⇒ TODAY'S VERSE

Ecclesiastes 3:14 I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it.



FACES of HAMILTON COUNTY

What makes Rickie Woods smile? "Helping veterans at the Legion, and the kids and grandkids coming over when we have cookouts and family gatherings," said the 74-yearold Noblesville resident. He is a Noblesville native and 1967 Noblesville High School graduate who served in the 1st Cavalry Division of the U.S. Army in the Vietnam War, from 1967-70, serving in Vietnam 1967-68, and reached the rank of E-4 Specialist. He has earned the Noblesville Miller Fan of the Year more than once and has rarely missed a sporting event until this past season. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Woods is past commander of American Legion Frank Huntzinger Post No. 45 in Noblesville. He has been an American Legion post officer for most of his 30 years in the Legion, seven of those times as post commander. He has also been a parade marshal. Halloween is a great chance to visit the new Noblesville American Legion Frank Huntzinger Post No. 45, which will have American Legion Riders' third annual Trunk-or-Treat 5:30 to 8 p.m. today in the parking lot of the new Legion at 273 S. Eighth St., Noblesville, located on the historic R.L. Wilson property. The community is invited to check out the Legion's new building. The Legion always has plenty of candy leftover that the Legion sends to troops via the Noblesville Police Department. The kids always enjoy trunk or treating with the motorcycles. Public

And Another Few Things...

1. 146th St. & Allisonville Rd. **Interchange**

welcome.

Please be advised, beginning on or after Friday, November 3, a full closure of Allisonville Road north and south of 146th Street will be in place between Chelsea Drive to 146th Street and Sowers Drive to 146th Street around 9pm for the installation of storm sewer.

2. ROAD CLOSURE / LANE RESTRICTIONS -106th St. over Mud Creek (Br. 187)

Please be advised, beginning on or after Wednesday, November 1, 2023, between the hours of 9:00AM and 3:00PM, E. 106th Street between Cumberland Road and Mollenkopf Road will be under lane restrictions and/or a full road closure. Tree clearing will take place to prepare for our upcoming bridge replacement project to come in 2024. The estimated project completion date is Friday, November 17, 2023. Please be cautious and watch for flaggers when traveling through this area.

3. Trick Or Treat Times for Hamilton County: Arcadia: 6 p.m. to 8 p.m., Carmel:

5 p.m. to 8 p.m., Fishers: 5:30 p.m. to 8 p.m., Cicero: 6 p.m. to 8 p.m., Noblesville: 5:30 p.m. to 8 p.m., Sheridan: 6 p.m. to 8 p.m., Westfield: 5 p.m. to 8 p.m.



NOBLESVILLE, INDIANA



Photo courtesy of Cicero Kiwanis

Dr. Derek Arrowood talks with Cicero Kiwanis.

Kiwanis Club Of Cicero Learn About An Alternative Approach For At-Risk Students

The Kiwanis Club of Cicero, welcomed one of its own to speak to the club, Dr. Derek Arrowwood, Superintendent of the Hamilton Heights School District.

Dr. Arrowood spoke about the Northern Hamilton County Academy, a collaboration between Sheridan Community Schools, Hamilton Heights School Corporation and Westfield Washington Schools. The Academy, which is located in Sheridan, provides an opportunity for students wo struggle in the traditional educational

system. "These at-risk students, who face challenges like academic difficulties, behavioral issues or lack of support, often require an alternative approach to help them thrive," explained Dr. Arrowood. "That's where the Northern Hamilton County Academy comes in, offering a supportive and tailored environment that fosters growth and success for students who don't fit the traditional mold.'

For the idea to become reality, it took a herculean effort

See KIWANIS Page A6



The Times photo by Betsy Reason

Kirk Kirkendall, a 1967 graduate of Westfield High School, talks about seeing the Indiana State Fairgrounds Coliseum explosion that occurred 60 years ago today, on Oct. 31, 1963, one of the worst tragedies in Indiana history.

Westfield Grad Recalls Coliseum Explosion 60 Years Ago Today

It was 60

years ago to-

day. Hallow-

31, 1963.

Kirk

Kirkend-

all was a

Westfield

freshman at

een night Oct.



BETSY REASON From The

High School and two days Editor's Desk... from turning He was attending the Holiday

It was on that night that a violent explosion shook the Coliseum, killing 74 people and injuring nearly 400.

"It's something I'll never, ever forget," said Kirkendall, who was among about 4,000 people attending the ice-skating show, when just after 11 p.m., during the show's finale, an explosion occurred when gas reportedly leaked from a faulty valve on a propane tank ignited.

It was one of the worst trag-

See BETSY Page A6

Hamilton County Historical Society Annual Meeting

The Hamilton County Historical Society, based out of the Sheriff's Residence and Jail Museum on the square in Noblesville, invites its members and the public to their annual meeting and dessert reception on Saturday, December 2nd, 2023 at 2pm. The meeting will take place at Preservation Hall in Noblesville at 1274 Logan St, Noblesville, IN 46060.

After a short business meeting and board election, a program will be given by County Historian David Heighway on a recently re-discovered classical composer from Carmel, Frederick Hunt. Hunt and his wife, Nan, led interesting lives with lots of quirks and historical mysteries, so join us for the journey, along with clips of his music. If you are interested in getting more involved with history in Hamilton County, this is the place to be! We are always looking for more members and folks interested in leadership opportunities.

Historical Society members are invited to the meeting for \$5 per person, and members of the public at \$7 per person, paid at the door. If an attendee wants to become a member, special prices will be available at the meeting, paying in cash or check. We can also accommodate Pay-Pal. Dessert reception includes cake, ice cream, and beverages. RSVP to Board Secretary Sandy Lynch at voosiers@gmail.com or at 317-374-2625 by November 29th, 2023.

Westfield's Ice **Ribbon Debuts November 18th**

The City of Westfield is excited to announce the first-ever skating season at the Ice Ribbon in Grand Junction Plaza, alongside a grand opening celebration on Saturday, November 18, from 11:30 a.m. - 1:30 p.m. with a live DJ, face painters, food, and an opening ceremony.

Skating sessions will run Thursday through Saturday; times can be found below. All skate sessions are 90 minutes in length. The ticket price for ages 11 and over is \$12 per skate session. For ages ten (10) and under, the price is \$10 per skate session. This cost includes your skate rental fee; processing fees are not included. Skate aids will be available on a first-come, first-served basis for no additional fee.

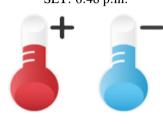
Skate Sessions:

- Thursdays: 4 5:30 p.m.;
- 6 7:30 p.m.
- Fridays: 4 5:30 p.m.; 6 -7:30 p.m.; 8 - 9:30 p.m.
- Saturdays: 12 1:30 p.m.; 2 - 3:30 p.m.; 4 - 5:30 p.m.; 6 -7:30 p.m.; 8 - 9:30 p.m.

See RIBBON Page A6

Tickets can be purchased at

Sunrise/Sunset RISE: 8:14 a.m. SET: 6:48 p.m.



High/Low **Temperatures** High: 42 °F Low: 25 °F



Today is... Halloween

National Magic Day



What Happened On This Day

- 2011 Day of Seven Billion. The world's official population reached 7 billion on approximately this day. The **United Nations Population** Fund designated it as the Day of Seven Billion.
 - 1992 Catholic church regrets its handling of Galileo Galilee's case. Then Pope John Paul II acknowledged the errors committed by the Catholic Church while dealing with Galileo Galilei in the 17th century.
- 1984 Indira Gandhi assassinated. Indira Gandhi, the first female prime minister of India, was assassinated by two of her bodyguards. Her death sparked riots in India and New Delhi, where several thousand Sikhs were killed.





Births On This Day

- 1961 Peter Jackson New Zealand actor, director, screenwriter, producer
 - 1918 Ian Stevenson American biochemist

Deaths On This Day • 1984 Indira Gandhi

Indian politician, 3rd Prime Minister of India • 1926 Harry Houdini

Hungarian/American magician, actor

INSIDE TODAY

on Ice Show at the Indiana State

Fairgrounds Coliseum with his

Obituaries	A2
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OBITUARIES

Gerald Wayne "Butch" Kirby Henry Barker Bell

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



HONEST HOOSIER

Happy Halloween, Hamilton County! Now let's move on to the season of thankfulness and giving!



🗅 TODAY'S HEALTH TIP

You can usually take grandma's advice to the bank. 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

'Shadows of a thousand years rise again unseen, voices whisper in the trees, "Tonight is Halloween!" -Dexter Kozen

🖚 TODAY'S JOKE

How do ghosts do their makeup before they go out trick or They use vanishing cream.





PAGE TWO 回 TUESDAY, OCTOBER 31, 2023

OBITUARIES

Gerald Wayne "Butch" Kirby November 19, 1952, Monday, October 23, 2023

Gerald Wayne "Butch" Kirby, age 70, passed away unexpectedly at his home in Ekin, Indiana, on Monday afternoon, October 23, 2023. Born November 18, 1952, in Tipton,

Indiana, he was the son of the late Donald Paul Kirby and Betty Jane (Mossburg) Kirby-Egler. He was a 1971 graduate of Sheri-

dan High School and had wonderful memories from his years in their FFA program. There was no one quite like Butch Kirby.

A lifetime farmer and the driving force behind Kirby Farms, Inc., Butch lived his life doing what he loved. Farming was in his blood. He loved getting out in the fields, but the pride and joy of his operation was his herd of buffalo. Raising them was definitely a labor of love. and seeing people stopping alongside the road to watch them out in the pasture, never got old. Farming wasn't his only love.

A Harley man through and through, there was never a bad time to go for a ride. Butch always looked forward to his trips out to Sturgis and never missed a chance to go on a benefit ride. He was a charter member of the Cicero American Legion Riders, as well as a member of the Cicero Post 341 Sons of the American Legion and Legion Auxiliary. He enjoyed following NASCAR and loved when a race was close enough for him to get to the track. Watching on TV was fun, but being right there in the middle of things was how he preferred it. Butch was a gentle giant who never met a stranger. He was always willing to help those in need and would gladly give anybody the shirt off his back (although the sleeves would probably have been torn off). A jokester at heart, Butch could find the humor in just about any situation, and more than likely, a good story or two to go along with it. Family was everything to Butch, and if you were in his circle, you were family, too. He did things his way, and on his terms, and brought as many people as he could along for the ride.

Butch is survived by his daughters, Brooke Amber Kirby of Arcadia, and Gwynne Nicole Kirby of Noblesville; his grandson, Zachary Alon Wayne Kirby; nieces, Mindi Cheek (Travis) of Frankfort, and Michelle Ramsey (Brett) of Reynolds; nephew, Brant West (Paige) of Lebanon; and his brother-in-law, Phillip R. West of Lebanon.

He was preceded in death by his parents, Donald Paul Kirby and Betty Jane (Mossburg) Kirby-Egler; brother, Ronald Allen Kirby; and his sister, Juanita West.

Services will be held at 11 a.m. on Friday, November 3, 2023, at Kercheval Funeral Home, 306 East 10th Street, Sheridan, Indiana. Burial will follow at Crown View Cemetery in Sheridan, Indiana. Pastor Jody Brown will be officiating. Visitation will take place from 4-8 p.m. on Thursday, November 2, 2023, at Kercheval Funeral Home.

Henry Barker Bell

September 30, 1942, Thursday, October 26, 2023

Henry Barker Bell, 81, of Noblesville, passed away on Thursday, October 26, 2023 at his home. He was born on September 30, 1942 to Robert Barker and Mary Jane (Krebs) Bell in Lansdale, Pennsylvania.

Henry attended Purdue University and Ball State University where he received his master's degree in education. He was an elementary teacher in Swayzee, Indiana, at Fall Creek

Elementary for Hamilton Southeastern Schools, and College Wood, Orchard Park, and Woodbrook Elementary for Carmel Clay Schools. For many years, he was a boy scout leader in Fishers, Indiana, and achieved the Woodsman Badge. Henry continued his passion, through the years, as a watercolor painter and was a very talented artist. Henry was a member of the American Watercolor Society, Watercolor Society of Indiana, Indiana Artist Club, a lifetime member of the Hamilton County Art Association, and member of the Hoosier Salon. He is represented in many corporate, public, and private collections. Henry also enjoyed fishing and traveling with his wife, Alice, on many adventures together to Pennsylvania,

Sedona, AZ, and various other fishing trips. He is survived by his wife of 58 years, Alice Bell; siblings, Eva Bell-Miller, Robert David (Rebecca) Bell, Ralph Laird Bell, and Margret Edith (Don) Bell-Johnston; and sister-in-law, Lonna Alcock.

In addition to his parents, he was preceded in death by his brother, Wallace Richard Bell; and brother-in-law, William Alcock.

Services will be held at 11:00 am on Thursday, November 2, 2023 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville, with Rev. Stanley Sutton officiating. Visitation will be from 4:00 pm to 7:00 pm on Wednesday, November 1, 2023 at the funeral home. Burial will be at Lindenwood Cemetery in Lindenwood, Illinois.

Memorial contributions may be made to Watercolor Society of Indiana, 4181 E 96th St, Indianapolis, IN 46240, (https://watercolorsocietyofindiana.org/) or Indiana Artist Club, PO Box 20688 Indianapolis, IN 46220, (https://indianaartists.org/) or to your favorite artist.

Condolences: www.randallroberts.com





Carmel Christkindlmarkt Announces Updates, New Items And Food For 2023

The Carmel Christkindlmarkt is excited to announce new entertainment, food offerings and more for the 2023 season.

Families will find more than ever to do for free on the East Patio of the Palladium, where there will be a new hut, called the Spielhaus (Playhouse). The Spielhaus will serve as a dedicated space for meet-and-greets, visits with Santa and more. The Kinderecke (Kids' Corner) will provide free arts and crafts for visitors, and the Werkstatt (Workshop) will be a space to see German artisans demonstrate their crafts, such as woodworking.

For the first time ever, this year the Werkstatt will feature glassblowers. Falk Bauer and Katrin Zapf are joining the Market from the world-renowned glassblowing community of Lauscha in Thuringia, December 6-10. The full Werkstatt schedule can be found here: https://www. carmelchristkindlmarkt. com/schedule

Along with these new activities and artists, there will be new food, drink and gift options, as well as a new collectible snow globe debuting this year.

New huts this year

- Speisekammer. Shop oils, vinegars and loose-
- Holzbildhauer, Werkstatt artist and wood carver Joachim Seitfudem will operate this hut, selling nativities, small figurines and other art from the
- Perlkönig. Our popular jewelry vendor is returning to the Market after a vear away. Peruse an array of jewelry from the renowned German
- Räucherschinken Haus. "Prague Ham," pit smoked ham cooked
- Trüffel & Mehr. Specialty chocolate truffles, as well as chocolate shaped like tools, cars, cameras and more.

Other new food options will include:

- Döner Kebab. German-style Döner Kebab; rotisserie-style meat shaved onto bread and served with toppings.
- Herzhafte Suppen. New soups will be available at this hut.

- a wide variety of specialty leaf teas.
- Oberammergau.
- designer, Perlkönig.
- over an open wood fire; a custom smoker was built just to smoke ham on site at the Market.





Photos courtesy of Carmel Christkindlmarkt

• Stroopwafels. Das Schokoladenhaus will be offering fresh Stroopwafels this year with a caramel filling.

Additionally, Käsespätzle will be returning this year - a creamy, cheesy noodle dish topped with crispy onions that is perfect for warming up on a cold winter day. Finally, there will be

new barrel dining rooms available on-site for guests on a first-come, first-serve basis. These cozy enclaves will feature a faux fireplace and place to warm up, sit down and enjoy food, providing an escape from the hustle and bustle of the Market.

"We are so excited to have new entertainment options for families this year, and to bring in glassblowers from Lauscha for our guests to watch at work," said Maria Murphy, CEO of the Carmel

Christkindlmarkt. "We are always looking for ways to enhance the experience of our visitors while maintaining a dedication to authenticity, and we know these new offerings will do just that."

Guests can enjoy all these new options as well as old favorites throughout the Market season. Opening day is November 18, and the Market will remain open through December

General Market hours for 2023 are as follows:

- Monday and Tuesday: Closed
- Wednesday and Thursday: Open 4-9 p.m.
- Friday and Saturday: Open 12-9 p.m.
- Sunday: Open 12-8
- Closed Thanksgiving Day and Christmas Day For full hours, please visit www.carmelchristkindlmarkt.com

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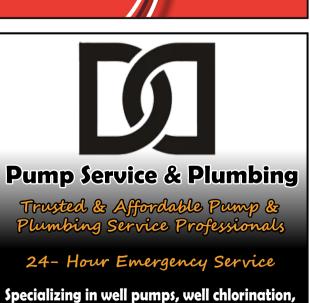














well lines, pressure tanks, & grinder pumps













Photos courtesy of Hyundai

2023 Hyundai Ioniq 6 Electric Sedan Keeps EVS Interesting

If you asked me which automaker makes the most interesting electric vehicles, you'd probably be surprised at the answer: Hyundai-Kia, which includes its luxury brand, Genesis. The cars look like they snuck out of a design studio and onto the streets, but are super easy to operate. Range and recharge times are class-leading. And, as you may actually expect, they're relatively affordable. A case example is the 2023 Hyundai IONIQ

Not everybody will equate interesting with beautiful, but I would. I like the future-Porsche look with its sloping nose, bulging headlamps, arching roofline, and beltline that curves gently into a fastback rear. LEDs are everywhere: Under the headlamps, as headlamps, in tail lamps, and even as arrays for the spoiler's

third brake lamp. Filling those flowing fenders are 20" wheels with low profile tires. Black trim on the facias and lower body sides break up the monotony. Wave your hand over the flush door handles to gain entry.

Having batteries beneath the floor enables a wide spacious cabin with flybridge center console, heated/ventilated front seats, heated steering wheel, and power sunroof. There's a lot of plastic when you tap around, but it's all elegantly styled. I especially like the ribbed effect on the doors, highlighted by selectable ambient lighting. Twin screens sprout from the dash for instruments and infotainment that includes Bose audio, Apple Car-Play, Android Auto, and wireless charging. Dual-zone automatic climate control and navigation add conveniences.

2023 Hyundai IONIQ 6 Five-passenger, **AWD Sedan**

Output: 320hp/446 lb.ft. torque Suspension f/r: Ind/Ind Wheels f/r: 20"/20" alloy Brakes f/r: regen disc/ disc 0-60 mph: 4.3s Range: 270 mi Fuel economy: 111/94 MPGe city/hwy

Assembly: Asan, Korea

Base/As-tested price:

\$41,600/\$57,425

Hyundai is a leader in safety, usually performing well in crash tests, but it's even better to not crash in the first place. To that end, the IONIQ 6 employs automatic emergency braking, blind spot warning, lane keep assist, and rear cross path detection systems. Adaptive

LIKES

- Chic styling Luxury trimmings
- Fast charging

cruise and lane-centering steering reduce fatigue on longer drives. I just wish Hyundai would add a head-up display to keep eyes ahead and for that aura of a super fly modern ride.

Beauty is also in the driving. Our Long Range all-wheel-drive routes 320 horsepower to both ends and accelerates 0-60 mph in a scant 4.3 seconds. Drive modes let you select from Eco for a less sensitive accelerator to Sport for the most sensitive. Use Eco to maximize range of about 270 miles (up to 361 miles in RWD lower trim versions). Those 20" wheels don't help range, but drivers can recharge

DISLIKES

- Borderline range No HUD
- Lotsa plastics

10-80% in just 18 minutes (gain 68 miles in 5 minutes). That's pretty impressive. It's a heavy car, over

4,600 lbs., but handles well for an electric tank. All of that battery weight is placed low in the chassis where firm suspension settings and quick steering keep the car from wallowing. It just soaks up highway miles and city streets, but there's not much feel in the wheel. None of that matters when you step on the accelerator, though, because the car whooshes away from stoplights and up on-ramps with turbine smoothness. Whether heading to work or a state park on weekends, it's a



CASEY WILLIAMS **Auto Reviews**

nice place to play. Being a Hyundai, the IONIO 6 is also a good value. Base models start at \$41,600 with our Limited coming to \$57,425. Also consider the Kia EV6, Tesla Model 3, and upcoming Chevy Equinox

Storm Forward!

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

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Ed Shea (NLC), Joe Arrowood (NLC), Jen Carr (NLC), Dale Unger (NLC), Theresa Caldwell (Trustee), Joe Gorzalski, and Gary Hipes (NLC). Notice in the background, the shelves are again full.



Photo courtesy of Noblesville Lions

Near empty shelves at the Trustee



Lions loading truck- Joe Arrowood, Ed Shea, Gary Hipes, Jen Carr, Dale Unger

Noblesville Lions Refill Noblesville Twp Trustee Pantry

On Thursday, Oct 26th, the Noblesville Lions Club (NLC) purchased and delivered \$3,000 worth of food to refill the N.T. Trustee food pantry. The Trustee office has been short of food lately and been unable to help those they serve.

An additional \$2,000 was donated to the Trustee office for walk-in needy that require help other than food.

This donation was made in the remembrance of Irv Heath. Irv was a manyyear supporter of the Boys and Girls Club of

Noblesville, as well as a member of the Noblesville Lions Club. Upon his death, a donation was made in his name to support the many causes of the Noblesville Lions Club. A portion of this donation was used as one of those causes.

Watch For Spotted Lanternfly

The spotted lanternfly (Lycorma delicatula) has been confirmed in the northern Indiana counties of Elkhart, Porter, and St. Joseph next to railroad lines through Chesterton, Elkhart, and Mishawaka.

This is the third region of the state in which this invasive pest has been found, joining the 2021 find in Switzerland County (southeast) and the 2022 find in **Huntington County** (northeast). The DNR continues to survey to determine the extent of the currently infested

A planthopper that originated in Asia, spotted lanternfly is of concern across most of the United States because of its adverse effect on fruit orchards, nurseries, and the logging and wine industries. It was first discovered in the U.S. in Pennsylvania in 2014 and is often unknowingly spread by humans. It's now found in many Eastern states as well



as along the rail lines in Cincinnati, Columbus, Cleveland, and Toledo in Ohio, and in Chicago.

The adult insects have piercing, sucking mouthparts and weaken plants by feeding on them, making it difficult for the plant to survive the winter. Congregating spotted lanternfly insects produce large quantities of honeydew that over time become infested with sooty mold that attracts other pests in the area,

Photo courtesy of Indiana DNR further threatening native

plants. More information is at on.IN.gov/spottedlanternfly.

Anyone who spots this insect or signs of it should contact DNR Division of Entomology & Plant Pathology by calling 866-NO EXOTIC (866-663-9684) or emailing DEPP@dnr. IN.gov.

To view more DNR



Donation Appointments Critical In Coming Weeks

Help build back the national blood and platelet supply by giving now

As October comes to a close, the American Red Cross urges blood donors to make and keep donation appointments now to help hospitals restock blood products for patients ahead of the holiday season. Donors of all blood types are needed, especially type O blood donors and those giving platelets to help recover from a significant shortfall in donations throughout late summer and fall.

Patients are counting on lifesaving care now and all season long. Those ready to help can schedule an appointment now by using the Red Cross Blood Donor App, visiting RedCrossBlood. org or calling 1-800-RED CROSS (1-800-733-

As a thank-you, and to celebrate the 20th Anniversary of the film Elf and create holiday cheer, all who come to give Nov. 10-30 will receive an exclusive pair of Elf + Red Cross socks, while supplies last. Visit RedCrossBlood.org/ Elf for details.

How to donate blood A blood donor card

or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and

younger also have to meet certain height and weight requirements.

Amplify your impact,

volunteer! Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position, contact or visit redcross.org/ volunteertoday.

Attorney General Todd Rokita Warns Hoosiers Of Risk Of Being Double Crossed By Double Ransomware

Cyberattacks are on the rise, and Attorney General Todd Rokita strives to prevent Hoosiers from falling victim to these scams.

"October is Cybersecurity Awareness Month, and we're all susceptible to this type of crime," Rokita said. "The more we use technology, the more we are at risk. Businesses, schools, and individuals should be aware of hackers."

Ransomware has skyrocketed to become one of the most popular cyberattack techniques. Ransomware is a type of malware that locks a victim's data or device and threatens to keep it locked.

Sometimes, the cybercriminal even demands the victim pay a ransom to have their data unlocked.

According to Statista, more than 493 million ransomware attacks occurred in 2022.

Scammers are always developing new ransomware variants. By the time a variant is known, new ransomware malware comes along, which actively harms innocent people.

Since July 2023,

the FBI has noticed multiple ransomware attacks being launched near another attack these are also known as "double ransomware attacks. "You can have your

entire online presence hijacked through phishing, brute force, or other manipulative tactics," Rokita said. "Once they've hacked your data or device, criminals can encrypt your files and steal everything you've worked hard to protect."

After this attack, another ransomware malware is often launched on the victim's system. Then, they can demand ransom payments from companies and individual users to "fix" the problem or return the stolen data.

Rokita's Office and the FBI offer the following tips to stay safe from ransomware attacks:

- Backups: Data and systems need to be backed up regularly. Businesses should keep a copy offline isolated in air-gap systems (not connected online).
- Encryption: All data needs to be encrypted. That includes data that

is being stored or data that is in transit. All data must also be protected against modifications or deletions.

• Third parties: Your systems may be top of the line, but if you outsource digital services to third parties, such as cloud providers or password managers, you must make sure they have a strong ransomware cybersecurity strategy in place.

Anti-malware solutions: Trusted antimalware software is critical to detect phishing attempts, malicious files, links or websites, and any malware that might breach your first layers of security. Anti-malware solutions can rapidly flag, alert, shut down, and remove ransomware malware before they can do any damage.

If you believe you are a victim of a ransomware hacking attempt, you may contact Attorney General Rokita's staff by visiting gov/attorneygeneral or calling 1-800-382-5516. You also may report suspected cybercriminal scams to the FBI at www.ic3.gov.



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A5

Senate Lions; House Hyenas Some Seriously Fancy New Gloves My Aun-



HOWEY **Howey Political** Report

seven of Indiana's congressional Republicans voted for an insurrectionist to become Speaker

week all

of the House and second in the presidential line of succession. On Wednesday, they elected U.S. Rep. Mike Johnson, who Rep. Matt Gaetz is calling "MAGA Mike."

U.S. Rep. Jim Jordan of Ohio was defeated on each of three ballots, his opposition within the GOP caucus growing with each ballot. That came three weeks after Speaker Kevin McCarthy was jettisoned by eight fringe Republicans, leaving a gaping hole in the United States government as the Hamas crisis engulfed Israel and the Middle East, while Ukraine continues to try and thwart genocidal Russia. Next month, the U.S. government will shut down unless speaker and work with Democrats on a funding plan.

U.S. Rep. Jim Banks, the presumed Indiana Republican U.S. Senate nominee, ardently backed Jordan. On Oct. 17, he posted on X, formerly known as Twitter: "I am proud to cast my vote on behalf of northeast Indiana to make Jim Jordan the next Speaker of the House!"

After Jordan's trio of losses, Banks' rhetoric became more and more ... peculiar.

On Oct. 19, as the Israeli crisis worsened and President Biden proposed \$106 billion in aid for U.S. allies that would need a functioning House to pass, Banks posted, "Expanding powers for a temporary Speaker is a dangerous precedent and exactly what the Democrats hoped would happen."

Then came a notion that paralyzed Republicans might have to work with Democrats to reopen the chamber for business.

There's nothing I've ever wanted more than Jim Jordan as speaker of the House," Banks told a Capitol Hill press scrum late last week. "What

they are doing is walking Republicans off the plank. We don't deserve the majority if we go along with the plan to give Democrats control of the House. It's a giant betrayal to our Republican voters."

Jordan has been described by former Republican Speaker John Boehner this way: "Jordan was a terrorist as a legislator. I just never saw a guy who spent more time tearing things apart — never building anything, never putting anything together."

In Jordan's 16 years in the House, he has never passed a bill. According to the conservative publication The Bulwark, "Jordan was an early and enthusiastic recruit in Donald Trump's war on the republic and reality — in public and in private. He urged Trump not to concede. He demanded Congress not certify Joe Biden's victory in the ceremony scheduled for January 6, 2021."

That was part of his undoing. Many of the 22 Republicans who voted against him cited Jordan's role in the Jan. 6 insurrec-

Peter Wehner, a member of President George W. Bush's administration, posted on X: "Republicans who have been electing nihilists, cranks, conspiracy theorists and institutional arsonists are now upset that nihilists, cranks, conspiracy theorists and institutional arsonists are creating chaos. Go figure."

When House Republicans chose U.S. Rep. Tom Emmer of Minnesota to seek the chair, Donald Trump tweeted his disapproval, and Banks was on board. "I've supported every Republican nominee to be Speaker of the House so far, but I will not vote for Tom Emmer on the House floor. The left-flank of our conference blocked Speaker-designee Jim Jordan then nominated the single most liberal member of leadership to continue business as usual in Washington."

Banks and Emmer have a history. In November 2022, when Banks appeared to be on a House leadership path, Banks defeated Emmer 82-72 on the first ballot for majority whip. On the second ballot, Banks lost to Emmer

Emmer went down in flames Tuesday, prompting House Republicans to nominate four-term Rep. Mike Johnson, R-La., who would be the least experienced speaker elected in 140 years. He's never served in a senior leadership position or even as a full committee chair.

Johnson was the lead organizer of an amicus brief, ultimately signed by 125 other House Republicans, backing the Texas-led lawsuit asking the Supreme Court to intervene in the vote counting in key swing states Biden won. Indiana U.S. Reps. Trey Hollingsworth, Jim Baird, the late Jackie Walorski, Greg Pence and Banks signed that brief. The New York Times called Johnson "the most important architect of the Electoral College objections" after the 2020 election.

On Wednesday, Banks said: "Mike Johnson is a man of integrity and a principled conservative. I will be proud to cast my vote on behalf of northeast Indiana for him on the floor tomorrow to make him the next Speaker of the House!"

Is it any wonder that Banks is opting for a move to the Senate from the notorious House after months of this dysfunction?

It's been said that Hoosiers tend to elect "Senate lions." U.S. Sen. Birch Bayh authored two of the 26 amendments to the U.S. Constitution, as well as Title IX. Richard Lugar helped save Chrysler Corp. in 1979 and was nominated for a Nobel Peace Prize for his Nunn-Lugar Cooperative Threat Reduction Act. Dan Quayle was elected vice president and Evan Bayh was nosed out of the 2008 veepstakes by Joe Biden. Dan Coats became ambassador to Germany on Sept. 10, 2001, and was President Trump's director of national intelligence. Joe Donnelly is the U.S. envoy to The Vatican.

A Senate lion? No, Jim Banks has become a House laughing hyena.

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



tie Jo gave

me a beau-

tiful pair

of gloves

yesterday.

They are

elegant,

with em-

broidery on

the top, and

CARRIE **CLASSON** The Postscript

I immediately did what I usually do—I put them away for safekeeping "I'll wear these to

something special!" I told

myself. I have a date to go with my niece to see "Peter Pan" in December. I decided I would wear those gloves when I go out with my beautiful 20-year-old niece before she heads out to Spain to study for a semester in Madrid. That will certainly be an occasion worthy of these gloves, I thought.

"I might need a hat to wear with these gloves," I

got to thinking. Winter hats, to be brutally honest, are usually one of two things. They are fashionable, or they are warm. I know there are a few that straddle the gap between the two, but it is rare. I went browsing online, looking for a hat that might be worthy of these gloves. I thought how nice it is to have things to look forward to.

My husband, Peter, and I will be returning to Mexico for a few weeks before Christmas, and I am looking forward to that. I look forward to seeing our friends down there and finding out what changes there have been at the hotel. Peter already has his suitcase out and is steadily popping things into it. I know he enjoys this. He enjoys the process of planning his trip, one item at a time. I usually wait until a day or two beforehand and

stuff everything in at once. But I have other things to look forward to as well.

Yesterday, I went to church with my Auntie Jo and my sister. My sister's husband is a newly ordained minister, and he just began work at his first church. It is a late-in-life new career, and he is very good at it. His congregation was warm and welcoming, and he preached a great sermon. Afterward, my sister and my aunt and I went out, had a cup of coffee and split a couple of pastries at a Mexican mercado. My sister told us about her gardening plans. I talked about our planned trip to Mexico. My aunt told us both how much she enjoyed spending time with us.

"We have to do this again!" Auntie Jo said. "When I'm back in December, for sure!" I answered.

When they dropped me

off at home, my aunt gave me the little gift bag with the gloves inside.

'What is this?" I asked. "It's for your birthday," she told me, which was

surprising, since my birthday was three months ago. Time passes so quickly. We will be in Mexico soon and back before we know it. Another Christmas will come, and a new year will

be here. I thought of how quickly the months go by. Then I went to the coat closet, reached up on the shelf, pulled down those beautiful gloves my aunt had just given me, and I put them

There is no need to save these gloves for a special

Because this day—this going to church together and having coffee and sharing pastries and plans day—was as special as any day could be. I don't know how many more days I will spend with my sister and Auntie Jo. I hope there will be many. But I don't know. None of us do.

So I put on my fancy new gloves with my jacket and my walking shoes, and I headed out the door.

Till next time, Carrie

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

Biden White House Ramps Up Offshore Wind Development

EARTHTALK

Dear EarthTalk: Has the Biden administration been able to ramp up the development of wind power (especially offshore) as promised?

In 2021, President Biden pledged to cut U.S. fossil fuel emissions by 50 percent from 2005 levels by 2030, promising to build 30,000 megawatts of offshore wind by then, enough to power 10 million homes!

Several European and Asian nations have dabbled in offshore wind for decades, but the U.S. has yet to unleash its potential here. Offshore is preferable to onshore because of more frequent winds, higher wind speeds, lower transmission costs and more energy efficiency. Also, offshore creates many jobs. Biden's plan could lead to employing more than 77,000 workers in and related to offshore

wind by 2030. Since Biden's pledge, his administration has approved four commercial scale offshore wind projects. The first announced were the Vineyard Wind project off Massachusetts (May 2021) and the South Fork Wind projects off Rhode Island and New York (November 2021). Both projects are under construction and being built by union labor. This past July, Biden approved the largest offshore wind energy project yet in U.S. waters off the coast of New Jersey, approving up to 98 turbines, as well as three offshore substations to help transmit

the electricity to shore. When completed, the New Jersey project could generate some 1.1 gigawatts which could power over 600,000 homes. It is projected to create over 3,000 jobs over its three-year creation period. This past August, another project off Rhode Island was announced. The project will have an estimated capacity of 704 megawatts of clean energy, capable of powering nearly 250,000 homes.

According to a White House Fact Sheet, the Biden administration is on track to review at least 16 offshore wind project plans by 2025. These could collectively power 6 million homes. By conducting thorough assessment of the potential impact on the environment, wildlife and local communities, the Biden administration is demonstrating its commitment to responsible and sustainable clean

energy expansion. However, the progress isn't without challenges. For one, the intricate permitting process, involving multiple federal agencies, state governments and various stakeholders, can lead to lengthy delays. Also, opposition from various stakeholders, including local communities and environmental groups, can impede progress. Other issues include the high upfront costs and the low availability of offshore wind sites.

But the Biden administration is trying to speed up the process. They are streamlining the permitting process, making it quicker for offshore wind

projects to gain approval. They are conducting thorough environmental assessments. They are investing in research to improve technology and reduce costs (they announced \$72 million in funding to support research in September 2023). And they are providing financial incentives to encourage private investment in offshore projects. Overall, the administration is focused on reaching its clean energy goals and is making the most of offshore wind to help get there.

-CONTACTS: Biden-Har-

ris Administration Announces \$30 Million from Bipartisan Infrastructure Law to Speed Up Wind Energy Deployment, www.energy.gov/ articles/biden-harris-administration-announces-30-million-bipartisan-infrastructure-law-speed-wind; Biden-Harris Administration Approves Third Major Offshore Wind Project in U.S. Waters, www. doi.gov/pressreleases/ biden-harris-administration-approves-third-major-offshore-wind-project-us-waters; Biden-\(\mathbb{I}\)Harris Administration Announces New Actions to Expand U.S. Offshore Wind, www.whitehouse. gov/briefing-room/statements-releases/2022/09/15/ fact-sheet-biden-harrisadministration-announcesnew-actions-to-expand-u-soffshore-wind-energy/

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JAG Indiana Receives \$30,000 **Grant From The Regions**

Indiana's Jobs for America's Graduates program, an initiative within the Indiana Department of Workforce Development, received a \$30,000 grant from the Regions Foundation to provide JAG Indiana students with leadership development opportunities.

"We are immensely grateful to the Regions Foundation for this investment in Hoosier students," said DWD Commissioner Richard Paulk. "In JAG Indiana, students are at the heart of everything we do. We are thrilled to have amazing partners that invest in our future leaders, and we look forward to giving students unique leadership opportunities in a way we have never been able to before."

Funding will help launch the JAG Indiana State Career Association and provide specific support for leadership development training for more than 150 students across Indiana. These student leaders will help implement service-learning initiatives throughout the school year as well as represent JAG Indiana on a national level.

The grant comes at a vital time as JAG Indiana works to expand from 5,000 to 10,000 students. As new JAG programs are established, students from those schools will also be

invited to participate. "JAG Indiana is equipping students with valuable leadership and employment skills to help prepare them

for their next chapter, whether that means heading to college or pursuing their career," said Marta Self, executive director of the Regions Foundation. "Through this donation, the Regions Foundation is proud to serve a role in elevating the possibilities and advancing the success of thousands of youths as they dream about, explore and plan for their futures."

The Regions Foundation announced the donation during a financial literacy activity among central Indiana JAG students. The event was held at Guidesoft, Inc., located on the northeast side of Indianapolis.

For more information on JAG Indiana, visit in.gov/ dwd/jag.







U BETSY

edies in Indiana history. to leave. Today is the 60th anniver-

sary of the tragedy. The evening started as a celebration for the Kirkendalls. He and his brother, Gary, were celebrating their birthdays. His birthday was Nov. 2 and Gary's, Nov. 9, a year apart. "For me, it was a big year because I was turning 15, and I was going to get my driver's permit." They were with their mom and dad, Flavia and Charley Kirkendall, their sister, Charlene, and

Gary's friend, Jeff Beals. Kirkdendall, who'll turn 75 on Thursday, said, "Things that I remember about that night were, we had an intermission and so we went out and we got an ice cream. Along the hallway on the outside walls, they had concessions, a cafeteria.... We just sat out there and talked about Christmas, and Thanksgiving. Of course, I was excited to take my driver's test...."

Then they went back to their seats to watch the rest of the show. He drew a quick floor plan on a piece of paper of where his family sat on the west end of the Coliseum. "Here is where the explosion took place," he said, pointing to the north set of audience seats on his hand-drawn map.

"Over in this area, they had a little cannon, and as the show was wrapping up, the skaters were skating off, and they discharged the cannon to signify it was the end of the show," he recalled. "When that cannon went off, there was an explosion over here in this (north) side where the gas had accumulated in the stands. The next thing I know, I'm watching people over here to my right, screaming and running. And then there was a second explosion and flames came out. Then the bodies began hitting the ice."

He was still sitting in his seat with his family, but he instinctively knew he had to help. Even though everyone else was trying

From Page A1

"For some reason, I jumped over the guardrail down to the ice. As I came upon the injured, some were breathing, some were not," Kirkendall recalled. "Those that I could see breathing — some with their face in blood and water — I propped up their head with a coat, scarf, purse, anything to stabilize their position so they wouldn't suffocate."

"I came down to see what I could do to help," he said. His dad followed, while his mom, brother and friend headed to get the car.

"Here we were. There's this show that we came to watch. And all of sudden, there were bodies strewn all over the ice," Kirkendall said. He was a Boy Scout but didn't have extensive first-aid training. But he walked around, from body to body on the floor, turning their heads. "I figured someone would be coming to help soon," he said.

Kirkendall wasn't nervous or scared during the situation. "I knew these people needed help. I just wanted to do what I could." He remembers how they went into the stands and tried to move steel and concrete debris from a mom and a little boy who were trapped under the rubble. He remembers how 4-by-8-foot sheets of flooring on the ice were used as stretchers to carry the injured to the ambulances and vehicles. He remembers how he gathered up purses and staged the valuables in a

safe place. "Would I like to have done more? Sure, everybody in that situation would like to do more. I felt that I did the most that I could do. And then to feel so helpless that there was no way that we could help those people, it was just a terrible feeling," he

Growing up the oldest of three children, he always looked out for his siblings. "The 1960s, for me, were really life-changing years.

My mother died of a massive fatal heart attack in 1966 (July 21), and my father was killed (instantly in an Acetylene torch accident) three weeks after I started at Butler (University) in (September) 1967," said Kirkendall, a 1967 graduate of Westfield High School. "Had no idea I would lose both of my parents less than four years later." (Sandy Meredith Rodenberg, whose 17th birthday was on the day that Kirkendall's mother died, was Kirkendall's steady girl in 1966 and who attended both of his

parents' funerals.) From all of that, he said, 'I learned how to survive." While he couldn't concentrate on school, in February 1968, he joined the U.S. Air Force and went to Vietnam, 1969-1970. Then he returned and earned a college degree in business from Indiana University and worked in transportation and distribution for 20 years, then the insurance business since 1987. (Sandy Meredith Rodenberg died just a week ago, on Oct. 24, 2023.)

Kirkendall said, "God's been good to me. I did what I think anybody would do in my circumstances."

He said his own children and grandchildren were taught to help others and to be competent and prepared and to work hard, to be the best they could possibly be, the very qualities he learned from his own parents.

Through the years, he has happened to meet others who had some involvement in the tragedy. In 1978, when he was distribution manager for Maplehurst Deli-Bake, he met a retired firefighter from Indianapolis Fire Department, who was off duty but headed to the Coliseum explosion in his station wagon and ferried a number of victims to local hospitals. Later, he became a member of the Noblesville Elks Lodge and struck up a conversation with a member named Finney, whose father was chief of surgery at St. Vincent Hospital and who was picked up by a fire engine that night to go to the hospital for the coliseum emergency.

"It has been interesting to see how ironic my 'coliseum' journey has taken me," Kirkendall said earlier this month. Through the years, he has lived in Fishers, Noblesville, Sher-

idan and Westfield. His sister, Charlene Fairman, just a few days ago said she could still remember that night, too. "For some reason, I thought it was a cowboy event on the ice and that when it first happened, it was part of the act," said Fairman, who has only returned to the Coliseum twice in her life and wasn't comfortable either time.

Sharing his memories with The Times originally eight years ago, Kirkendall hoped maybe somebody would read his story. "Maybe it will be the little boy who was trapped with his mother. Maybe it will be someone from the fire department who came in and saw these bodies on the ice; they weren't face down and they were still breathing. Maybe they were saved."

Over the past several weeks, he has told his story many times to a number of people.

He's always wondered what happened to some of those people he tried to help. "The nagging thought is always: 'Did anyone I help on the ice make it out or live? The most prominent thought is the boy and his mother, trapped in the twisted concrete and rebar. Did they survive? Always wondered and still do. What were their names?"

Kirkendall said he'll be thinking about it all today, 60 years later. He said, "I still wonder.'

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

My Finger Is Stuck!

I have

seen many

patients

over the

years who

presented

with prob-

lems get-

ting their

to move.

They all

fingers



JOHN R. ROBERTS, M.D. Montgomery Medicine

described pain with "catching" or "popping' when trying to flex or extend a finger. They suffered from trigger finger, a condition also known as trigger digit, or by the medical term stenosing

tenovaginitis. The condition is very common. It is seen two to six times more frequently in women than men and typically presents around 55 to 60 years of age, usually in a person's dominant hand. It can affect any of the fingers, most commonly in the thumb, followed by the ring, middle, little and index fingers.

The reasons for developing trigger finger are not completely understood. It seems to be associated with activities that require pressure on the palm during powerful gripping or repetitive forceful flexion of the fingers such as when using heavy shears. Unlike carpal tunnel syndrome, the increased use of keyboards in our society does not seem to be a significant factor trigger finger.

Other medical conditions increase the risk of developing trigger finger. It is more common in those with rheumatoid arthritis and diabetes. Those with psoriatic arthritis, amyloidosis, hypothyroidism and sarcoidosis are also at higher risk.

The symptoms and signs of trigger finger are easy to spot. Patients experience the catching or popping sensation when flexing or extending one or more of their fingers. Some may even experience locking of the finger, usually in the flexed (finger down) position. Most patients also have pain in the palm near the base of involved finger

Trigger finger is easy to understand looking at the anatomy of the hand that is involved with moving the fingers. Finger movement happens when muscles in the palm side of the forearm contract, pulling on the finger bones. The muscles are attached to the bones by tendons.

The culprit in trigger finger is one of the flexor tendons on the palm side

of the hand, the flexor digitorum superficialis or FDS. In order for these tendons to work properly they have to slide through connective tissue tubes called tendon sheaths and under little tissue bridges called retinacular pulleys. To visualize this, think of a rope that is running through a pulley to pull on an object on the other

The anatomic problem that occurs in trigger finger is caused by the development of a swollen area on the FDS tendon. Returning to my rope and pulley analogy, this would be equivalent to having a knot in the rope that can't pass through the pulley so it gets stuck.

If it's a small knot, with a little force you can go ahead and pull it through. A larger knot can't pass through the pulley. This is exactly what happens in trigger finger - as the swelling on the tendon gets larger, it becomes harder to move it through the retinacular pulley and sometimes it can become permanently stuck on one side.

If the enlargement in the tendon gets stuck on the wrist side of the retinacular pulley, the finger can't be extended and gets stuck in the flexed, or down position. If it gets stuck on the palm side, the finger gets stuck in the extended, or up position and can't be flexed.

Treatment for trigger finger is fairly straightforward. First line therapy is to try and shrink the swelling in the tendon by injecting a steroid solution into the tendon sheath surrounding the FDS tendon. This procedure can be performed in many physician's offices using a small needle.

Steroid injections are successful about 85 percent of the time. They are more successful in women, those who have had symptoms less than four months, and who have a single swollen area in the tendon. It is less successful in those who have other conditions such as rheumatoid arthritis and

Sometimes a second injection is needed. If a person fails two injections, surgery is usually indicated. It is a simple outpatient procedure that involves cutting the retinacular pulley to allow the tendon to move freely.

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

) KIWANIS

between the State, Hamilton County and the school districts. "We were building this aircraft, while it was taking off. What normally takes a year to plan and develop, came together in a matter of months thanks to State and local leaders like County Councilman Steve Nation and County Commissioner Mark Heirbrandt," said Arrowood. The Northern Hamilton County Academy offers a more flexible curriculum that caters to the diverse needs of atrisk students, customizing their programs to address specific academic requirements while incorporating life skills development and hands-on learning oppor-

tunities. There are currently 8 students that attend the Academy (maximum number of students is 30), the three seniors who are

From Page A1

currently students are all 3 on track to graduate this year. "It takes academic professionals who truly care about providing every student the opportunity to regain control of their educational journey, develop the skills necessary to thrive personally **Todd Clevenger President** of the Kiwanis Club of is lucky to have school administrators who truly want each and every one and the Northern Hamilton County Academy is just one more example of how truly committed these educators are to receives the attention and support they need to overcome academic challenges and unlock their full potential.

activate their strengths and and professionally," stated Cicero. "Hamilton County of their students to success making sure every student

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ORIBBON

theiceatgrandjunction.com Additional hours will be added during Winter Break. Due to special events, some skate sessions may vary. The City is also working with the Mayor's Council on Disabilities and the Westfield Special Education Parent Advisory Council on sensory-friendly activities.

The Ice Ribbon at Grand Junction Plaza will be installed with Glice Eco-Rinks. Glice employs a sustainable skating technology that requires no water, energy, or carbon emissions. They also participate in a program called Plant for the Planet, a global nonprofit organization for reforestation

From Page A1

and climate advocacy. Together with Plant for the Planet, one tree is planted for every Glice sheet.

Parking is available west of Park Street and Poplar Boulevard in two parking lots and designated on-street spots on Jersey, Mill, and Park Streets.

Westfield Welcome would like to thank Centier Bank and Estridge Homes for being sponsors of the Ice Ribbon at Grand Junction Plaza.

The City will hire several seasonal, part-time employees for Ice Ribbon operations. More information can be found at https://tinyurl.com/westfieldemployment







Tuesday, October 31, 2023

Be Ready to Save a Life

Understanding the 2 Steps of Hands-Only CPR

FAMILY FEATURES

very year, 350,000 people die from cardiac arrest in the United States. However, hands-on emergency intervention like cardiopulmonary resuscitation – or CPR – from a bystander can make the difference between life and death in sudden cardiac arrest emergencies.

In fact, immediate CPR can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. During the first few minutes an individual is suffering from cardiac arrest, chest compressions can help keep blood flow active and push remaining oxygen through the body to keep vital organs alive, which extends the opportunity for a successful resuscitation once trained medical staff arrive.

Because 88% of cardiac arrests – electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs – occur at home, it is often a friend or family member who witnesses a child, spouse, parent or friend going into cardiac arrest. As survival can depend on how quickly CPR is started, compression-only CPR, or Hands-Only CPR, is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work or in a park.

"By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home," said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of the World Restart a Heart Day initiative, the American Heart Association aims to increase awareness about the importance of bystander CPR through its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, and offers these two simple steps:

- 1. Call 911 (or send someone to do that).
- **2.** Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

Using the beat of a familiar song with 100-120 beats per minute, such as "Stayin' Alive" by the Bee Gees, can help you stay on pace with the necessary compressions.

"Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone's chance of survival from cardiac arrest," said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. "As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives."

To find more information and resources, visit heart.org/CPR.

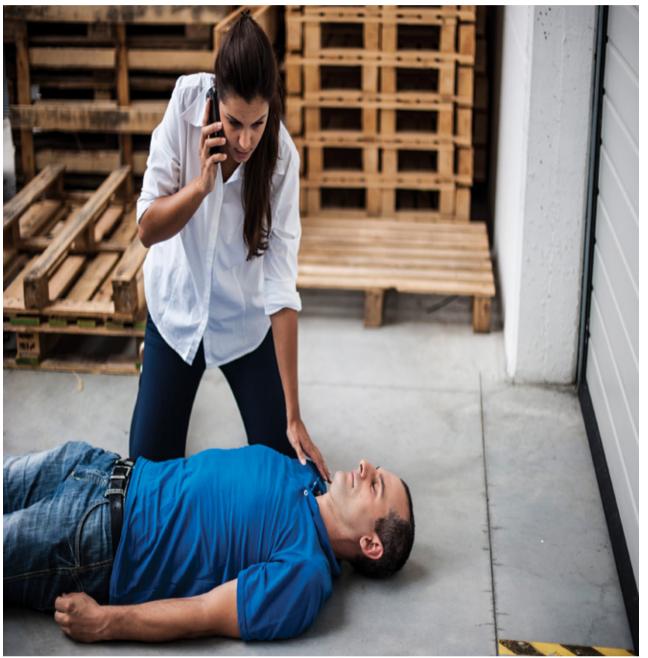


Photo courtesy of Getty Images

6 Links in the Adult Out-of-Hospital Chain of Survivals

When properly executed, a strong chain of survival – or series of actions – can improve the chances of survival and recovery for victims of sudden cardiac arrest. Hands-Only CPR is a critical step in the American Heart Association's Chain of Survival, which also includes:

- Activation of Emergency Response: Recognize symptoms of cardiac arrest and call 911.
- **High-Quality CPR:** Push hard and fast in the center of the victim's chest until emergency personnel arrive.
- **Defibrillation:** Use an automated external defibrillator (AED) to
- restart the victim's heart and reset it to a healthy rhythm.

 Advanced Resuscitation: Medical professionals provide
- additional life-saving medical services.
- Post-Cardiac Arrest Care: Transport victim to an appropriate hospital or treatment facility to optimize survival, organ function and neurological recovery.
- Recovery: Survivors receive additional treatment, observation, rehabilitation and psychological support to aid in recovery and help prevent recurrent cardiac arrest.



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS



SUBSCRIBE TODAY! 770-7777 Tuesday, October 31, 2023 **A8**



Simplify Holiday Hosting from Start to Finish

FAMILY FEATURES

osting a major holiday event is no small effort. It requires close attention to detail from planning, cooking and cleaning to entertaining guests on the big day. Fortunately, just like any good recipe, approaching your hosting duties one step at a time can allow you to create a magnificent final product.

This Thanksgiving, the experts at Finish are helping hosts everywhere get organized, from the initial planning all the way through clean up, with the Ultimate Thanksgiving Timer. Created in partnership with Gaby Dalkin of "What's Gaby Cooking," it's a personalized hosting timeline designed to help hosts stay on track up to and throughout the big day.

"I've been hosting holiday gatherings for years and know from firsthand experience that even capable hosts struggle to time everything just right," Dalkin said. "From planning your menu and designing your tablescape to accommodating dietary restrictions and even serving dessert, the Ultimate Thanksgiving Timer will support hosts every step of the way this year."

Plan Your Guest List and Menu

Deciding how many guests you'll be serving and what you plan to serve are two essential details that will guide the rest of your planning. When creating your guest list, be realistic about how many are likely to attend and plan your menu for a few extra people so you don't run out of food. Your menu may also be influenced by how many guests you plan to host; a whole turkey is practical for a large group, but a turkey breast may be adequate for a more intimate gathering. Remember to send your invites at least three weeks ahead of the event so guests have plenty of time to respond and you can prepare your menu.

Start Grocery Shopping Early

The rush at the grocery store can be one of the most stressful parts of getting ready to host. Give yourself enough lead time by picking up pantry staples and beverages 1-2 weeks out so your kitchen is stocked for the big day. For perishables, get to the grocery store early in the day 1-2 days before hosting to beat the rush and avoid any last-minute grocery runs the morning of your gathering.

Maximize Prep Time

While it's likely the majority of your work will come on the big day, you can work ahead to reduce some of the load. For example, you can wash and chop vegetables for stuffing and other side dishes and store them overnight to minimize prep time in the morning. You can also use the quiet of the night before to tackle tasks like setting the table and organizing your seating chart, restocking towels and replenishing other essentials in the guest bathroom.

Enlist Help with Cooking

The day of your event is the perfect time to pull extra hands into the kitchen. A simple but tasty recipe like this Ultimate Cheesy Herb Sourdough Stuffing from Dalkin is a sure crowd-pleaser to add to your table this year. Once you establish your cooking space and find your rhythm, you may even find sharing the preparations with a loved one is a great way to bond and create special memories.

Make Cleanup a Cinch

A few simple tricks can help you maintain a relatively clean workspace and keep up with all the dishes you need to prepare a lavish meal. First, be sure to clean up as you go. It may be tempting to throw all of your dirty utensils and empty mixing bowls in a pile in the sink to deal with later, but taking a few minutes to scrape dishes and load the dishwasher as you go can help prevent a messy mountain from forming. That also means you'll be more likely to find a clean measuring cup or spoon when you move on to prepare the

Hosts have enough to worry about, so let your dishwasher do the hard work and pull in reinforcements to help clean up while you relax after a long day. Use a detergent that works in the toughest conditions, from burnt-on stains to old dishwashers and hard water, like Finish Ultimate. It's the only dish detergent tab with CycleSync technology that releases the right ingredient at the right time to work with your dishwasher.

You can skip the rinse, even on tough stains like cranberry sauce and gravy, and save up to 20 gallons of water. Hosts are invited to put Finish Ultimate to the test and take the Ultimate Thanksgiving Challenge; if it can't tackle your burnt-on stains, the meal is on Finish via a rebate of up to \$30.

For more hosting tips and tricks, visit UltimateThanksgivingExperience.com.



Ultimate Cheesy Herb Sourdough Stuffing Recipe courtesy of "What's Gaby Cooking" on behalf of Finish

- 1 loaf sourdough bread with crust, cut into 1-inch cubes (roughly 8 cups)
- 10 tablespoons butter
- 2 shallots, finely sliced
- celery stalks, finely chopped 2 bunches green onions, thinly sliced
- 3/4 cup chopped fresh Italian parsley 2 tablespoons chopped fresh oregano
- tablespoons chopped fresh sage
- tablespoons chopped fresh thyme
- large garlic cloves, minced
- 2 teaspoons coarse kosher salt teaspoon freshly ground black pepper
- 3 large eggs 2 cups chicken broth, divided
- 6 ounces coarsely grated Parmesan cheese

Preheat oven to 375 F. On large, rimmed baking sheet, spread ripped or cubed bread. Bake until bread is dry, about 15 minutes. Cool. Leave oven on. In heavy skillet over medium heat, melt butter. Add

shallots and celery; saute 5-6 minutes. Add green onions, parsley, oregano, sage, thyme, garlic, salt and pepper: saute until celery is tender, 6-8 minutes.

Generously grease large skillet or ceramic baking dish. Place bread cubes in large bowl. Add warm vegetable mixture; toss to combine.

In medium bowl, whisk eggs and 3/4 cup broth. Add egg mixture to stuffing and toss to coat. Mix in Parmesan. Add 1/2-3/4 cup broth to stuffing if dry. Transfer to skillet or ceramic baking dish. Cover with buttered foil. Bake 30 minutes. Remove foil; bake until golden, about 30 minutes. Serve in baking vessel or transfer to serving platter.

