were well above 50%. Only three governors had approval below 50%.

As for the Trump era, in an essay for the Brookings Institute, Elaine Kamarck, founder of the Center of Effective Public Management, asks a series of questions: Did Trump weaken the powers of Congress? Has Trump damaged our system of shared power between the federal government and the states? Has Trump weakened the judiciary? Did Trump weaken the press? Was Trump able to exert control over the civil service?

The answer to all of these questions is "No."

"The fact that Trump did not tear down the major guardrails of democracy does not mean that all is well in the United States," Kamarck said in July 2021. "The lesson is that democracy requires constant care and constant mobilization."

Yes, that's the lesson: Democracy demands maintenance.

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

Eco-Friendly Beer & Cider



Dear EarthTalk:
What eco-friendly beers and hard ciders are available in the U.S.?

The explosion of U.S. craft breweries and cideries in recent years has meant that beer and hard cider drinkers have more eco-friendly options than ever. But what exactly constitutes an eco-friendly brew? Local sourcing, organic ingredients, sustainable farming practices, energy-efficient machinery and operations, water conservation, recyclable or biodegradable packaging and the use of renewable energy are a few of the hallmarks. While a given brand doesn't have to employ all of them to market itself as eco-friendly, the more it can toe the green line from farm to table, the better.

Consumers can start their research online as to which beers and ciders are both sustainable and available locally, and then continue with real world taste-testing at a bar, restaurant or at home. At the grocer, check out the labels on available beers and ciders to see if any carry one or more sustainability-oriented certification labels, such as USDA Organic, Fair Trade or Salmon-Safe.

Some of the most popular eco-friendly beers include Peak Organic's Fresh Cut Pilsner and Super Juice DIPA, Eel River's

Organic IPA, Wicked Weed Appalachia Session IPA, Ninkasi Brewing's Cold Fermented Lager, Hopworks Urban Brewery's HUB Lager, Samuel Smith's Organic Chocolate Stout, Lawson's Finest Liquids Kingdom Trails IPA, Sierra Nevada Dankful Generously Hoppy IPA, Alaskan Brewing Company Icy Bay IPA, Great Lakes Brewing Company Burning River Pale Ale, Cantillon's Gueuze 100% Lambic Bio and Brasserie Dupont's Foret Organic Saison, Fort George Brewery's Vortex IPA, Full Sail's Oregon Original Amber, Brewdog's Italian Pale Ale, Rhinegeist Brewing Fruited Sour, Fairstate Brewing's Smell Test Hazy IPA, Toast Ale's Session IPA, Brewery Vivant's Tee Patrol, New Belgium's Voodoo Ranger, Humboldt Brewing's Black Xantus, and Upslope Brewing's Pumpkin Ale.

As for hard cider, which has enjoyed a huge surge in popularity in the last decade, sustainable varieties also abound. Some favorites include Samuel Smith's Organic Cider, JK's Scrumpy Farmhouse Organic Hard Cider, Flag Hill Farm's Sapsucker Organic Hard Cider and Coronado Nice, Tieton Organic Hard Cider, North Country Cider's Original Press, and Dry USDA Certified Organic Cider.

While these premium beer and cider options represent a small piece of the overall U.S. market, consumers are

increasingly upgrading from light beers to these products as they learn more about them. Market research firm International Wine & Spirit Research (IWSR) reports that while "standard-and-below" beer volumes are expected to continue declining in the U.S. at a rate of about five percent a year (mostly thanks to Americans increasingly turning to spirits-based hard seltzers instead), volumes of "premium-and-above" beers and ciders—like those mentioned above—are expected to increase some three percent annually, thus representing the future of the beer and cider industries in the U.S. Whether you like beer or hard cider a lot or a little, you can do your part to help out the planet by considering just who is making it and whether or not they are taking the environment into account in the process.

-CONTACTS: USDA Organic Standards, <https://www.ams.usda.gov/grades-standards/organic-standards>; Key Trends For The U.S. Beer Market in 2023, <https://www.theiwsr.com/key-trends-for-the-us-beer-market-in-2023/>; Fair Trade International, <https://www.fairtrade.net/>; Salmon-Safe, <https://salmonsafe.org/>.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.

5 Weight Loss Tips For Busy Parents

(StatePoint) For parents, juggling the demands of work and home life can no doubt take a toll on physical health. In fact, a Cornell University study of 50 working moms and dads found that more than half turned to unhealthy eating options – pizza, chocolate and fast food, because they were too busy to start a new healthy eating plan.

With the weather changing and kids back in school, there is no better time to focus on your health. Here are five tips to fall back into a healthier routine and conquer your weight loss goals:

Eat enough protein. Protein is the key to feeling full and satisfied, especially when you're trying to lose a few pounds. That's why finding a high-protein plan like Nutrisystem is so important. Nutrisystem is easy to follow, and offers a variety of protein-rich meals and snacks that taste great and are made in minutes – a great choice for the busy mom or dad on the go.

With up to 30 grams of protein, Nutrisystem's Hearty Inspirations meals will control your appetite for up to five hours. With menu items like Sesame Beef & Broccoli and Bourbon-Style Chicken, you're going to enjoy what you're eating and lose weight.

Get moving with fun, 15-minute workouts. As a

busy parent, finding time to exercise may not be top of mind. Committing to just 15 minutes daily will do wonders for your health and help you stay on track with your weight loss goals. Look for new and exciting workouts to try, such as Pilates, dance and boxing, so that you don't get tired of doing the same exercises.

You can also get the family involved. Go on an evening walk together or take all the boredom out of exercise and have a dance competition!

Stock your fridge with healthy, seasonal options. Fall is the perfect time to enjoy in-season fruits and vegetables. During the cooler months, you'll find mouth-watering produce like apples, squash, salad greens, broccoli and Brussels sprouts that will satisfy your tastebuds. If you like trying new things, consider beets. Low in calories and high in fiber, vitamin C and potassium, beets make a great vegetable to add to your grocery list.

Nutrisystem plans allow you to add a variety of fruits and vegetables to your day, and offer hundreds of recipes, including some seasonal favorites, on its lifestyle blog, The Leaf.

Plan your menu for the week. You're busy, so opt for easy, convenient options. That's where planning your weekly menu using healthy and simple ingredients comes

in. Make sure to include variety so you don't risk getting bored. If you find yourself saying, "I had this last week. I don't feel like having that again," you may find yourself ordering takeout.

Another option is to look for a service that will deliver nutritionally-balanced, portion-controlled meals to your door. Nutrisystem offers delicious, easy to prepare options that you can be confident will not only taste good, but help you lose weight.

Prioritize yourself. Being a busy parent can be exciting, but it could also mean having difficulty prioritizing yourself. Write yourself encouraging daily reminders and hang them around your home and workplace. Set aside time to read a book before bed. Do yoga for 15 minutes in your living room to unwind. Finding something new you love – be it meditation, crafting or listening to a podcast – can motivate you to stay committed to yourself.

For more great weight loss tips, healthy recipes and more, check out <https://leaf.nutrisystem.com>.

Utilizing these simple tips will help you balance your busy work and home life and guide you on your successful weight loss journey. If you slip up, don't harp on your mistake instead, forgive yourself and start again.

Lost Romanticism Or Seamless Communication?



CARRIE CLASSON
The Postscript

My sister sends a text, telling me she is making lasagna, and asks if I will bring a cake. "Sounds great!" I readily agree. "When?"

There is no response.

I know we are celebrating my mother's birthday early, but I have no idea when, so I don't know when this cake will be needed. I could call my sister, but that sounds difficult. Will she be busy? She is a teacher, and she is busy a lot. She gets up early and seems to be in constant motion from the time she gets off work until she goes to bed. Since I'm not sure when that is (and I'm hoping it's early), I end up not calling. Instead, I wait to hear when my cake will be needed.

It seems like a silly way to live. But here we are.

I know young people hate to call. They text and instantly respond, and that seems to work well. When older people text, they tend to forget to check their messages, and balls get dropped. I'm guessing I'm not alone in this.

I like email. I am at my computer all day, and when I see I have an email, I am on it like

a seagull on a leftover dinner roll. I have an immediate distraction from trying to find a more interesting word than "follow." ("Abide" is more interesting, but does it work?) When I see that little notification, I am like Pavlov's dog. Pounce!

Recently, I installed a program that sends all my text messages to my computer. Now, I rarely miss a text, but I suspect I bug the heck out of whoever wrote to me.

They send a five-word text with no punctuation (obviously), and I reply from my keyboard, all 10 fingers flying, with punctuation and paragraph returns and asides and possibly a few parenthetical comments for good measure. I have no idea how long it takes to read this on their device. This is probably why I still don't know when to bring the cake.

It is a cliché to complain about how much we use our devices, and yet, here I go. I will often call someone on my daily walk. Perhaps we haven't chatted in a while. Perhaps I am a little tired, and talking will make the walk go faster. I always enjoy the chat, and I am always amazed at how fast the time goes by. Only later do I wonder what I missed while I was talking.

When my phone stays in my bag, I am free to chat with the dogs and notice the flowers and smell the autumn air. My thoughts on my walks fly more freely than they do when I am indoors. They have more space. My best ideas bubble up on my walks. And all of that is missed when I am attached to my phone.

I would never want to go back to the time when long-distance calls cost money and letters were sent in the mail. You could argue it was romantic, and these obstacles to communication made us treasure communication more—and that might be true.

But sending an email to someone and knowing they will read it that day is a wonderful thing. Being able to chat with my mom and dad wherever I am in the world is a gift I do not take for granted.

Still, it's nothing like talking to someone face-to-face, and it never will be. It will never be as good as seeing my mom in person—preferably over cake.

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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MARK From Page A1

pantries. What occurred to me is that there is something that I've not communicated very well over the years. Each pantry must be hosted by someone. We are so very grateful for those who host our pantries.

This month's column focuses on a critical part of FeedingTeam.org, our pantry hosts. Years ago, our first host, Hamilton County FOP Lodge 103 in conjunction with Hamilton County Parks, will always be special because they took the first pantry in Morse Beach Park. Since those beginnings pantry hosts include schools, businesses, parks, local government, churches, property owners, and civic organizations.

The heart of people who host a pantry is special. They recognize that hunger is real in Central Indiana and agree to help us in our mission to provide 24x7 no questions asked meals to hungry neighbors. In very practical terms, pantry hosts give their permission to locate a pantry on their property. While some hosts become involved with or adopt a pantry, many do not. Many of our busiest pantry locations are managed by Feedingteam.org volunteers but hosted at locations generously offered by people from the community.

Over the years we have been told "no" many times when we ask to locate a pantry at a particular location. We have heard, "we don't want to attract that element", "it's not safe", and even "we don't have hungry people around here". With each no, we'd politely show the data and attempt to tug on a heartstring or two. We'd show folks that we have a data driven approach to map areas where families could become food challenged. If it was still a no, we moved on to the next potential location.

We look at several data points for pantry locations. First, is the location near neighbors that fit the "GAP family" demographic? These are families whose income level exceeds the level for public assistance but whose income level isn't such that a financial problem wouldn't impact their ability to secure regular meals for their family. Second, is the location near where GAP families frequent? Third, is the location of moderate or high traffic volume? Fourth, how does this location fit with existing volunteer service routes, or do we need to recruit new volunteers to manage the pantry? Several other considerations round out the final decision to deploy a pantry at a location. These include visibility, shelter from the elements, density of other pantry

locations, anchoring ability, ease of access and the amount of criminal activity in the immediate area. It's not unusual for a pantry to be located a few blocks away from a challenging area rather than directly in that neighborhood.

Suggestions of locations and pantry requests now drive much of our new deployment processes. In addition to requests from the community, over the coming months it is our intention to deploy more pantries in Westfield, Sheridan, and the Northern portion of Hamilton County before returning to work more on additional locations in Fishers and Carmel in the spring of 2024. If you have a suggested location or if you would like to host or adopt a pantry, please reach out to us directly. With over 47,000 food challenged neighbors in Hamilton County, www.Feedingteam.org is a registered 501C3 not for profit organization that provides outdoor 24x7x365 no questions asked, free food pantries throughout the county. The pantries exist, to meet the food insecurity needs of GAP families, neighbors that may not qualify for public assistance and could use a few meals before payday. The pantries serve as many food-challenged neighbors as possible, and our hearts are with those that, like my family, could not always make ends meet.

Thank you for supporting the pantries. We love serving with so many neighbors across Hamilton County. In future columns we will share more stories about how your generosity served neighbors in times of need. The face of hunger in Hamilton County is not what you may think.

In practical terms this straightforward way to help neighbors is having a real impact on lives, families, and our communities. Thank you. A few meals can change the course of a person's life. A can of green beans means so much more when you have nothing to feed your kids. Would you like to get involved? Volunteer opportunities are available. We are evaluating new pantry locations. If you think you have a potential area location, please contact us. www.feedingteam.org facts - 57 pantries, over 10,000 meals in September 2023, over thirty volunteer families. Mark & Lisa Hall are the Founders of The Feeding Team. They may be reached at lisa@feedingteam.org and mark@feedingteam.org or 317-832-1123.

- Mark Hall is a successful businessman, husband, father and grandfather. He is serving his first term on the Hamilton County Council.



Photos courtesy of Mark Hall



**Thanks for reading
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BETSY From Page A1



grade at Hinkle Creek Elementary.

Jensen also helped start the morning of the Fun Run when he came to the school and greeted students as they exited their school buses.

Prizes included "birthday presents" for their fundraising. Everyone got a birthday hat. Top three sellers get the opportunity to wrap up Principal Lugo and Assistant Principal Angie Gingrich like a birthday present after fall break.

The PTO Fun Run met its goal of \$14,000, with donations still being taken through fall break. "Raising \$14,000 is monumental for us, because we are such a small school," Fritz said. North Elementary has 464 students who participated in the Fun Run. The PTO, for the second year, organized the fundraiser on its own rather than hiring a company to coordinate the fundraiser. As each fundraising goal level was reached, students enjoyed the rewards, from Taco Tuesday to a Neon Glo Party at lunch.

Money goes straight back to the school. "We do Christmas gifts for the teachers, where they can use that to go purchase whatever they need for their classrooms. We did soccer goals here recently. Everything goes back into the school. It's what the teachers need, it's what the kids need. It's our No. 1 priority," said Heather Hauke, PTO president who has two kids, Sammie and Griffin, both at North Elementary.

On the day of the Fun Run, students walked

and ran laps through an inflated start-finish line behind the school, as "The Greatest Showman" movie soundtrack and other songs played on loudspeakers during each grade's 50-minute arts classes.

"The coolest thing we did, is Mr. (David) Kimmel's (fifth-grade) class figured out the math to fit all 464 students in a giant '200' that we did out here on the field," Fritz said. Kimmel created a map that was sent to each teacher designating where in the "200," that their students should be positioned for the photo. "They came over with a drone and took a picture of the '200.' It's really cool. It turned out better than our wildest dreams," Fritz said. Her son designed the Bicentennial signage for the Fun Run.

Also, on the Thursday during the Fun Run week, although unrelated to the Fun Run, elementary school families throughout the district were invited to attend a reception at Noblesville City Hall, where student-created artwork celebrating the Bicentennial is on display through October.

The community may still make donations to the school's fundraiser, which has been extended through fall break, through Oct. 22, at <https://bit.ly/3RY-SwPk> or go to North Elementary Facebook page.

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



The Times photos by Betsy Reason

Students walked and ran laps through an inflated start-finish line on Oct. 6 during North Elementary School PTO Fun Run, which reached the school's \$14,000 goal and is still fundraising through the district's Fall Break, which continues through Oct. 22.

relax & enjoy

THE TIMES

PUBLIC NOTICES

ADVERTISEMENT
CITY OF CARMEL, INDIANA
 Project: Renewable Natural Gas Conversion
 Owner: City of Carmel Utilities
 9609 Hazel Dell Parkway, Indianapolis, IN 46280
 Engineer: American Structurepoint, Inc.
 9025 River Road, Suite 200, Indianapolis, IN 46240

In accordance with IC 5-23-5, the City of Carmel Utilities is soliciting responses to a "REQUEST FOR PROPOSAL" (RFP) from any and all qualified parties. Sealed Proposals for the City of Carmel, Indiana, RFP 1-23 RNG Conversion will be received by the City of Carmel, Indiana, ("Owner") at the office of the Clerk Treasurer in City Hall, One Civic Square, Carmel, Indiana 46032, until 10:00 a.m., local time, on December 6, 2023. Any Proposal received after the designated time will be returned unopened. The proposals will be publicly opened and read by the Board of Public Works and Safety at 10:00 a.m. on December 6, 2023, in Council Chambers at City Hall. The Proposal should be clearly marked "RFP1-23 Renewable Natural Gas Conversion on the outside of the envelope, and as otherwise set forth in these Documents.

A required pre-proposal conference will be held on November 6, 2023 at 1:00 p.m. at the Carmel Wastewater Treatment Plant (9609 Hazel Dell Parkway, Indianapolis, IN 46280) to familiarize Proposers with this project. A site visit will be conducted after the meeting. Additional site visits may be arranged by making an appointment with Mike Hendricks, (317) 571-2477 (office); mhendricks@carmel.in.gov.

The work, in general, consists of Designing, Furnishing, Owning, Operating, and Profit Sharing for Renewable Natural Gas Conversion of Carmel Wastewater Treatment Plant's Digester Gas as required by these Documents.

Proposal Documents may be examined during normal business hours Monday through Friday, 8:00 am to 4:00 pm, at the office of American Structurepoint, Inc., 9025 River Road, Suite 200, Indianapolis, IN 46240; and Carmel Wastewater Treatment Plant, 9609 Hazel Dell Parkway, Indianapolis, IN 46280. Paper copies of proposal documents or digital download must be obtained from Eastern Engineering, 9901 Allisonville Road, Fishers, IN 46038; www.structurepointplanroom.com. All payments and costs of Proposal Documents are nonrefundable.

All questions and requests for clarifications should be emailed to Kaitlyn Currie with American Structurepoint, Inc. at kcurrie@structurepoint.com

Proposals must be submitted on the forms found in these Documents, and must contain the names of every person or company interested therein.

Failure to register as a prospective proposer may cause the proposer's submittal response to be rejected as non-responsive if the proposer has submitted a submittal response without acknowledgement of issued addenda or if the proposer fails to submit revised required documents.

The Owner reserves the right to reject and/or cancel any and all Proposals, solicitations and/or offers in whole or in part as specified in the solicitation when it is not in the best interests of the governmental body as determined by the purchasing agency in accordance with IC 5-22-18-2. The Owner also reserves the right to waive irregularities in any Proposal, and to accept any Proposal which is deemed most favorable to the Owner.

John Duffy
 Utility Director
 City of Carmel, Indiana
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TUESDAY

Health and WELLNESS

Tuesday, October 17, 2023

A7

How You Can Donate Plasma And Save A Life

(StatePoint) Millions of people around the world rely on plasma to treat a range of conditions, including rare inherited diseases, severe burns and trauma, liver disorders, and for cancer supportive care.

“Plasma-derived medicines are often the only therapies available for patients with many rare, chronic and potentially debilitating and life-threatening diseases,” says Anita Brikman, president and chief executive officer of the Plasma Protein Therapeutics Association. “In short, donating plasma helps save lives.”

To encourage individuals to learn more and to donate plasma, if they are eligible, the Plasma Protein Therapeutics Association is sharing patient insights, along with answers to some frequently asked questions about the uses of plasma in healthcare and why we need more of it.

Q: What is plasma and why is it so useful in treating such a broad range of health conditions?

A: Plasma is the single largest component of human blood, making up about 55% of blood volume. Plasma proteins help the body fight infection, clot blood and regulate blood pressure. Patients with certain genetic disorders are unable to make some of those critical proteins and antibodies, but they can be isolated from donated plasma and

help compensate for that shortfall. Plasma-derived medicines can also be beneficial for individuals with a compromised immune system due to treatment for cancer or an organ transplant.

Q: Who benefits from plasma donations?

A: Medicines made from donated plasma help those with certain neurological, lung, bleeding and immune system disorders lead healthy, productive lives. Some of these rare conditions can be life-threatening without the right treatment.

After noticing that it was hard to breathe during tasks such as shoveling snow and mowing the lawn, military veteran Dan Coffin was tested for and diagnosed with Alpha-1 antitrypsin deficiency, an incurable, inherited disorder that may cause lung disease and liver disease.

“I went from being extremely physically fit to having trouble with simple tasks in the yard. The plasma protein therapy infusions I receive, thanks to the generosity of donors, make it possible for me to live an active and healthy life again,” says Coffin.

Many others also benefit from plasma-derived therapies, such as trauma patients, organ transplant recipients, children with HIV, and anyone who has ever received a rabies or tetanus shot. Both treatments, which are often delivered after incidents

such as being bitten by a wild animal or stepping on a rusty nail, are made from plasma that contains antibodies to those pathogens. Additionally, for some mothers and babies, an incompatibility in blood type can result in severe anemia and jaundice in newborns unless the mother receives Rho(D) immune globulin made from plasma.

Q: Why are plasma-derived medicines unique?

A: Plasma-derived medicines are not like other pharmaceuticals. Plasma can't be made in a lab and it is not an infinite resource. It often takes hundreds of individual donations to collect enough plasma to create the medicine needed for a single patient each year. That's why patients who rely on these therapies are so dependent on donors.

Q: How can people donate plasma?

A: To learn more about donor eligibility and the donation process, and to find a local licensed and certified plasma donation center, visit donatingplasma.org.

“So many people know about donating blood, but they don't know about the need for donated plasma,” says Brikman. “Plasma donations are vital in helping patients who rely on plasma-derived medicines to improve or save their lives. Donate plasma today and give someone the chance to live a happier and healthier life.”

Understanding And Reducing Stroke Risks

(Family Features) As the second leading cause of death worldwide, according to World Health Organization, stroke will affect 1 in 4 adults over the age of 25 globally. A condition where the blood supply to the brain is disrupted, a stroke results in oxygen starvation, brain damage and loss of function.

There are two main types of strokes: ischemic, which occur when a blood vessel carrying oxygen and nutrients to the brain is blocked by a clot, and hemorrhagic, which are less common but can be more serious, occur when a weakened blood vessel ruptures and begins leaking blood. According to the Center for Disease Control and Prevention (CDC), 87% of strokes are ischemic.

Because a stroke can cause lasting disability and pain for those impacted and their loved ones, it's important to learn how to identify the signs and symptoms of stroke, how to reduce risk factors and where to go for timely treatment. Consider this information from the experts at Cerenovus, who are committed to changing the trajectory of stroke and offering a broad portfolio of devices used in the endovascular treatment of stroke, to learn more.

Know the Signs and Symptoms

If you suspect yourself or a loved one is experiencing a stroke, acting F.A.S.T. is critical in getting timely treatment necessary to survive. If you recognize the signs and symptoms of a

stroke - face weakness, arm weakness and speech slurring - it's time to call for help. Reducing the amount of time between the onset of stroke and treatment can make a difference in how well the brain, arms, legs, speech and thinking are able to recover. The longer a stroke goes untreated, the greater the chances are of experiencing long-term disability, brain damage or death.

Reduce Stroke Risks

While strokes can be devastating and deadly, up to 90% are preventable, according to the World Stroke Organization, and many risk factors can be controlled before they cause a stroke. By managing conditions like high blood pressure, diabetes, obesity and atrial fibrillation (AFib); ceasing smoking; eating a healthy diet; getting regular exercise; and taking prescribed medications, you can decrease your risk.

Address Health Inequities

Communities of color are disproportionately affected by stroke risk factors and have poorer experiences when it comes to timeliness and access to stroke care, referral patterns, treatment utilization and outcomes, according to research published in the "Journal of Stroke and Cerebrovascular Diseases. In fact, the risk of having a first stroke is nearly twice as high for Black people, according to the CDC, and members of the Black community have the highest rate of death due to stroke. Additionally, according to the Ameri-

can Stroke Association, non-white stroke patients are less likely to arrive by EMS and experience longer emergency department waiting times compared to white patients.

Know Where to Go

For every minute a stroke occurs, 1.9 million brain cells are lost, and the longer a stroke goes untreated, the greater the chances are of experiencing long-term disability and brain damage. That's why it's critical to seek immediate treatment at the nearest comprehensive (or Level 1) stroke center. These facilities offer a full spectrum of neuroendovascular care, which can help patients taken directly there survive without long-term disabilities.

Understand Treatment Options

Seeking immediate treatment for stroke means you have more treatment options available, such as being eligible to receive tissue plasminogen activator or mechanical thrombectomy (MT) for ischemic stroke. MT, a minimally invasive blood clot retrieval procedure, helps improve the chances you'll survive an ischemic stroke and make a full recovery. Treatment options for hemorrhagic stroke include surgery to remove, repair or clip a ruptured aneurysm.

If you or a loved one experience signs of stroke, seek immediate emergency medical services. To learn more about stroke risks and treatment options, visit ijnmedtech.com.

Reduce Your COPD Risk, No Matter Where You Live

(Family Features) COPD, or chronic obstructive pulmonary disease, is a serious lung condition that affects millions of people. Also known as emphysema or chronic bronchitis, COPD causes breathing problems that can worsen over time.

Anyone can develop COPD, but smokers or ex-smokers and people who live in rural areas of the country tend to be more affected. In fact, rural residents are twice as likely to have COPD as people who live in large cities. They're also more likely to be hospitalized or die from the disease compared to other Americans.

To help lower your risk, wherever you live, consider these steps from the National Heart, Lung, and Blood Institute (NHLBI).

Avoid Air Pollution

Air pollution may be a concern for many who live in rural areas. If you work on a farm, in mining or in manufacturing, you may be at risk for COPD from environmental exposure to dust, fumes or smoke, such as from wildfires. Talk to your employer about ways to limit exposure on the job.

Consider air pollution

at home, too. Ventilate indoor spaces and clean often to prevent dust buildup. If you are burning wood or agricultural or solid waste, make sure appropriate ventilation is in place and working properly. Avoid using products with strong odors, which may contain chemicals that could irritate the lungs.

Don't Smoke or Vape

Rural communities have higher rates of cigarette smoking, which could contribute to higher COPD rates. One of the most important things you can do to protect your lungs and those of the people around you is avoiding cigarette smoke. According to the Centers for Disease Control and Prevention, cigarette smoking is the main cause of COPD. If you smoke, it is never too late to quit.

Steer clear of vaping, too. E-cigarettes don't contain tobacco, but they may contain chemicals that are just as harmful to your lungs.

Talk to a Health Care Provider

If you smoke or used to smoke, work in a job that might put you at higher risk for COPD or you or someone in your family

has a genetic condition called alpha-1 antitrypsin deficiency, it's important to talk to a health care provider about your risk and any symptoms you may have. These include coughing that may bring up lots of mucus, wheezing, chest tightness and shortness of breath. Early diagnosis and treatment can help you breathe better.

Because people in rural areas may live farther away from their health care providers, more hospitals and clinics now offer telehealth services, which can make it easier to get effective COPD care.

Ask a health care provider about getting vaccines for the flu and COVID-19, RSV if you're over 60 and pneumococcal disease if you're over 65. If you're at risk for COPD, you're more likely to have health problems from these vaccine-preventable illnesses.

Wherever you call home, you can take action to lower your risk for COPD. Find more information about COPD from NHLBI's Learn More Breathe Better(r) program at copd.nhlbi.nih.gov.

Why Advocates Say That Fentanyl Deaths Are Preventable

(StatePoint) The overwhelming majority of opioid overdose deaths are due to illicitly manufactured fentanyl. Here's what physicians at the American Medical Association (AMA) want you to know as the drug overdose and death epidemic continues to devastate communities nationwide:

- Opioid use disorder (OUD) is a treatable, chronic disease: Two-thirds of U.S. adults say either they or a family member have been addicted to alcohol or drugs, experienced homelessness due to addiction, or experienced a drug overdose leading to an emergency room visit, hospitalization or death, according to a KFF Tracking Poll.

- Despite their prevalence, drug use disorders are the most stigmatized health conditions worldwide, impacting treatment and policy, and even individuals' willingness to seek treatment," says Bobby Mukkamala, MD, chair of the AMA Substance Use and Pain Care Task Force.

- Prescriptions are down, overdoses are up: The 2022 AMA Overdose Epidemic Report shows a 46.4% decrease in opioid prescribing nationwide in the past decade, in large part due to physician efforts to ensure appropriate prescribing, but also state laws and health insurer and pharmacy policies that deny opioid therapy to patients, even those that need it. Nevertheless, the nation's drug overdose and death epidemic continues to worsen. According to the Food and Drug Administration (FDA), in the 12-month period that ended in February 2023, more than 105,000 people

died from fatal overdoses that were primarily driven by synthetic opioids, like illicit fentanyl.

- Deaths are preventable: Centers for Disease Control and Prevention (CDC) data indicates that nearly 40% of all overdose deaths occur with a bystander present. For this reason, increasing the availability of opioid-related overdose-reversal medications will save lives. Thanks to advocacy from the AMA and other public health leaders, the FDA approved the first-ever over-the-counter naloxone product, and now pharmacies, supermarkets, convenience stores and gas stations are able to sell this safe, effective treatment. The AMA is urging retailers to price the medication responsibly and stock naloxone in prominent places. The AMA continues to urge health insurance companies to cover opioid overdose reversal medications at low- or no-cost.

- Preparation saves lives: Consider having naloxone or another overdose reversal medication on hand in case you witness someone overdosing. If you come across someone slumped over and showing signs of possible overdose, an overdose reversal medication is as easy to use as inserting it into the person's nose and depressing the plunger. Don't hesitate -- whether they've taken fentanyl or not, there's no downside to giving naloxone when an overdose is suspected.

- Young people are dying: Among 14-18-year-olds, overdose deaths increased 94% from 2019 to 2020 and 20% from 2020 to 2021, according to

the CDC. Physicians urge parents to talk to their children about alcohol, drugs and other substances.

- Making opioid overdose reversal medications widely available in educational settings can save young lives," says Dr. Mukkamala.

The AMA urges schools and universities to stock the medications and let students know it's available if necessary.

- Treatment works: Opioid use disorder is a treatable, chronic disease that can help individuals lead long, productive lives.

- Having an opioid use disorder requires medical help just like any other chronic disease," says Dr. Mukkamala, who advises checking with your primary care provider if you have concerns or questions about how to get help. You also will need to talk with your insurance provider about coverage requirements and restrictions, which continue to be a barrier for many with an OUD.

- Risk can be reduced: If you receive opioid therapy or have an acute injury, talk with your physicians about the expected level of pain and optimal strategies for pain control. Safely and securely store your medications and remove unused and unwanted opioids and other medications from your home.

- We have to be honest that in order to truly reverse the overdose epidemic, much more work will need to be done to reduce stigmas and increase access to life-saving drugs," says Dr. Mukkamala. "There is a way forward, and it requires a cooperative effort from all of us."

Thanks for reading The Times!

TUESDAY

In The Kitchen

Tuesday, October 17, 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/eatmart.

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