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➔ TODAY'S VERSE
Deuteronomy 6:4-5 Hear, O Israel: The Lord our God is one Lord: And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with thy might.



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

What makes Les Reinhardt smile? "The creative arts," said the 43-year-old Fishers resident. She is executive director of Fishers Arts Council and operations manager for Nickel Plate Arts in Noblesville. She joined the Fishers Arts Council board in 2018 as treasurer; it's been an all-volunteer group since 2005. She was born and raised in Indianapolis and graduated from Lawrence Central High School. "I wanted to be an accountant, but then I landed on stage in production management." After graduating from Ball State University with a degree in theater technology and design major, she lived in California for 15 years and worked in the arts there, in music, dance and theater. She is a member of Actors Equity Association and is a Union Stage Manager. She has been married for more than 20 years and has an 11-year-old son. "We moved to Hamilton County (when her son was 5) because of the schools." She has been a virtual worker since 2017. She manages Fishers Arts Council's social media, website, events and does grant writing. Next up: Fishers Arts Council is playing host to Watercolor Society of Indiana exhibit in Fishers, now through Dec. 1; Second Friday free public reception 6-8 p.m. this Friday, with live music, refreshments, art from across the state (74 paintings by 30 artists), interviews, inside the Collaboration Hub at Hamilton County Community Foundation on Technology Drive in Fishers.

And Another Few Things...

1. Christmas Gift + Hobby Show Tickets

Want to go to the massive Christmas Gift + Hobby Show at the Indiana State Fairgrounds - for free! Well, simply send us a photo with you and the front page of The Times (online or print) and if we use that as our Faces of Hamilton County, you win tickets! It's that simple and easy! Just e-mail your photo to news@thetimes24-7.com and be sure to include your name and contact info. And hey, if you want to say something nice about The Times, well, we always appreciate that! One more thing - supplies are limited and this is first come, first serve!

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

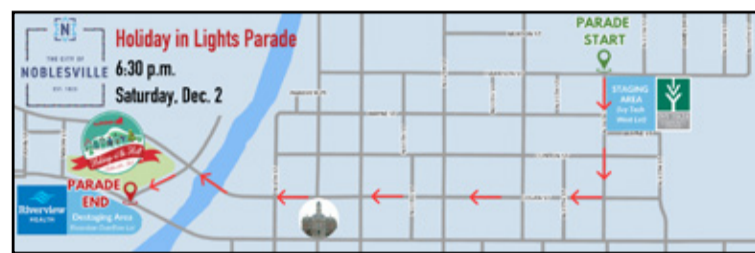
Please be advised, beginning on or after Wednesday, November 1, 2023, between the hours of 9:00AM and 3:00PM, E. 106th Street between Cumberland Road and Mollenkopf Road will be under lane restrictions and/or a full road closure. Tree clearing will take place to prepare for our upcoming bridge replacement 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.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Graphic courtesy of the city of Noblesville

Holiday in Lights Parade route.

Noblesville To Host Inaugural Holiday In Lights Parade On December 2

In celebration of the city's bicentennial, Mayor Chris Jensen has announced the Holiday in Lights Parade, the inaugural evening holiday parade that will start at 6:30 p.m. on Saturday, Dec. 2.

"I'm excited to try a new spin on the traditional downtown parade. With First Friday on December 1 and activities taking place downtown on December 2 leading up to the parade, it's going to be a very festive weekend in Noblesville and a great way to kick off the holiday season," Jensen said.

The parade route will be different than others. While it will start at 16th and Harrison streets and travel south on 16th Street to Logan Street, the parade will continue west through downtown and across the Bridge of Flowers, before passing Federal Hill Commons along State Road

19. "With storefronts, the Courthouse Square and homes lit up, this parade will be picturesque," said Jensen. "This will be a way for all residents and guests to recognize the different holidays that families celebrate in our community."

Hamilton County Emergency Management Agency is assisting the city by providing additional portable light stands to better illuminate the roadway along the route. Any nonmotorized entry needs to have reflective material or glow sticks/bracelets on any walkers to ensure their safety during the parade.

To encourage the holiday spirit, the Holiday in Lights Parade will include awards for the best holiday-themed entry, best use of lights and most home-

➔ See LIGHTS Page A5

State Dollars In Route To Local Communities For Road Projects

Significant state funding is in route to local communities to help complete road and bridge projects, according to Hamilton County legislators.

"Indiana is in a strong financial position where we can continue investing in essential, local infrastructure projects," said House Speaker Todd Huston. "This grant program paves the way for communities to stretch their dollars in order to make repairs to roadways Hoosiers and businesses rely on every day."

State funding is available for local projects through the Community Crossings Matching Grant Program, including road and bridge preservation, road reconstruction, intersection improvements and other items. In total, over 180 towns, cities and counties will receive more than \$91 million in state matching grants.

"These grants give our local governments flexibility when planning road projects," said State Rep. Chuck Goodrich. "With the state matching grants, we can maintain our roads and invest local tax dollars wisely into other critical services."

Area grant recipients include:

- Arcadia, \$446,295;
- Hamilton County, \$248,350;
- Sheridan, \$776,618;
- Westfield, \$1 million.

"Thanks to our state's fiscal responsibility, we're able to continue successful programs like this without placing debt on future generations," said

State Rep. Chris Jeter. "These communities can tackle critical infrastructure projects to keep Hoosiers and visitors safe as they travel our roads."

To qualify for the competitive grant, smaller municipalities provide a 25 percent match in local funds, while larger communities provide a 50 percent match. State law requires 50 percent of the available matching funds be awarded annually to communities within counties with a population of 50,000 or fewer. Since 2016, Community Crossings has awarded more than \$1.2 billion to improve local roads and bridges.

"These grants are an excellent opportunity for municipalities looking to make progress on local roads," said State Rep. Donna Schaibley. "This program is a great example of our communities and state working together to improve our infrastructure and make a difference for all Hoosiers."

"These grants help us make strong investments in local infrastructure, which is critical to keeping and attracting businesses and jobs to our communities," said State Rep. Jerry Torr. "These dollars will go toward keeping our roads safe while also improving quality of life."

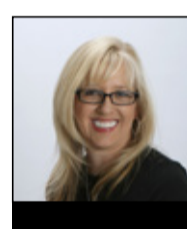
Visit in.gov/indot/communitycrossings and click on "Community Crossings Matching Grant" to access the full list of award recipients, and learn more about the Community Crossings Matching Grant Program.



The Times photo by Betsy Reason

In tradition, Santa Claus will be the last entry in the Noblesville Christmas Parade, which this year will be themed "Holiday in Lights" on Dec. 2 and will take place at night.

Nighttime 'Holiday in Lights' Replaces Traditional Parade



BETSY REASON From The Editor's Desk...

What does the community think of the City of Noblesville trying something new for the Noblesville Christmas Parade? You've probably heard by now that there will be a Christmas Parade through downtown Noblesville. And that the Christmas Parade will be at night.

At first, I wasn't so sure about the decision to have a parade at night. I had questions, as others might have, about safety and the darkness. And the fact that the parade will end at a different place than it starts.

This year's Noblesville Christmas Parade -- a Holiday in Lights Parade -- will be at 6:30 p.m. Saturday, Dec. 2, through downtown Noblesville. The parade will begin at its usual staging location at Ivy

➔ See BETSY Page A5

Noblesville Man Killed In Vehicle Accident

A 35-year-old Noblesville man was killed in a one-vehicle accident over the weekend.

Police say Derrick M. Shetler, 35, died after the 2013 Chrysler 200 went off the 146th Street near Promise Road and flipped several times. Police say Shetler was traveling at a high rate of speed and hit the curb and flipped several times. The car ended up on the south side of 146th Street. Police say Shetler was the only person in the car and was ejected. They pronounced him dead at the scene.

The crash occurred around 3 a.m. Saturday and eastbound 146th Street was closed while investigators worked the scene. It reopened around 7 a.m.

Police say the cause is still under investigation.

The Daily Almanac

Sunrise/Sunset
RISE: 7:22 a.m.
SET: 5:40 p.m.



High/Low Temperatures
High: 68 °F
Low: 52 °F



Today is...

- Election Day
- International Merlot Day
- Hug a Bear Day



What Happened On This Day

- **1947** Coup in Thailand. The military staged a coup against Thawan Thamrong Nawasawat and installed Khuang Aphaiwong as Prime Minister.
- **1917** October Revolution. The Bolsheviks, led by Vladimir Lenin, took over the winter palace and ended the rule of the post-Tsarist provisional government and transferred all powers to the communists in Russia.
- **1916** First woman to be elected to US Congress. Jeannette Rankin from Montana became the first woman to be elected to the U.S. House of Representatives.



Births On This Day

- **1913** Albert Camus French author, journalist, philosopher, Nobel Prize laureate
- **1867** Marie Curie Polish chemist, physicist, Nobel Prize laureate

Deaths On This Day

- **2011** Joe Frazier American boxer
- **1980** Steve McQueen American actor

➔ INSIDE TODAY

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➔ HONEST HOOSIER

On this date in 1811, the Battle of Tippecanoe, near Lafayette, is fought by U.S. troops led by William Henry Harrison and Native American warriors of the Shawnee Nation.



➔ TODAY'S QUOTE

In celebration of our beginning our 20th year as a media company, we're sharing some famous quotations about newspapers this month.
"Freedom of the press is not just important to democracy, it is democracy."
-Walter Cronkite

➔ TODAY'S JOKE

The headline read: Dead body found by trash bins in alley. Those trash bins must be pretty doggone observant!

➔ TODAY'S HEALTH TIP

Keep snack foods out of reach when you're stressed or anticipate stress. 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.



➔ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

| | | | | | | |
|------------------------------|---------------------------------------|---|---------------------------------------|--|-----------------------------------|----------------------------------|
| 70 WINDY WARMER | 52/68 PARTLY SUNNY WINDY | 54/74 MAJORITY SUNNY P.M. COOL | 53/60 PARTLY CLOUDY COOL | 41/51 SHOWERS EARLY, CHILLY | 34/53 SUNNY BUT COOL | 33/51 PARTLY CLOUDY |
| MON | TUE | WED | THU | FRI | SAT | SUN |



Photo courtesy of HHS

Hamilton Heights High School October Coffee Bean Award recipients (l-r): Addison Webb, Landen Greene, Harley Stetnish, Ayla Madara, Chance Williams, and Braydon Ridge. Not pictured: Tatym Green. Congratulations!

HHHS October Coffee Bean Award Recipients Named

Hamilton Heights High School would like to recognize the following students who were named as Coffee Bean Award recipients for the month of October. They include Tatym Green, Landen Greene, Ayla Madara, Braydon Ridge, Harley Stetnish, Addison Webb, and Chance

Williams. There were 48 students nominated for the month of October.

The name and award, inspired by The Coffee Bean, a book written by Jon Gordon and Damon West, delivers a simple, yet powerful message on positive change. All students nominated receive a certificate of

recognition. At the end of the month, the names of the students who were nominated during the month are included in a drawing where the first five-to-seven names drawn are called down to the office to enjoy a hot chocolate or coffee and a donut.

The monthly award

objective is to encourage more acts of kindness, positivity, school spirit, and help foster a closer sense of community at the high school. Students and staff can nominate students. Nomination forms can be downloaded at <https://www.hhschuskiies.org/domain/82>.

28 Veterans Welcomed Home At Open House

In gratitude of their service to our country during the Vietnam War Era, twenty-eight veterans were honored at a Welcome Home Vietnam Veterans open house. The event was sponsored by WHVV.org at the Noblesville Community Center last Wednesday. Eighteen veterans were added to the Indiana Vietnam Registry and given the free book Time to Honor, DVD documentary, and a Welcome Home pin by Jill Fewell (WHVV), and DAR volunteers.

The other veterans in attendance had received the WHVV gifts at an earlier event. The veterans in attendance enjoyed refreshments, gratitude, and a chance to win gift cards provided by the co-host DAR Chapters; Horseshoe Prairie, Noblesville, and Jonathan Jennings, Carmel. Don Vermillion, bagpiper, opened the ceremony playing "When the Battle's Over." Throughout the open house David Bechtel signaled that comments and a gift raffle were to occur with a bugle call.

Two of the veterans, Mr. Getts and Mr. Richard Steckley had the distinction of being the oldest Vietnam Veterans in attendance; both 85 years young.

Honorable guests in attendance were Hamilton County Commissioners Mark Heirbrandt, Steve Dillinger, and Director of Administration, Lee Buckingham.

The National Society Daughters of the American Revolution (DAR) is a women's service organization whose members can

trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and diverse, whose members annually provide millions of hours of volunteer service to their communities across the country and world, to promote historic preservation, education, and patriotism. Learn more about DAR membership by visiting www.dar.org or contact Shirley Hunter Smith at Shirley1776@yahoo.com.

Gov. Holcomb, INDOT Declare Winter Weather Preparedness Week

Much of Indiana experienced an arctic blast last week, and some saw measurable snow. Although temperatures are leveling out for early November, the Indiana Department of Transportation urges Hoosiers to be prepared as winter approaches.

Gov. Eric Holcomb proclaimed Nov. 5 - 11 Winter Weather Preparedness Week in Indiana. Along with the National Weather Service and other agencies, INDOT is encouraging the traveling public to use this week as a reminder to take steps to prepare for potential hazards that come with winter weather.

For safe travel, INDOT offers the following tips:

- Slow down and adjust travel to conditions, especially on snow covered roads.
- Never tailgate or drive beside a snowplow, as the driver's visibility may be limited. If you must pass, do so carefully.
- Be prepared in case of a crash and becoming stranded; always carry an emergency kit in your vehicle with food, water, a phone charger, sand or cat litter, flares or bright LED alternatives, a flashlight, and blankets.
- Keep your vehicle full of gas and check your battery, fluids and spare tire.

Throughout winter, snow, ice, freezing rain, and fog all present travel challenges. Roads can become slick, even after

pre-treatment and regular treatment during and after a storm.

Winter Operations crews monitor forecasts several weeks out and prepare for winter storms based on the type of precipitation, conditions leading up to an event, and extended forecast following a storm. If conditions allow, roads are pre-treated with salt brine and are regularly treated with rock salt. In colder temperatures, salt and brine alone take longer to activate. Environmentally-friendly chemicals may be used if necessary to boost effectiveness.

Snowplow drivers typically work 12-hour shifts during a storm and on average, take two-to-three hours to complete a full route. INDOT has prepared for winter operations by hiring seasonal snowplow drivers, completing training with current staff, inspecting equipment, and securing materials, like salt.

For information about road conditions during a winter storm, visit 511.in.gov to view INDOT's TrafficWise map, or download the app on your Apple or Android device. Other ways to stay connected include subscribing to INDOT News via GovDelivery and following INDOT on social media for regional information and additional resources. Roadway concerns may be reported to INDOT Customer Service at indot4u.com.

Fishers Hosts Watercolor Society Of Indiana Members Show This November

Fishers Arts Council is hosting the Watercolor Society of Indiana by showing artwork by their members in the FAC Hub Gallery in November, along with a free public Second Friday reception to meet the artists from across Indiana. The exhibit opens Monday, November 6 and runs through December 1 with a Second Friday reception on November 10 from 6-8pm. The gallery is located at 11810 Technology Drive inside the Collaboration Hub at Hamilton County Community Foundation.

The Watercolor Society of Indiana (WSI) -- a statewide organization-- held its first organizational meeting in October 1982, at the Indianapolis Art League, now the Indianapolis Art Center. The organization became a registered nonprofit corporation in September 1983, and its first annual Juried exhibit was held in November of that year. The organization's talented artists appreciate and continue to produce high quality paintings and to educate the public about this beautiful, transparent medium. "This is the third year we've hosted the WSI Members and it's our largest WSI exhibit to date - 74 paintings by 30 artists

- it's so impressive!" said Les Reinhardt, Executive Director of Fishers Arts Council. "It's such an incredible showing of talent from across Indiana, right here in Fishers, for all to enjoy. There's a wide variety of styles, skills, and subjects. I've had the pleasure of chatting with many of these artists so I hope folks will come to the gallery on November 10 to meet the artists, see their works, and learn more about the Watercolor Society of Indiana." Many of the artworks are for sale at a variety of price points, which makes this exhibit a perfect one for gift giving. The gallery is open 9am to 5pm Monday through Thursday. Friday gallery visits are by appointment only by contacting Fishers Arts Council directly. During the Second Friday reception on November 10, there will be live music from Happy Accident - a duo featuring Jim and Angela Sullivan, along with snacks, drinks, and a cash bar featuring Sun King beer and Daniel's Vineyard wines. Additionally, FAC board member Pat Grabill will interview WSI's executive director and member artist, Tanya Roberts, at 6:45pm



Photo courtesy of the city of Carmel

Carmel Christkindlmarkt Nominated For USA Today's 10Best Competition For Best Holiday Market

The Carmel Christkindlmarkt has been nominated for Best Holiday Market in USA Today's 10Best Readers' Choice Awards for 2023.

The Market won #1 Best Holiday Market in this contest three years prior, in 2019, 2021 and 2022.

Contestants are nominated from all over the country by a panel of experts and 10Best editors. There are 20 nominees for each category. The public can vote for their favorites in each category once per day from November 1 through November 29, 2023. Winners are announced on the Friday after voting ends.

"We are thrilled to once again be nominated for Best Holiday Market in this competition," said Maria Murphy, CEO of the Carmel Christkindlmarkt. "We know we wouldn't be here without the support of our visitors, and we're hopeful we'll once again win the top honor."

To learn more about this competition, please visit the 10Best website here: <https://www.10best.com/awards/about-usa-today-10best-readers-choice-awards/>

To vote, please go here: <https://10best.usatoday.com/awards/travel/best-holiday-market-2023/>

Community First Bank Donates \$25k To Westfield Library Foundation Donation

The donation will fund a Playhouse and Seed Library at New Building

Community First Bank of Indiana has donated \$25,000 to the Westfield Library Foundation to support the library's new building set to open next year. \$15,000 will be dedicated to creating a playhouse in the Children's Department, while \$10,000 will be used to establish a new seed library for gardening enthusiasts.

"The Westfield Library Foundation is thrilled to receive this generous donation from Community First Bank of Indiana," says Erin Downey, President of the Westfield Library Foundation. "Its support will significantly enrich our library's offerings."

Community First Bank's generous donation will fund one of three playhouses in the new library that are part of a larger mock town. The seed library will provide a space where residents can borrow, exchange, or

donate seeds for various plants, such as vegetables, herbs, and flowers. Seed libraries are a popular way of promoting biodiversity, sustainability, and local agriculture.

"Community First Bank of Indiana believes in investing in the communities we serve," says Robb Blume, President/CEO of Community First Bank of Indiana. "We recognize the invaluable role that libraries play in fostering education, personal growth, and community engagement. We are proud to partner with the Westfield Washington Public Library as it embarks on this exciting new chapter."

Other naming rights and sponsorship opportunities are available at the new library. Anyone interested in learning more should contact Downey at edowney@wwpl.lib.in.us or (317) 896-9397, ext. 119.



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THE TIMES

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Photos courtesy of Mazda

2024 Mazda CX-90 PHEV Looks Beautifully Upon Its Plug

My sister and I were recently discussing what car she and my brother-in-law should buy next. For the last two decades, they've been raising my niece and nephews in GM and Honda mini-vans, but the "kids" are off to college. They still want a vehicle large enough to get everybody to dinner comfortably, but also want something more upscale as they drive towards retirement. While most of their driving is to work and shopping, they still want to be comfortable on long drives. The 2024 Mazda CX-90 PHEV may be their next ride.

Having a good look in the driveway, the CX-90 is considerably more elegant than the average mini-van. Typical of Mazda, design is in subtle chrome and sculptural forms that lend an upscale yet understated style. It even looks German or Italian. Stylists tried to give the CX-90 a long hood for sportier

proportions, but from some angles it looks a little smushed and tall in the passenger zone. A wide rump and 21" wheels lend muscular attitude.

The luxury experience continues inside where passengers are greeted with plush stitched dash coverings, light woodgrain accents, and infotainment screen that appears shaved from thin glass. Flatscreen gauges and a head-up display put critical information front-and-center. I could do without Mazda's cumbersome joywheel controller, but it does connect devices wirelessly via Apple CarPlay or Android Auto.

That's only a start to the carnal luxuries. Crisp Bose audio, heated and ventilated front seats, and a panoramic sunroof with opening panel elevate the experience – as do heated second row seats, heated steering wheel, and tri-zone automatic climate control. Everything one

2024 Mazda CX-90 PHEV Seven-passenger, AWD Crossover

Powertrain: 2.5-liter I4, Li-ion batteries
Output: 323hp/369 lb.-ft
Suspension f/r: Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: regen disc/disc
Fuel economy: 56-MPGe combined
Assembly: Hofu, Japan
Base/as-tested price: \$49,945/\$58,920

sees or touches seems a level above the CX-90's price point. And, anybody riding inside should be safe given automatic emergency braking, front/rear cross path detection with auto brake, lane keep assist, and blind spot warning systems.

My sister is used to hauling three rows of full-size humans plus luggage

LIKES

- 26 miles EV range
- Luxury interior
- Sculptural style

behind the third row. She'll have to adjust expectations because there's very little space behind the third row and nobody will want to ride back there much further than dinner. For all practical purposes, this is a four passenger car with a large trunk...or a two-passenger car with a cavernous cave behind them.

Sis should add smiles behind the wheel. For daily errands, the CX-90 PHEV goes 26 miles all-electric before firing up the 2.5-liter four-cylinder engine to drive on until the tank runs dry. Owners can charge 20-80% in about 90 minutes on a 240v charger or over six hours on household current, the latter easy overnight. Fuel economy rates a frugal

DISLIKES

- Infernal joywheel
- Tight third row
- Measly cargo space (seats up)

56-MPGe total system or 26-MPG on gas alone. Towing their camper presents no problem given 3,500 lbs. capacity.

And, true to Mazda heritage, the CX-90 would be a fun drive on two-lane backroads to local parks. Quick steering and a tight four-wheel independent suspension belie the vehicle's size. A combined 323 horsepower and 369 lb.-ft. of torque feels peppy underfoot. Other CX-90s run with a turbocharged inline-six engine, but the hybrid seamlessly sends its power to the all-wheel-drive system through a crisp eight-speed automatic transmission. Going near or far, my sister's family should be set.

Forgoing a luxury badge nets a pretty affordable



CASEY WILLIAMS
Auto Reviews

price. The CX-90 starts just under \$40,000. Plug-in hybrids begin under \$50,000, coming to \$58,920 as-tested. That's venturing into luxury pricing, but is very competitive against the Toyota Highlander Hybrid, Kia Sorento Plug-in Hybrid, Hyundai Santa Fe plug-in hybrid, and Chrysler Pacifica plug-in hybrid.

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

Greener & Cleaner: Next Gen Laundry Soap Eschews Harmful Chemicals

EARTHTALK

Dear EarthTalk: Do mainstream laundry soaps contain chemicals that are bad for human health and/or the environment? Are any brands safer than others in this regard?

For centuries, soaps made from natural substances were used to cleanse our skin and clothes. Synthetic detergents were developed in the early 20th century to create products that cleaned our laundry better and more conveniently. These days we may buy them based on a nice smell or how bright our clothes look, and take for granted that they are safe for us and for the environment.

Sadly, that doesn't seem to be the case. Consumer Reports recently looked for potentially dangerous chemicals in several laundry detergents and found quite the selection of "nasties." One of the worst is 1,4-dioxane, an industrial solvent that's readily absorbed through the skin, lungs and gastrointestinal tract and is considered a probable human carcinogen. In 2022, New York State banned laundry detergents containing unsafe levels of 1,4-dioxane. Arm & Hammer Clean Burst, Tide Original + Aroma Boost are among those detergents no longer available in New York as a result.

Other common yet dangerous detergent ingredients to watch out for include: neurotoxin heavy metals such as arsenic, cadmium and lead; phthalates that make fragrances last longer but disrupt the body's hormonal systems; phosphorus that helps separate dirt from fabric but has links to negative human health effects including the aggravation of cardiovascular problems and osteoporosis; and sodium lauryl sulfate (SLS) and sodium laureate sulfate (SLES), scrubbing agents that can irritate the skin, eyes and lungs. Many common detergents contain synthetic dyes, fragrances and so-called "synthetic optical brighteners" that don't actually clean but can cause allergic reactions and skin irritation and harm downstream wildlife.

Beyond the immediate health and environmental threats many of these synthetic chemicals pose, they also are not easily broken down over time and as such accumulate in the environment over decades. They can accumulate in water to toxic levels, affecting wildlife that is exposed, be carried by waterways or by water extraction for irrigation and can then get into food crops and animals. Like the pesticide DDT, the chemicals may accumulate in the body tissues of organisms living in polluted areas, but more crucially for us, in the body tissues of the top predators in food chains, which are in

many cases...us.

New York's decision to ban these hazardous detergents is a significant step toward establishing a safer and healthier environment, and emphasizes the importance of selecting eco-friendly products. Cheri Peele of Toxic-Free Future, a nonprofit that aims to reduce the use of dangerous ingredients in consumer products, urges consumers to "choose detergents with the U.S. EPA Safer Choice label."

Boosting consumer awareness of this problem has become more mainstream recently. The Good Housekeeping Institute trialed some of the more eco-friendly brands. Its researchers gave high marks to Ecover, Smol, Splish, Method and Bio D. Ecology Works produces a 100 percent bio-degradable anti-allergen laundry detergent. Seventh Generation is also highly regarded as eco-friendly. Happy washing!

-CONTACTS: How to Find an Eco-Friendly Laundry Detergent, <https://www.consumerreports.org/appliances/laundry-detergents/how-to-find-an-eco-friendly-laundry-detergent-a8349611828/>; Toxic-Free Future, <https://toxicfreefuture.org>; EPA Safer Choice, <https://www.epa.gov/saferchoice>.

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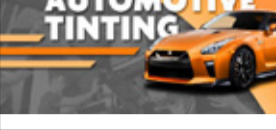
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BETSY From Page A1

Tech Hamilton County at 16th and Harrison streets, and travel the regular parade route, south on 16th Street and west on Logan Street. Then rather than turning north on Ninth Street, the parade will continue through the downtown Square, cross Logan Street Bridge and pass by the Bridge of Flowers, then turn south on Indiana 19 traveling by the east side of Federal Hill Commons and cross Ind. 32/38 into the Riverview Health overflow lot, where the parade will end.

In 2020, the Noblesville Christmas Parade was canceled due to the pandemic but Santa Tours were offered with Santa and Noblesville Mayor Chris Jensen riding through neighborhoods. In 2021, the Santa Tours replaced the Christmas Parade.

The community asked for its parade to return. So the Noblesville Christmas Parade returned in 2022, with nonprofits invited to participate, traveling the parade route through downtown.

Mayor Jensen, who is unopposed running for Mayor a second term in today's municipal election, is calling his new parade event an "inaugural" evening holiday parade, which means he's expecting the event to be the first of more yearly evening holiday parades to come.

So, if this year's Holiday in Lights Parade is a success, expect the parade to continue.

My question about safety has already been addressed by the City. Hamilton County Emergency Management Agency will provide portable light stands to better illuminate the streets along the route. Walkers and anyone in a parade entry without a motorized vehicle are required to wear reflective material or carry glow sticks or wear glow necklaces or bracelets. And there was no mention of candy in the parade.

Being that this year's parade will feature awards for the best holiday-themed entry, best use of lights and most hometown inspired, I expect Noblesville Preservation Alliance members have already started their design concept for their entry. I have high expectations that after winning every year the People's Choice award for their creative entries in the Darlington Bed Race to benefit the Boys & Girls Club of Noblesville, that NPA will be one to watch for in the holiday parade. In tradition, Santa Claus

will be the last entry in the parade.

Parade entry is free to nonprofits and youth organizations and \$25 for others. Registration deadline is Nov. 27.

Since the parade ends at the Riverview Health overflow lot, one might wonder how participants in the parade will return to their vehicles parked at Ivy Tech. However, the City has announced that a trolley will transport participants back to their vehicles in the Ivy Tech lot. If there are a lot of participants, there might need to be more than one trolley running, otherwise people may get a little cold waiting for a ride.

I shared the news of the Holiday in Lights nighttime parade plans on Facebook, asking for followers to weigh in. Some readers thought the night parade would be a grand idea. "Magical," "beautiful," "romantic" and "a nice change" were among the comments. But "cold and dark," "not best for the youngest kids, dinner and bedtime routines" were also among the comments from those not liking the change. Another said the mayor is "determined to change everything traditional about Noblesville before he leaves office." (Traditionally, the Christmas Parade was the Sunday after Thanksgiving, when Santa officially arrived on the Square at the Santa's House to hear wish lists)

There are definitely pros and cons (such as no sun to keep walkers warm in the parade) for the new concept, and the logistics of ending the parade at a different location.

But why don't we wait and see.

When I was in Branson, Mo., several years ago, there was a parade at midnight that everybody came out to watch, and it was beautiful.

The Holiday in Lights Parade is a lovely idea. With lots of decorated entries, and houses and businesses lit up along the way, the parade could be very pretty, reminiscent of a Hallmark movie.

So, why don't we wait and see. Put it on your calendar.

-Contact Betsy Reason at betsy@thetimes24-7.com. Contact The Times Editor Betsy Reason at betsy@thetimes24-7.com. Read the City of Noblesville's press release announcing the new Noblesville Christmas Parade concept in today's edition of The Times.

Exercise Is Not Just For The Young



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

"All parts of the body if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed, and age slowly; but if unused and left idle, they become liable to disease, defective in growth, and age quickly." -Hippocrates

Few things benefit the body more than maintaining physical fitness (anyone remember Jack LaLanne)? While doctors routinely recommend exercise for younger patients, we're realizing how critical it is for our older patients as well. Regular exercise, even in one's senior years, can still reduce your risk of a number of health conditions, particularly heart attacks, strokes, and falls. It also may be one of the few things that helps slow the onset of dementia.

Most communities are blessed to have many options available to seniors for exercise, especially programs that are supervised. I prefer supervised activities because a trained professional typically leads the individual or a group. This person can make recommendations to get the most out of a program in the safest way possible.

Why is regular exercise so important for seniors? You may have noticed that as our bodies age a number of physiologic changes occur. We lose muscle mass and tone that leads to weakness and difficulty with balance. Flexibility becomes an issue (the most common cause of leg cramps at night). Our bones become weaker from reduced weight-bearing activity. Balance problems along with poor flexibility and weak muscles often lead to falls and fractures. Our hearts and lungs can also get out of condition resulting in reduced stamina and difficulty breathing with activity. This can lead to a reduced level of confidence and independence.

Regular exercise can go a long way to delay or even reverse some of these effects of aging. Exercise is a critical component in the treatment and prevention of conditions such as arthritis, diabetes, high blood pressure, obesity, elevated cholesterol, heart disease, stroke, dementia, depression, and anxiety.

Exercising in the water is one of the best and safest ways for seniors to work on their fitness. Aquatic programs are excellent

for people with painful arthritic joints, particularly the knees, hips and back. Water buoys up the body, reducing stress on the joints. The natural resistance of the water helps build and tone muscles and also improves balance. I had one patient a few years ago who faithfully attended his aquatics classes and was able to graduate from his wheelchair to using a walker.

Exercising on dry land is certainly acceptable. Again, I usually recommend supervised programs like Silver Sneakers®. This is a program that is available to all seniors. Many Medicare Advantage plans even pay for memberships at a partnered exercise facility because they know that regular exercise greatly reduces hospitalizations and medical expenses. More information on the program can be found at www.silversneakers.com. Simple things like gardening, yard work, or walking are certainly better than sitting all day. Walking should always be done in a safe area that is flat and well lighted.

Another benefit of regular exercise that most seniors don't consider is socialization. Seniors often become socially isolated either through the death of a spouse and/or loss of friends. This was certainly exacerbated by COVID-19. Organized exercise programs provide a way for seniors to get out and interact with people. Most seniors who have joined one of these programs can't wait to get back for the next session. Regular exercise is also very good for improving mental health and keeping the mind sharp.

Many seniors simply don't want to be bothered with a formal exercise program. Any exercise is better than no exercise, but seniors need to be careful not to do too much too fast. Certain medical conditions may preclude doing certain types of activities.

If you are considering starting an exercise program, it's always a good idea to discuss it with your health care provider. This is true especially if you suffer from obesity, diabetes, hypertension, heart disease, lung disease, have had a stroke or smoke. Your doctor may even provide you with an "exercise prescription" that outlines what he or she wants you to do or avoid. "A great set of basic exercises for seniors can be found at bit.ly/3zmEhtJ. "Just Do It" - it's not just for the young!

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

Questionable Dietary Choices



CARRIE CLASSON
The Postscript

I just spent a wonderful long weekend with my sister and her son, Beau, "up north" at my parents' cabin.

Stubby the red squirrel is doing well. Since the tragic loss of the end of his tail (and his subsequent unofficial adoption by my mother), he has flourished. The end of his tail, while still cut off at a sharp angle, has sprouted an impressive line of dark fur, and he looks dapper, sitting on the railing, shaking his tail and showing off his new plumage.

Mom still dutifully feeds him every day, usually bird food, although he recently had some leftover pasta shells, which he seemed to enjoy very much. Even without my mother's offerings, he is kept busy this time of year with pine cones and acorns and the many other good things there are to be found in the forest.

My mother is an intrepid gardener, braving the cold temperatures, lack of sun and marauding forest wildlife to keep the flowers in her many flowerpots growing and beautiful for much of the year. It is a never-ending job, as the deer and, more recently, the wild turkeys love the tasty treats she has cultivated and placed around the house like a free salad bar. A pack of turkeys decimated her begonias earlier in the fall. She sent me a photo of her begonias, pre- and post-turkey invasion, and it was not a pretty sight.

My sister brought the family dog, Mabel, who gets along well with my parents' cat, Katie, and Mabel kept the turkeys and deer at bay. But that didn't mean we were free of animal drama.

My nephew and my dad went down to haul in the dock before the lake froze. My sister and mother and I followed them down to the water's edge, where

we discovered the site of a recent raccoon feast.

"They must have been eating crayfish," my father guessed when he saw the enormous pile of fragrant poop at the end of the dock.

"Oh, no!" I yelled, because—at that moment—Mabel discovered the pile of poop and was eating it as quickly as she could.

Mabel was immediately banished to the house (with very stinky breath) while the dock was hauled in and, sometime in there, a door was left open just long enough for Katie the cat to escape, kill a songbird and bite off its head.

"Katie!" my mother scolded. "That was very, very bad!"

Katie looked mighty pleased with herself, and Mabel looked a little relieved because—although she hadn't gotten to eat as much raccoon poop as she thought she was entitled to—at least she was no longer the pet in the most trouble.

That night, we went out to dinner. My sister and nephew and father all had big burgers with bacon and ham and cheese or some combination of all three. I don't eat meat, and I haven't for most of my life, but I don't care what anyone else eats.

Beau, looking at his gigantic burger, told me, "I think we killed enough animals to make up for any that you saved!"

I tried to tell him that I don't make dietary choices for anyone but myself. But then I realized this was not quite true.

Because I did not agree with the dietary choices of Katie, eating songbirds' heads, or Mabel, eating raccoon poop off the dock, or even those turkeys, eating my mother's begonias.

I make a lot of judgments, all the time. And some of them I'm sticking with.

Till next time,
Carrie

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

LIGHTS From Page A1

town-inspired to celebrate the bicentennial. City departments also will compete against one another for a decoration award. Participants are reminded that Santa Claus will be the last entry in the parade and should not be replicated on other entries.

Registration is \$25 per entry and will be accepted until Monday, November 27. Parade forms can be completed online at www.cityofnoblesville.org/parade. Like other city parades, entry fee to all nonprofit and youth organizations that want to participate will be waived. Please make checks payable to City of Noblesville. Completed forms may be mailed with payment to Holiday in Lights Parade, Noblesville City Hall, 16 South 10th Street, Noblesville, IN 46060. Forms

also may be emailed to rherrington@noblesville.in.us.

Check-in will take place starting at 4:30 p.m. Dec. 2 at the Hamilton County - Ivy Tech Community College campus. Participants are asked to enter the parking lot from North 17th Street or Harrison Street. Volunteers will be onsite to help stage vehicles to exit the parking lot's North Entrance. The Riverview Health Overflow lot will be a destaging area at meeting point for participants and families. Because the route does not make a loop, a trolley will be available to take participants from the parking lot back to Ivy Tech.

For questions or more information, contact Robert Herrington at 317-776-6363 or rherrington@noblesville.in.us.

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TUESDAY

Health and WELLNESS

Tuesday, November 7, 2023

A6



Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol, spicy foods; chocolate; artificial sweeteners; caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!

1 in 3 women experience urinary incontinence (UI) almost every day.¹

28 million women experience moderate or severe urinary incontinence.¹

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.²

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.³

Nearly a third of women have experienced the urge!⁴

99% have stress incontinence

22% have urge incontinence

31% have mixed (stress & urge) incontinence

5% have unspecified incontinence

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO

Stay hydrated and healthy

DON'T

Limit liquid intake

DO

Live life fully

DON'T

Hover next to bathrooms

DO

Keep moving

DON'T

Skip the gym

DO

Laugh a lot

DON'T

Skip comedy clubs

DO

Use the best protection

DON'T

Make do with period pads

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FitRightFreshStart.com

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Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

TUESDAY

In The Kitchen

Tuesday, November 7, 2023

A7

Quick, Easy Recipes to Add to Your Dinner Rotation



Poached Egg Tostadas with Avocado-Tomatillo Salsa

Poached Egg Tostadas with Avocado-Tomatillo Salsa

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

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

Salsa:

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

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

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

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

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

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

Simple, nutritious meals to make more time for family

FAMILY FEATURES

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

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

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

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

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

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

Poblano Frittata

Servings: 4 (2 wedges per serving)

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

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

In medium bowl, whisk eggs, milk and cilantro.

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

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

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

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

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



Poblano Frittata

Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

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

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

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

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

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

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

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

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



Sweet Potato Hash with Eggs