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#### TODAY'S VERSE

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.



#### FACES OF **HAMILTON COUNTY** ople who call our community their own

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-year-old 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. 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. He was found Saturday at the Veterans Day Ceremony at the Hamilton County War Memorial on the Courthouse Square in downtown Noblesville, then following visiting with friends and enjoying ham and beans at the new Noblesville American Legion Frank Huntzinger Post No. 45 on South Eighth Street in Noblesville, located on the historic R.L. Wilson property. The American Legion will have its first night of Music Bingo at 7 p.m. Saturday. Same Bingo concept with songs instead of numbers with 30-second song clips played and then the guessing and marking begins. Three games per Bingo card for \$5. Come try it out.





The Times photo by Betsy Reason

Korean War Veteran Kenneth Harris watches the Veterans Day Ceremony from the crowd on Saturday at the Hamilton County War Memorial at the Courthouse Square in downtown Noblesville. Harris did the laying of the wreath for many years.



#### Statement From Hamilton East **Public Library Board Of Trustees** President, Ditlevson

Patrons, Stakeholders, Taxpayers,

On Thursday, November 9th, the Library Director/Chief Executive Officer, Edra Waterman, notified the Hamilton East Public Library Board of Trustees that her last day of service to the Hamilton East Public Library will be December 22, 2023. We wish her the best in all of her future endeavors.

Edra Waterman has served as the CEO and Library Director for the last 12 years. Under her leadership, HEPL has been recognized as a leader in innovation among public libraries regionally.

The Hamilton East Board of Trustees will begin the search process for a new Chief Executive Officer immediately. During this time of change, we do not anticipate any changes or disruptions in the delivery of services to our patrons.

Again, best wishes to all. Tiffanie Ditlevson President, Hamilton East Public Library Board of Trustees

## Westfield Library **Offering FREE English** Classes



Sunrise/Sunset RISE: 7:30 a.m. SET: 5:33 p.m.



• International Girls Day



• **1971** First spacecraft to

orbit a planet. NASA's

Mariner 9 entered Mars'

orbit after 167 days in space.

Despite it being in Mars' or-

bit within 15 minutes, a dust

storm on the planet made it

impossible for Mariner 9 to

take pictures of Mars until

January.

And Another Few Things...

#### **1.Secretary Rosenberg** Issues **Statement In Support** of Water Study Moving to Indiana

Indiana Secretary of Commerce David Rosenberg released the following statement regarding the Indiana Finance Authority (IFA) executing the INTERA water supply study and regional water plan: "I'm proud of the work the IEDC team has done to identify and begin the study on what has shown to be one of the most productive water assets in the state. The IFA has been a partner from the very beginning, and as we move into the execution phase, they are the right experts to continue the INTERA water supply study and incorporate its findings into their comprehensive regional water study. This work helps keep Indiana's foot on the gas as we continue the historic economic momentum of the last two years with a focus on growing Indiana's population and attracting industries of the future."

#### 2. Bicentennial Bash Set to Cap off Hamilton County's 200th **Anniversary Year**

The Hamilton County Bicentennial Commission will host the ultimate Bicentennial Bash to round out an incredible year of 200th anniversary happenings. This free, open-house style event is family-friendly and designed to celebrate all that Hamilton County has to offer!

The Times photo by Betsy Reason

Congresswoman Victoria Spartz of Noblesville speaks during the Veterans Day Ceremony on Saturday at the Hamilton County War Memorial at the Courthouse Square in downtown Noblesville.

## **Day Honors Our Veterans**



BETSY REASON From The Editor's Desk...

Courthouse Square in downtown Noblesville.

Veterans Day

at the Ham-

ilton County

War Memo-

rial on the

The ceremony brought out many nonveterans and veterans, sporting their military hats and patriotic colors. Many held onto the small American flags given out at the event.

The ceremony each year is a pleasant reminder to honor all veterans, past and present.

Kenneth Harris, 89, Noblesville, a veteran of the U.S. Ma-

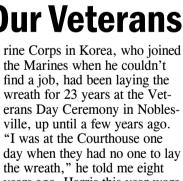
#### INSIDE TODAY

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#### OBITUARIES

**Stevie Dick Joy Ann McQuinn Lorita Ruth Thistlethwaite** Timothy J. "Tim" Johnson

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



day when they had no one to lay years ago. Harris this year wore his military cap and watched the ceremony from his red mobility scooter that carried a red, white and blue sign reading "Korean War Vet Kenneth Harris." He served in the U.S. Marine Corps from December 1953 to March 7, 1955. Harris is a member of the Noblesville American Legion Frank Huntzinger Post 45 and the Veterans of Foreign Wars Ralph Lehr Post 6246, both of which partner for the

See BETSY Page A6

The Westfield Washington Public Library is thrilled to announce the relaunch of its English Language



KIM WRIGHT

Learners (ELL) program, an initiative aimed at helping individuals learn and improve their English language skills. The program welcomed 68 non-native speakers this week.

"I love the diversity coming into our community. I see it in the people who visit the library," says Children's Librarian Kim Wright, a driving force behind the program's revival. "I have a heart for diversity and for the people who come here to start a new life and learn a new language."

Originally initiated in 2005, the ELL program faced temporary suspension during the COVID pandemic. The classes cater to a wide range of language backgrounds, including residents who speak Arabic, Slavic, Asian, Indian, Russian, and Spanish languages among others.

"The classes are designed for various proficiency levels," Wright adds. "Participants are given a placement test that helps identify where they need to start in the program and every 12 weeks or so they move to a more advanced class."

• 1889 Nelie Bly sets out to go around the world in 80 days. The American journalist, whose real name was Elizabeth Cochrane Seaman. followed the footsteps of fictional character Phileas Fogg

from Jules Verne's Around the World in 80 Days

• 1851 Moby Dick Makes its Debut in the United States. The epic novel by Herman

Melville about Captain Ahab's quest to find and kill Moby Dick, a white whale had released in the UK in October under the name The Whale.



**Births On This Day** • 1948 Charles III King of the United Kingdom • **1908** Joseph McCarthy American politician

**Deaths On This Day** 

- 1988 Haywood S. Hansell American general officer
- 1915 Booker T. Washington

American author, educator

#### **HONEST HOOSIER**

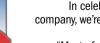
Let's try to be thankful for our government. Lord knows they're making it hard, but let's try anyways.



#### **TODAY'S HEALTH TIP**

week can help reduce age-related memory loss. 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.the-





#### **TODAY'S QUOTE**

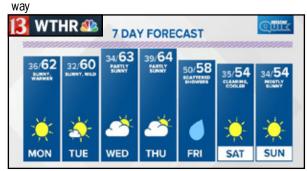
In celebration of our beginning our 20th year as a media company, we're sharing some famous quotations about newspapers this month.

"Most of us probably feel we couldn't be free without newspapers, and that is the real reason we want newspapers to be free?

-Edward R. Murrow

#### 🗢 TODAY'S JOKE

If you threw a Publisher and a reporter off a cliff at the same time, who would hit bottom first? The reporter because the publisher would get lost on the



See FREE Page A6

#### Veterans Day Ceremony. It was also good to see U.S.



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## **OBITUARIES**

**Timothy J. "Tim" Johnson** Tuesday, November 7, 2023

Timothy J. "Tim" Johnson, age 77 and a lifelong farmer in Hamilton County, passed away on Tuesday, Nov. 7, 2023 at Community Hospital North in Indianapolis following a short, but courageous battle with a very aggressive cancer. He was born in Elwood, the son of Gerald W. and Carolyn (Haworth) Johnson. Tim was a 1964 graduate of Walnut Grove High School and went on to



graduate from Purdue University with a Bachelor of Science Degree in Agriculture

Majoring in Economics. Tim was a Lifetime 4-H member and active in FFA. In college, Tim was a proud member of Alpha Gamma Rho agriculture fraternity. As an ROTC cadet, after graduating from college he served in the U.S. Army as a Lieutenant, stationed in Germany during the Vietnam War.

Tim loved farming and was devoted to managing Johnson Grain Farms, Inc. - a family business designated as a Hoosier Homestead by the State of Indiana with over 100 years of continuous operation. He married Kristin K. Peterson on Nov. 28, 1992, and they shared over 30 years of marriage together. Tim was a longtime member and board member of the Aroma Community Church where he had been active in church functions all his life. He was also a member of the Quincy Masonic Lodge #230 in Elwood and the Scottish Rite in Indianapolis.

Tim cared about his community and was a founding member of the Hamilton County Planning Commission. He was also a member of the Hamilton County Board of Zoning Appeals (North District) as well as the Hamilton County Co-op. Tim received several soil and water conservation awards through the years. Tim and Kris enjoyed traveling, but he found the most relaxation spending time at his home and houseboat on Dale Hollow Lake. He loved water and snow skiing. His favorite pastime was entertaining friends and family at the lake.

Tim was so many things to so many people. He was a son, a brother, a husband, a second dad to many, an uncle, an employer, and a friend to all who knew him. He was truly a man that had no enemies. He had a heart of gold, and was always looking out for others to either lend a listening ear or his arms for a hug. Tim wasn't just present; he was fully present 100% of the time and always concerned for the well-being of others. Tim will always be remembered for his positive attitude, generosity, wonderful smile, friendly nature, and sense of humor. He was a faithful Christian. His life and legacy will never be forgotten, and he will be dearly missed.

Tim's family includes his beloved wife, Kris Johnson of Atlanta; nieces and nephew, Jill A. (Sam) Allen of North Carolina, Jay W. (Malinda) Johnson of North Carolina, and Jennifer L. (Rob) Matthews of Colorado; great-nieces and nephews, Drs. Aubrey (Justin) Hess, Samuel Allen, Jacob Allen, Gabriel Johnson, Lydia (Adam) Dohrmann, Jessie Johnson, Zechariah Matthews, Sarah Matthews, and Adam Matthews; greatgreat nephew, Sebastian Dohrmann; and mother-in-law, Audrey Peterson of Noblesville. Tim was preceded in death by his parents; brother, James (and wife Janice) Johnson; and father-in-law, Ward Peterson. A funeral service celebrating Tim's life will be held at 11:00 am on Tuesday, Nov. 14, 2023 at Aroma Community Church in rural Atlanta with Pastor Bill Johnston and Rev. Elizabeth Nickerson officiating. Burial will follow in the Aroma Cemetery. Military honors will be conducted at the cemetery by the U.S. Army and Elwood V.F.W. honor guard. Visitation will be held from 3 to 8 pm on Monday, Nov. 13, 2023 at Copher-Fesler-May Funeral Home in Elwood and will include a Masonic Lodge ritual at 7:00 pm. Memorial contributions are suggested to Aroma Community Church or Tunnels to Towers. Online condolences and memories may be shared at www.copherfeslermay.com.

#### **Lorita Ruth Thistlethwaite** September 13, 1937, Friday, November 9, 2023

Lorita Ruth Thistlethwaite, age 86, of Sheridan, Indiana, passed away on Friday afternoon, November 9, 2023, at Majestic Care of Sheridan. Born September 13, 1937, in Sheridan, Indiana, she was the daughter of the late William and Phyllis (Pettigrew) Wright.

She was a 1955 graduate of Sheridan High School, where she supported her Blackhawks as a cheerleader.

After graduation, Lorita continued her education by enrolling in Comptometer School. The skills she gained led to her employment with Wonder Bread (now Continental Baking Company) where she had a wonderful 40-year career within their bookkeeping and payroll department. She attended Sheridan First Christian Church.

Lorita was the social butterfly of the family. In her eyes, there was nothing more important than her family and her friends (with the latter always gaining new members). She loved doting over her grandchildren and following their activities. One example would be her grandson's bowling activities. In addition to driving him to practices and matches, Lorita would offer up advice, (wanted or not) along the way. She quickly came to terms with her self-appointed role as her grandson's bowling coach, and never looked back. Lorita continued to take her cheerleading responsibilities very seriously throughout her adult years as well. She was a member of a house divided. In the fall, she was a die-hard Blackhawk football fan. (When your brother is the coach, you come by it honestly.) However, in the winter, her colors turned shamrock green, and Westfield basketball (coached by her husband) became her favorite sport. Self-appointed or not, it is easy to see where her coaching prowess came from. And it didn't stop with family, she could armchair coach with the best of 'em... especially when it came to Purdue. Lorita enjoyed traveling (especially overseas) and loved it even more when family was involved. Her trips to Okinawa, where her daughter was stationed, gave her a lifetime of memories and stories to share at one of her other favorite destinations - class reunions, family gatherings, or just about any occasion she could find for a get together of some kind. Lorita never met a stranger. She would drop whatever she was doing to help someone in need. When she went to live at Sheridan Healthcare Center, she quickly started making new friends and joining any and every activity they offered.

Lorita is survived by her 3 daughters, Pamela Fosnight (Richard) of Sheridan, Tara McColgin (Jerry) of North Carolina, and Veronica Lageschulte (Hans) of Hampton, Virginia; 7 grandchildren, Mark Fosnight (Clem), Jeremy Fosnight (Christina), Doug McColgin (Brittney), Andy McColgin (Olivia), Jake McColgin, Nirali McColgin (Carson), and Jaquelyn Schenkel (Joey); grandson-inlaw, David Shinault; 19 great grandchildren; 2 brothers, Larry "Bud" Wright (Ellen) of Sheridan, and Arnold Pettigrew (Arlene) of Kirklin; 2 sisters, Lora Goff-Pitts (Rex) of Westfield, and Judith Inskeep of Sheridan; and 2 sisters-in-law, Karen Buzan (Morris) of Sheridan, and VaRae Blount (Robert) of Anderson.

She was preceded in death by her parents, William and Phyllis (Pettigrew) Wright; sister, Cathy Crull; brotherin-law, Roland Inskeep; granddaughters, Melisa Shinault, and Allison McColgin; and by her loving husband, Mark L. Thistlethwaite on May 1, 2008. She and Mark were married on November 22, 1956. Services will be held at 2:00 pm on Tuesday, November 14, 2023, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with visitation from Noon until the time of service. Burial will follow at Crown View Cemetery in Sheridan, Indiana. Lorita's son-in-law, Jerry McColgin, will be officiating. In lieu of flowers, memorial contributions may be presented to the Alzheimer's Association.

#### Joy Ann McQuinn October 22, 1932, Wednesday, November 8, 2023

Joy Ann McQuinn of Tipton passed away peacefully on November 8, 2023 after 91 fulfilling years. She was born on October 22, 1932 in Scircleville, Indiana to the late Benjamin H. and Goldie F. (Strain) Mitchell.



After graduating from Scircleville High School, on May 14, 1950, Joy Ann wed the love of her life Charles E. McOuinn, with whom she shared

52 years of marriage. Together, they had 2 children, Mark and Sharon. In 1951, she and Charles moved to Tipton County with Pioneer Hi-Bred. For the past 71 years, Joy Ann has called Tipton her forever home, where she was involved in the community and shared many wonderful friendships.

Joy Ann had a generous heart, volunteering for Meals on Wheels and the American Heart Association, and was known for her random acts of kindness and generosity. She approached life with determination and positivity. She was a member of Phi Beta Psi Sorority, spent time working at the Tipton Middle School Library, and was a member of Kemp United Methodist Church for over 70 years, where she served in various roles, and especially enjoyed her time in the Challengers Sunday School Class.

Joy Ann cherished time spent with her family, valued traditions, and thoroughly enjoyed supporting her grandchildren and great-grandchildren in their many activities and endeavors. Joy Ann treasured working on the farm alongside family, always eager to help. She appreciated time spent outside gardening and working in her yard, and was a talented seamstress.

Joy Ann is survived by her children, Dr. Mark (JoAnn) McQuinn of Tipton and Sharon (Robert) Boyd of Noblesville; grandchildren, Dr. Kiley McQuinn (Matthew Smith), Dr. Kassey McQuinn (Nicholas Stewart), Nathan (Erika) Boyd, Dr. Jeffrey (Erika) McQuinn, Anna (Richard) Seys, and Mallory (Clint) Newcom; great grandchildren, Quinn, Walker, Merrill, Foster & Meridian Smith, Oliver, Monroe, Harlow, & Crosby Stewart, Harper Boyd, Maslow & Murphy McQuinn, Lucy Seys, Eleanor, Bradford, Phoebe, & Welles Newcom; sister-in-law, Elinor "Maxine" McQuinn Ogle; and many nieces and nephews.

Joy Ann was preceded in death by her husband Charles E. McQuinn; and, siblings Martha (Mitchell) Harshbarger, Marion Mitchell, and Marvin Mitchell.

Joy Ann's life will be celebrated in a Funeral Service at 2 p.m. on Sunday, November 19, 2023 at Young Nichols Funeral Home, 216 W. Jefferson Street, Tipton, Indiana with Kemp United Methodist Church Pastor Brian Cooper officiating. Friends may visit with the family from 12 noon until time of the service on Sunday. Burial will follow in the Fairview Cemetery, Tipton, Indiana. Online condolences may be made on her obituary page at www.young-nichols.com

Memorials can be offered in her honor to Kemp United Methodist Church, 228 N. Main Street, Tipton, Indiana, 40672.



#### **Stevie Dick**

#### October 9, 1964, Thursday November 9, 2023

Stevie Dick, 59 of Tipton died Thursday, November 9, 2023 at his residence. He was born on October 9, 1964 in Tipton to Carl H. & Caron S. (Womack) Dick.

Stevie could build anything and worked all his life in construction. He loved classic rock and country music. Stevie was a very talented musician and played in the band "Second Chance" along with his brother, Carl Dick, Jr. In his spare time, he enjoyed watching comedy movies, working on puzzle books, and doing crossword puzzles. In his earlier days he loved to go on long rides on his Harley. On warm summer days he could be found fishing at the lake. He loved his family and especially loved being a grandfather.

He is survived by his four children, Amanda Nettrouer of Atlanta, Indiana, Stacie Rose of Noblesville, Tyler Mendyke and wife T.J. of Tipton, and Alex Dick of Tipton; his mother, Caron Dick of Tipton; the mother of his children, Sherri Dick of Tipton; siblings, Carl Dick, Jr. and wife Michelle of Tipton, Rena Phifer and husband Joe of Paoli, Andrea "Lynn" Dick of Tipton, Sheila Martin and husband Randy of Elwood, Connie McLearran and husband Dan of Tipton, Angie Dick of Tipton and Tracey "Jake" Dick and wife Lora of Elwood and several grandchildren.

He was preceded in death by his father, Carl Dick and a brother, Greg "Bomar" Dick.

A memorial service will be held at 7:00 p.m. on Wednesday, November 15 at Young-Nichols Funeral Home with Caleb Dick presiding. The family will receive friends from 5:00 p.m. Wednesday until service time. Online condolences may be made on his obituary page at www.young-nichols.com. Memorial donations may be made to the Tipton County Humane Society, P.O. Box 237, Tipton, Indiana, 46072.













Photos courtesy of Lexus

## 2023 Lexus RZ 450e Is High On Style, Light On Distance

Lexus took its own sweet time to introduce a proper electric vehicle. While BMW, Mercedes-Benz, Audi, Genesis, and even Cadillac were introducing EVs, Lexus continued to focus on the range and efficiency of hybrids. That may yet turn out to be smart as EVs struggle to find a foothold, but Lexus has finally seen fit to give us an EV. The 2023 RZ 450e crossover is high on Lexus style, but a little short on range.

The RZ is more exuberantly styled, but is obviously a member of the Lexus family, adopting cues from the NX and RX crossovers. Two clues to its electric powertrain are a stylized plastic facia that's shaped like the Lexus spindle grille without the grille and a little door in the front fender for plugging in. I especially like the side sculpting and panoramic glass roof that lend a cool concept car vibe. Squinty LED headlamps, illuminated front badge, and thin wrap-around tail lamps add finesse. It's all quite racy on 20" wheels.

Lexus is known for cosseting interiors, so it's no surprise the RZ is an exquisite place to travel. Seats are near perfect, rendered in blue vegan suede with heat and ventilation. Contrasting stitched cream vinyl upholsters the doors and dash. Rear seats and the soft leather-wrapped steering wheel are heated too. There's no glove compartment, but a deep flybridge console with armrest cubby and storage beneath holds what you need. Then, there's the glass roof that turns from clear to opaque with the touch of a button. A treat in Lexus models for decades, Mark Levinson audio makes any song sound fresh.

There's a lot of other technology, too. The dash is dominated by flatscreen gauges and a 14" touchscreen for controlling navigation, audio, phone,

#### 2023 Lexus RZ 450e Five-passenger, AWD

#### Crossover

Output: 308hp Suspension f/r: Ind/Ind Wheels f/r: 20"/20" alloy Brakes f/r: regen disc/ disc 0-60 mph: 5.0s Range: 196 mi Fuel economy: 101/87 MPGe city/hwy Assembly: Aichi, Japan Base/As-tested price: \$59,650/\$67,095

and safety systems. Connect wirelessly via Apple CarPlay or Android Auto while a wireless charger waits in the console to keep everything humming. Beyond a head-up display to project speed and navigation above the hood, safety is fortified by adaptive cruise, lane tracing assist, automatic emergency braking, blind spot warning, and lane keep assist.

While the powertrain is

#### LIKES

Sleek style Cosseting interior Widescreen infotainment

even smoother and quieter than is already renowned for Lexus, potential luxury shoppers may be disappointed. It's peppy enough with 308 horsepower that takes it 0-60 mph in 5 seconds, but our dual-motor all-wheel-drive version is rated for just 196 miles range under ideal conditions. Even after a 100% recharge, I never saw even that many miles on the range indicator. Recharge time is also long compared to top competitors. A DC fast charger replenishes 0-80% in 30 minutes while a home or business 240v charger takes 10 hours. That's a little too long for too little range.

Fortunately, the RZ is a delight to drive for the miles you get. Engineers

#### DISLIKES

Limited range Long charging · Aspirational price

dialed in the right balance of firmness and compliance for both deft handling and a comfortable ride. Electric power steering can feel vague, and there's a lot of battery weight to shift in corners, but anybody who's loved a Lexus will probably love this one. Catering to different desires, drive modes slightly adjust throttle, steering, and even climate control function for personal preference.

If the RZ was another gas-powered Lexus crossover, it would be a stunner. And, as a city car for owners who can recharge at home or work, it's a delight. However, limited range and longer recharge times will give pause to luxury buyers who regularly hit the highway.



**CASEY WILLIAMS** Auto Reviews

When a next-generation RZ exceed 300 miles range and recharges in under 20 minutes, Lexus EVs will have truly arrived.

A base price of \$59,650, or \$67,095 as tested, puts the RZ 450e against the Genesis Electrified GV70, Cadillac Lyriq, Audi Q4 e-tron, Ford Mustang Mach-E, and Mercedes-Benz EQB. Storm Forward!

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

## Give Blood, Celebrate The 20th LD Powell Announces Candidacy for Anniversary Of The Film "Elf"

For many, watching the classic holiday movie "Elf" has been a heartwarming tradition for 20 years. This November, the American Red Cross is encouraging people to add a new tradition as the holiday season begins: Spread cheer with a blood or platelet donation.

Donations are critical to the blood supply as the holiday season draws near – a time when blood donations often decline. Donors of all blood types are urged to give, especially type O blood donors and those giving platelets.

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. For more details, visit

RedCrossBlood.org/Elf. It feels good to give a gift to someone else that truly means something. Those wishing to help patients receive lifesaving transfusions can book a blood or platelet donation appointment by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities Nov. 10-30: \*\*\*

#### Carmel

11/12/2023: 11 a.m. - 3 p.m., Bethlehem Lutheran Church, 1484 W Main Street

11/22/2023: 10 a.m. - 2 p.m., IU Health North Hospital, 11700 North Meridian 11/29/2023: 2 p.m. -

7 p.m., The Church of Jesus Christ of Latter-Day Saints, 11257 Temple Drive

11/30/2023: 2 p.m. -7 p.m., The Church of Jesus Christ of Latter-Day Saints, 11257 Temple Drive \*\*\*

#### Fishers

11/13/2023: 1 p.m. - 6 p.m., Billericay Park Multi-Purpose Community Building, 12690 Promise Road 11/15/2023: 2 p.m. - 6 p.m., IU Health Saxony Hospital, 13100 East 136th Street 11/25/2023: 10 a.m. - 3

p.m., Harley-Davidson of Indianapolis, 12400 **Reynolds Drive** 

Westfield 11/30/2023: 12 p.m. - 5 p.m., Harmony Neighborhood, 1414 W 151st Street

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## **5th Congressional District in Indiana**

L.D. Powell, a US Navy Veteran, and respected member of the Indiana community, proudly announces his candidacy for the 5th District of Indiana.

Powell, a lifelong resident of Indiana, is determined to bring his unwavering dedication, diverse educational background, and leadership experience to the forefront of Indiana politics. L.D. Powell graduated with a BSBA from Huntington University, an MBA from Indiana Wesleyan University and a Masters In Ministry from Bethel College.

Powell's commitment to education and service led him to a successful career at Verizon

Communications. Powell's roots in Indiana run deep, having grown up in Fort Wayne and currently residing in Carmel. Powell's passion for community development is evident through his role as a founding member of The Chapel in Fort Wayne.

Under his leadership, the church implemented a groundbreaking recovery program, benefiting both members and nonmembers alike. Powell's ability to initiate positive change and support those in need highlights his dedication to the people of Indiana.

With a firm belief in addressing crucial issues facing the state, Powell advocates for a comprehensive

approach to border security. He asserts that it is imperative to resolve existing border crises using current laws to stem the flow of illegal drugs, which have tragically claimed the lives of nearly 200 Americans every day.

Powell firmly stands against continued funding for the Ukrainian war, emphasizing the need to prioritize domestic concerns, such as securing the border and safeguarding American lives.

L.D. Powell's official campaign launch is scheduled for Friday, October 17th, at 11 am, marking the beginning of his journey to represent the 5th Congressional District of Indiana.



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## **Thanks for reading The Times!**

#### Tuesday, November 14, 2023

## **Restless Leg Syndrome Or RLS**



Someone

told me the

other day

that they

thought

leg

"restless

syndrome"

(RLS) was

a condition

cooked

up by

A4

ROBERTS, M.D. Montgomery Medicine

pharmaceutical companies to sell medications. You may have seen commercials for Requip<sup>®</sup> and Mirapex<sup>®</sup>, both drugs used to treat this condition.

People have described symptoms suggestive of restless legs since the 17th Century. The Swedish neurologist Erik Ekborn initially coined the term in the 1940s. It is estimated that between ten to fifteen percent of Americans suffer from the condition. The incidence in women is about twice that of men. About 40 percent of people develop symptoms prior to age twenty. Since symptoms tend to be mild initially and worsen with age, most sufferers are not diagnosed for 10 to 20 years after they start having problems.

The symptoms of RLS are highly variable, but most people describe a bothersome, irresistible urge to move their legs. This feeling is worsened during periods of inactivity and often interferes with

sleep with about 85 percent of sufferers having trouble falling asleep. Stress and fatigue can also exacerbate the symptoms.

Restless Legs Syndrome is a movement disorder that primarily affects the legs but can also involve the arms. The exact cause of RLS is unknown, but there are many hypotheses. The most widely accepted proposed mechanism involves a genetic defect that impairs the ability of certain nerves in the brain to use the neurotransmitter dopamine to communicate. Another hypothesis has to do with impaired iron metabolism.

Most feel it is a nerve cell disorder, while others think a buildup of waste products is the underlying factor. The neurotransmitter link is supported by a reduction in RLS symptoms in those who take medications that increase the levels of dopamine in the brain. The condition seems to involve all of these factors to varying degrees in different people, likely making it a multifactorial condition.

The diagnosis of RLS is based on the medical history. The International RLS Study Group described the four necessary elements for the diagnosis in 1995: (1) a compelling urge to move the limbs, usually with tingling or abnormal

sensation, (2) motor restlessness (floor pacing, tossing/turning in bed, rubbing the legs), (3) symptoms present at rest or worse with rest with variable relief on activity and (4) symptoms that are worse in the evening or night and typically better by 5:00 a.m.

Most cases of RLS are 'idiopathic," meaning there is no clear cause. Again, there appears to be some genetic predisposition. There are also other conditions that appear to be associated with RLS. These include iron deficiency, peripheral neuropathy, vitamin & mineral deficiencies (folate, magnesium, B12), diabetes, rheumatoid arthritis and pinched spinal nerves, among others.

Leg cramps that occur at night are often mistaken for RLS. These usually differ from RLS by being in one leg, being painful, having a sudden onset, and having one or more hard muscles. Certain psychiatric medications can cause abnormal movements. These movements are usually generalized (not just the legs) and don't happen only at night or at rest, unlike RLS.

Periodic leg movements of sleep (PLMS) is another condition often confused with RLS and is actually present in 85 percent of RLS sufferers. PLMS,

also known as nocturnal myoclonus, causes jerking of the limbs or brief, intermittent muscle contractions every 20-40 seconds. This can be very disruptive to normal sleep. An evaluation for RLS

should include blood work to look for iron deficiency (particularly a ferritin level), and perhaps vitamin or mineral deficiencies. Thyroid problems, diabetes, vitamin deficiencies, and other conditions that can affect nerve function should also be evaluated. Tests of nerve function and possibly a sleep study can be also be helpful.

Treatment of RLS involves avoiding caffeine, alcohol, and tobacco as well as correcting vitamin & mineral deficiencies and treating other underlying problems. Medications that mimic the neurotransmitter dopamine are frequently prescribed if RLS symptoms are present three or more nights a week. Examples include levodopa, Mirapex<sup>®</sup>, Requip<sup>®</sup> and the Neupro<sup>®</sup> patch. Blood pressure medications like clonidine and occasionally medications to promote sleep such as clonazepam are used.

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

## Indianapolis Men And **Women Honored For Excellence And Dedication**

Twenty-six American Senior Communities (ASC) employees from communities throughout the greater Indianapolis area were among 99 employees statewide honored for their outstanding service to patients and residents during ASC's 23nd Annual Quest for Excellence awards celebration.

With over 10,000 employees across the state, a Quest for Excellence award of the year is the highest level of recognition an employee can receive, honoring employees who exhibit a compassionate and dedicated approach that surpasses their typical job requirements. Honorees include clinical staff, therapists and culinary staff, as well as business office, housekeeping, maintenance team members and others.

Vice President of Social Wellness & Enrichment Janean Kinzie delivered remarks on ASC's Care Companion culture, and Josh Heaston, Director

of Christian Mission for the YMCA of Greater Indianapolis, delivered the keynote speech on compassion. Additional remarks were delivered by CEO Steve Van Camp.

"ASC's Quest for Excellence award winners promote and maintain the ASC culture of caring for others while demonstrating the highest level of integrity," said **ASC Chief Executive** Officer Steve Van Camp. "These exceptional people embody ASC's commitment by keeping its values of compassion, accountability, relationships and excellence as their highest priorities."

ASC provides a variety of lifestyle and care options including, Garden Homes, Independent & Assisted Living Apartments, Short-Term Rehabilitation, Memory Care, Skilled Nursing Care, Long-Term Care, Respite and Hospice Care. For more information about locations, services and career opportunities, visit ASCCare.com.







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It's

## That One Perfect Cup



My CARRIE husband, **CLASSON** Peter, makes the The Postscript coffee, and

has since we were married. We will be celebrating nine years of marriage this spring, so you might not be surprised to hear that I no longer remember how to make coffee. This is called "learned helplessness" in psychology circles, and it is certainly true in my case. Peter makes the coffee, and I drink it. This seems to me like a fair division of labor. And having the proper cup is essential.

I am reminded of this every time I return to Mexico, because I do not pack a coffee cup.

Our little furnished apartment has a perfectly fine selection of matching white ceramic coffee cups sitting on the shelf. But none of these cups is my cup. And so, usually on the first day, I will head out to the market where handcrafted items are sold in search of a perfect cup.

Walking through the market, it is surprising how relatively few coffee cups I see. I suppose most people do not have a cup

sitting beside them all day, or at least for the first six hours of every day. I don't think this is nearly as common in Mexico as it is in the U.S. But still, there are a lot of nice cups and, eventually, I find my new cup.

"What do you think?" I ask Peter when I triumphantly return with my new perfect cup.

"Isn't that the same cup you had before?" he asks.

Peter does not understand. He drinks his coffee from a white ceramic cup. He does not realize what a wonderful feeling it is when I find my new cup. I do not take my new cup for granted for a moment. I admire it as I drink my coffee. My cup is usually colorful and always hand-painted and, once my new cup is sitting on my green Formica desk, all is right in my little world.

In six weeks' time, I will have formed a bond with my new coffee cup. And when we return to the U.S., I cannot bear to leave the cup behind. Because this cup holds more than my coffee. This cup holds the memories I am making, day by day, sip by sip, as I sit at my desk in Mexico. It holds the bright markets and the feel of the round cobblestone streets beneath my feet and the smiles of the

countless friendly people I meet every day.

So, when it is time to leave, I take the new coffee cup with me, and I use it every day I am in the U.S. until we leave for Mexico again. Then I put my new cup away in the cupboard, and when I arrive back in Mexico, I start the process all over again.

Some people (people like Peter) might detect a potential flaw in this routine. Over time, my cupboard in the U.S. is becoming filled with beautiful Mexican coffee cups.

But it seems to me there are worse problems a person could have. Every time I open my cupboard, I am reminded of markets and streets and smiles.

Today, I am enjoying a beautiful new cup I bought just days ago. It is several shades of blue, and I already know there is no possibility I could leave this cup behind. Because this perfect cup holds things I want to keep forever. And I know for certain my coffee always tastes a little better when I drink it out of a perfect cup.

Till next time, Carrie

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

## **Softbotics Provide New Lens On Biological Evolution**

pleurocystitid, a marine

organism that lived 450

## EARTHTALK

**Dear EarthTalk: What** are softbotics and how can this emerging field help us better understand animal evolution and achieve our conservation goals?

Soft robotics, AKA softbotics, an emerging field of robotics, is revolutionizing how we design and build machines. Unlike traditional rigid robots, soft robots are inspired by the flexibility and adaptability found in nature, such as in the movement of animals like octopi and worms. These robots are made from pliable materials that let them mimic the dexterity and agility of living organisms. This innovative technology is not only changing the landscape of robotics but also providing valuable insights into animal evolution.

At its core, soft robotics aims to replicate and harness the qualities of soft, living organisms to create robots that are better suited for complex, dynamic environments. Traditional hard, rigid robots are often limited in their ability to navigate and interact with unpredictable surroundings. Soft robots can bend, stretch, and deform, making them better equipped to handle real-world challenges.

In 2023, researchers at Carnegie Mellon University's Department of Mechanical Engineering, along with paleontologists from Spain and Poland, used fossil evidence to create a robotic replica of million years ago and is thought to be one of the first echinoderms able to moving using a muscular stem. "We are building robot analogues to study how locomotion has changed," says lead researcher Carmel Majidi of Carnegie Mellon. "Many fundamental principles of biology and nature can only fully be explained if we look back at the evolutionary timeline of how animals evolved."

The connection between soft robotics and animal evolution is evident when we consider how these robots are designed and built. Scientists and engineers draw inspiration from nature, studying the movement and behavior of animals to inform the design of soft robots. For example, an octopus' ability to squeeze through tight spaces and manipulate objects with its flexible tentacles has inspired the development of soft robots that can perform similar tasks, such as search and rescue missions in col-

lapsed buildings. Animals have evolved over the millennia to develop structures and behaviors that optimize their survival and reproduction. Soft robotics seeks to emulate these evolutionary solutions, creating machines that can perform tasks with a level of versatility and efficiency that was previously unattainable. Studying the biomechanics of animals like snakes, which move gracefully despite their

lack of legs, has inspired the creation of serpentine soft robots that can navigate tight spaces and uneven terrain.

Soft robotics is not merely an attempt to mimic nature but a way to explore the principles that underlie the remarkable adaptations found in living organisms. This exploration can lead to breakthroughs in a wide range of applications, from medical devices to environmental monitoring and even space exploration.

One particularly exciting area of research is developing soft robots for use in ecological and wildlife studies. These robots can be designed to mimic specific animals, enabling researchers to observe and interact with wildlife in their natural habitats more unobtrusively. This has the potential to revolutionize our understanding of animal behavior and ecology by providing unprecedented insights into their lives.

-CONTACTS: 450-millionyear-old organism finds new life in Softbotics, https:// www.sciencedaily.com/releases/2023/11/231106202936. htm; Carnegie Mellon Softbotics, https://engineering. cmu.edu/softbotics/index. html;This Skin-like Robot Can Heal Itself, https://www. sciencefriday.com/segments/ self-healing-robot-softbiotics/.

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#### Indiana Celebrates Bold **Risk Takers During Global** Entrepreneurship Week 4th St., Columbus, IN Gov. Eric Holcomb This week's events will

proclaimed this week (Nov. 13-19, 2023) Global Entrepreneurship Week in Indiana, recognizing the many contributions entrepreneurs and small businesses have made to Indiana's economy and communities. To commemorate the week, Indiana Secretary of Commerce David Rosenberg and the Indiana Economic **Development Corporation** (IEDC) will host three regional entrepreneurship events, celebrating the second edition of Entrepreneurship Indiana, an annual publication honoring the entrepreneurial journey, and the growth of entrepreneurial resources like ConnectIND, a digital portal that launched in July. "Entrepreneurs are the backbone of Indiana's economy, drivers of progress and architects of change," said Sec. Rosenberg. "Each year we celebrate these visionaries and trailblazers who see opportunity where others see obstacles. Their contributions are immeasurable, and we are proud that they call Indiana home. Entrepreneurship Indiana 2023 is the second entrepreneurial yearbook published in partnership with PATTERN to honor the state's entrepreneurial ecosystem and inspire future founders and innovators. The 2023 edition features 100 entrepreneurial success stories. highlighting the ambition, commitment and resilience of entrepreneurs of all backgrounds and industries across the state.

also celebrate the recent launch of ConnectIND, a digital portal available in 11 languages that is designed to increase support for entrepreneurs and founders, powering Indiana's entrepreneurial ecosystem. This first-ofits-kind statewide listing of resources, programs and services for entrepreneurs is designed to connect current and aspiring entrepreneurs to the right resources at the right time, providing visitors with curated connections to Indiana's robust network of support organizations, mentors, accelerators, capital opportunities and more. Since launching in July, ConnectIND has registered 900 users and garnered 7,000 unique site visitors, nearly 22,000 site views, and over 11,000 sessions. The IEDC will celebrate these initiatives and Indiana's entrepreneurs at three regional Global Entrepreneurship Week events this week, hosting founders, aspiring entrepreneurs and industry mentors.

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Indiana is committed to investing in the growth and success of the state's entrepreneurial ecosystem, which continues to inspire entrepreneurs, fuel innovations, create quality jobs for Hoosiers and attract record levels of capital investment. Last year, Indiana ranked No. 1 among the Best States to Start a Business by Forbes and has been recognized as a top 40 global emerg**Honoring Our Nation's Heroes** 

This weekend, our nation honors the brave men and women Victoria

who Spartz selflessly answered Guest Column

the call to serve our Republic and protect our

diversity of opinion and freedom of speech to the health of our Republic. Concerningly, when asked whether freedom of speech is protected on their college campuses, all three student witnesses at the hearing answered with a resounding "NO."

**Fiscal Commission Act** 

national security implications of inaction. \*\*\*

Service Academy Day Last weekend, the IN-05 Service Academy Board interviewed a group of outstanding high school seniors seeking nomination to one of our nation's Service Academies: the U.S. Military Academy, the

The events\* will be held as follows:

Central Region: Tuesday, Nov. 14, 1:30-4:15 p.m.

The Center - Heritage Group | 6320 Intech Way, Indianapolis 46278

North Region: Wednesday, Nov. 15, 1-6:30 p.m. Founder Factory -Studebaker Administration Building | 635 S. Main St., South Bend, IN 46601 South Region: Thursday, Nov. 16, 3-7 p.m.

The Forge on  $4th \mid 418$ 

ing destination for entrepreneurship by the Global Entrepreneurship Network and its partners at Startup Genome, while Indianapolis has been named the No. 3 city in the Midwest for startups for the second year in a row.

The state's entrepreneurial ecosystem has a significant impact on the state's economy and its communities. Indiana's youngest companies (under five years of age) account for most of the state's net new job growth, creating more than 36,000 new jobs in 2019 alone. In 2021, Hoosier companies under five years of age contributed an estimated \$11.5 billion to Indiana's GDP. At the local level, one successful new company increases the median household income of surrounding households, driving community well-being.

Nominations are currently being accepted for the 2024 edition of Entrepreneurship Indiana. If you know an entrepreneur who is making a difference in their community, nominate them today.

freedoms.

If you are a veteran who needs help with the VA or another federal agency, please do not hesitate to contact my office.

#### Free Speech on College Campuses

This week, the House Judiciary Committee held a hearing on "Free Speech on College Campuses" to highlight many American universities' hostile stance towards our First Amendment rights.

Rep. Spartz noted the critical importance of

#### of 2023 Update

This week, the Senate introduced its version of the bipartisan Fiscal Commission Act of 2023, which would establish a bicameral debt commission to develop policy solutions for next debt ceiling increase at the end of 2024.

With the next spending deadline just a week away, Rep. Spartz reiterated the importance of dealing with the national debt and inflation in the House Rules Committee this week, noting the economic and

U.S. Naval Academy, the U.S. Air Force Academy, and the U.S. Merchant Marine Academy.

As part of her official duties, Rep. Spartz is tasked with nominating applicants for admission to these selective academies.

- Rep. Victoria Spartz represents the Indiana 5th District, comprised of the north side of Indianapolis, Marion. Carmel. Anderson. Noblesville, Fishers and parts of Kokomo. She is the first Ukrainian-born person ever elected to Congress.





## **UBETSY** From Page A1

Army Vietnam veteran Rickie Woods, 74, Noblesville, watching the ceremony from his red mobility scooter, which displayed a U.S. Army Veteran patch on the front. He was later found enjoying ham and beans at the new American Legion Post in Noblesville. Woods, a past American Legion Post commander who has been a post officer for most of his 30 years in the Legion, is a 1967 Noblesville High School graduate who served in 1st Calvary 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.

U.S. Army Vietnam veteran James Martin, who always calls it his "duty" to emcee the Veterans Day Ceremony, led the program again this year.

Noblesville Deputy Mayor Matt Light was the first to make remarks during the 11 a.m. ceremony.

Light said, "I want to say 'thank you' to all of the veterans here for the decision to step up and serve, not just for the initial decision, but the decision to persevere each day despite those dangers and those risks."

Last week, Light attended the veterans program at Hazel Dell Elementary, where his two sons attend school. "It was a really inspiring event. There were honoring 135 veterans ... it was so encouraging and important that our young members of our community are learning about the contributions, the sacrifices, and previous conflicts, current conflicts, but also honoring and paying respect to all of you and really looking at all of you as heroes, because that's what you are, the heroes of our country ... It's hard to find words to express the appreciation, but it's important that we pause on a day like today and attempt to do so.'

Just as the end of Light's talk, at 11:07 a.m., the crowd looked up into the sky to see two ing Veterans Day, and she encourages veterans to share their personal stories with young people. "... May God bless all of you, may God bless all of your families, and may God bless this great United States of America."

Martin also gave special thanks to the Noblesville Police Department and some of the veterans in attendance, including Specialist Sherman Crusenberry, 78, Noblesville, a veteran of the U.S. Army serving in Vietnam. He was born in Kingsport, Tenn., and lived in Virginia until the U.S. Army drafted him. "I got drafted working in the coal mines of Kentucky. The Army drafted me in September of 1965 and I went overseas in July 1967 and got out in '67," Crusenberry told me three years ago. Sherman received the Purple Heart after getting wounded in Vietnam. He has lived in Noblesville since 1969.

Among those in attendance were also Danny Shubert, a Noblesville resident and retired custodian of 25 years from Noblesville Schools, who smiled for a photo with 14-year VFW member and past Loyalty Day Parade Queen Cheryl Hale, 75, Noblesville. She has been a member of the American Legion for 62 years. She was a "Navy brat," her father, Emmett, serving in World War II. Retired Noblesville Mayor John Ditslear, who served in the U.S. Navy 1964-66, was also in attendance.

As the emcee continued, he asked: "Why are we here?" And then answered himself: "We're here to celebrate the veterans of the United States."

Martin on St. Patrick's Day in 1965 (March 17, 1965), held up his hand and took an oath before entering the military. "We promised the government that we would give them everything, up to and including our life for the public and the honor to serve the United States government."

He said, "Like many



The Times photo by Betsy Reason

U.S. Army Vietnam veteran James Martin emcees the Veterans Day Ceremony on Saturday at the Hamilton County War Memorial at the Courthouse Square in downtown Noblesville.



The Times photo by Betsy Reason

U.S. Army Vietnam veteran James Martin during the Veterans Day Ceremony on Saturday wore a handmade neckscarf representing a Vietnam service ribbon, a gift that he was given on the morning of the Ceremony. He said, "I thought it was a wonderful way to keep my neck warm. I appreciate it."



The Times photo by Betsy Reason

U.S. Army Vietnam veteran Rickie Woods, 74, Noblesville, who watched the Veterans Day Ceremony from

## **UFREE** From Page A1

The 90-minute weekly classes are designed for students 16 years and older. They are taught at the Westfield Washington Public Library by a dozen English-speaking community volunteers. "Our volunteers are currently teaching 14 classes," Wright explains. "Volunteers don't need to speak the students' language. They just need to be willing to lead a class through a series of workbooks.

The classes are free thanks to sponsorship from the Westfield Library Foundation. "Language is not just a tool, but a gateway to a world of opportunities and connections, and we're proud to support this initiative, "says Erin Downey, executive director of the Westfield Library Foundation.

All spots are full for the fall session, but anyone interested in participating in future sessions can inquire at the adult reference desk. More placement tests are planned for January and February, with the hopes of starting a second session in March 2024. If residents are interested in volunteering to teach ELL classes, they can contact Kim Wright at kwright@wwpl.lib.in.us.



sell it in the classifieds.

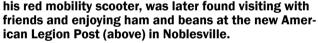
biplanes fly over.

Martin also introduced Congresswoman Victoria Spartz of Noblesville, who attended with husband, Jason Spartz. "It's truly, truly an honor to be here with you," she said. Spartz, who earlier this year was appointed as commissioner to the U.S. Commission on Security and Cooperation in Europe, said she spends a lot of time visiting military bases and developing friendships with service members. She has developed more appreciation for the 1 percent of Americans serving in the military. "...You are what keeps us free, and your willingness to sacrifice and put your life on the line, that's what really matters ... you are the people who stand for liberty... I have an enormous appreciation." She is inspired that a lot of young people are celebratVietnam vets, when I returned to the United States, I wasn't met with a welcoming parade ... in January 1967."

Martin said, "I'm grateful to just be standing here ... I look around, and as I look, I see all of the families. We couldn't have done it without you. We needed you, too. The love and care that you provided was something we really did need."

Martin during the Veterans Day Ceremony wore a handmade neckscarf representing a Vietnam service ribbon, a gift that he was given on the morning of the Ceremony. He said, "I thought it was a wonderful way to keep my neck warm. I appreciate it."

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





#### **The Times Description Descrip**





