



Brought to you by:



TODAY'S VERSE
John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.



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

What makes Anne Moore smile? "My kids, and anything funny. I love to laugh, sometimes if I get going, I can't stop and tears start rolling, haha," said the 1994 graduate of Noblesville High School. She and husband, Chris Moore, have two children, Jake and Joey. They co-own En Pointe Indiana Ballet school in Noblesville with Chris' brother, ballet dancers and instructors Robert Moore, and sister-in-law Pollyana Ribeiro. Moore loves working with her family and is thrilled that Robert and Pollyana moved here after very successful careers as principal dancers to teach the highest level of ballet there is to offer. Anne operates the business side of En Pointe. Her free time is spent helping her mom make costumes for the ballet, reading, and spending time with her sister and family. Anne has been married since 1998. "I love to read and I enjoy walking in my neighborhood." What else? She has earned two bachelor degrees, from the IU Kelley School of Business and Marian University's School of Nursing. She enjoys using her nursing education to help the dancers with their health and nutrition questions. Most recently, En Pointe dancers performed Dec. 2 at Noblesville Chamber of Commerce's annual Lighting of the Square at the Hamilton County Government & Judicial Center. Next up, EnPointe will perform An En Pointe Christmas at 2 p.m. this Saturday and Sunday at Noblesville High School with a few tickets still available at <https://enpointe.yapsody.com/>.

And Another Few Things...

1. Immediate Opening!

The Times has an immediate opening for someone who is good with computers and creative to help build our daily pages. The job pays between \$12 and \$15 an hour, depending on experience. If interested, please send resume to ttimmons@thetimes24-7.com.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



Photo courtesy of HHHS

Hamilton Heights High School Band Department's Flag Camp is designed to give Hamilton Heights Middle School students (grades 5 - 8) the opportunity to experience the excitement of performing live alongside the high school Color Guard at halftime during the Huskies vs. West Lafayette Red Devils Boys' Varsity basketball game on Saturday, December 16. It will also give them a chance to see what it would be like to be a member of the Color Guard Squad. See informational flier here.

HHMS Students Invited To Perform Live With HHMS Color Guard On Dec. 16th

If you are a Hamilton Heights Middle School student (grades 5 - 8) interested in learning more about becoming a future member of the Hamilton Heights High School Color Guard squad, then you will be interested in this special opportunity. Students can sign up to participate in a rehearsal and performance at halftime at the Boys' Varsity Basketball Game on Saturday, December 16th as part of Heights' Band Night.

Flag Camp takes place from 10 a.m. to 3 p.m. in the HHMS Band Room (use Entrance C). Students will then meet back

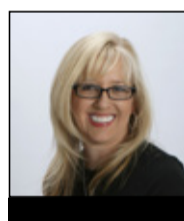
in the Band Room at 7 p.m. in preparation for their halftime performance alongside the HHMS Color Guard. Participating students will receive a pizza lunch, flag, T-shirt, and be a part of the live entertainment on the court for Husky fans and visitors. Cost is \$30. Payment accepted by Venmo, cash or check (made payable to HHBB) drop off at the HHMS main office during school hours by Friday, December 15th. More details can be found here. For more information/questions, contact Band Director, Mark Snelson at msnelson@hhschuskiess.org.



The Times photo by Betsy Reason

Noblesville High School students Caedman Foster, Colin McCabe, Ray Kenley and Josiah Smith ham it up with "The Chipmunk Song" during NHS Choirs' Holiday Concert on Saturday.

NHS Choirs Sing Holiday Favorites



BETSY REASON
From The Editor's Desk...

It was an amazing weekend for Noblesville High School choir students as parents, families and friends descended upon the school to watch all eight NHS choirs perform on stage.

It was a packed house for "A Holiday Concert" presented in the 942-seat auditorium on Friday night and Saturday afternoon. While the two concerts had choirs singing about 20 songs at each of the two shows,

what was even more fun was watching the students' solos, duets, trios and even a quartet performing an array of holiday favorites.

Choir director John Neubauer and assistant director Julianne Fowler led the choirs, consisting of nearly 260 choir students, with accompanist Cindy Romano.

This column will include a lot of Noblesville student names, so make sure you save it for scrapbooks.

NHS Singers varsity mixed show choir opened the show on both days wearing ugly Christmas sweaters and jeans dancing and singing to the popular

➔ See BETSY Page A5



Photo courtesy of Kiwanis of Cicero

Kiwanis Club of Cicero President Todd Clevenger telling Santa he truly has been good all year!

The Joy Of Giving

The members of the Kiwanis Club of Cicero are the embodiment of serving others throughout the year, but during the holiday season they take the "season of giving" to heart.

"For most of us, the holiday season is a time for joy and giving," explained Jan Unger Kiwanis Club of Cicero member and chair of the King's Treasure event. "Unfortunately, for families and individuals struggling during the holidays, it can be anything but joyful."

King's Treasure was started in 1996 by Cicero Firefighter Danny Kelly. When Kelly was transferred to another department the Cicero Fire Department and the town of Cicero continued the holiday event until 2006, when Kiwanis Club of Cicero took over the event.

King's Treasure is a day-long event, months in the making. Unger and her committee members work to solicit donations and sponsorships throughout the year. Wrap and place toy collection boxes throughout the communities during the months of November and December. Work out all the "day of" event details with the Cicero Christian Church. Spend a delightful day shopping for truckloads of gifts and arrange for all the food the day of the event. Families arrive at the church and the children are greeted by the sight of 100's of toys from which they get to choose anything they want. Once they have decided on their treasures, they have lunch with their families and at some point, during the afternoon, the jolliest of elves arrives to visit with the children.

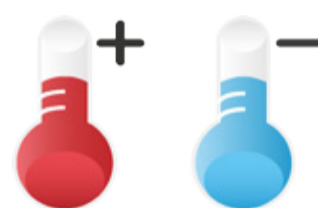
"Christmas is a magical time for children," stated Todd Clevenger Kiwanis Club of Cicero President. "It is heartbreaking to imagine a child not being able to experience the joy and wonderment of the season, or the thought of a parent working hard to pay bills and buy food, knowing they just don't have anything extra for Christmas."

The Kiwanis Club of Cicero works with the Good Samaritan Network to determine which families to invite to the King's Treasure event each year (this year 160 children were invited to participate). Invitations are sent out to the families in

➔ See JOY Page A5

The Daily Almanac

Sunrise/Sunset
RISE: 7:58 a.m.
SET: 5:24 p.m.



High/Low Temperatures
High: 44 °F
Low: 26 °F



Today is...

- Gingerbread House Day
- National Ambrosia Day
- National Ding-a-Ling Day



What Happened On This Day

- 2009 Houston, Texas elects Annise Parker. The City of Houston becomes the most populous city in the United States to have an openly gay mayor.
- 1969 Piazza Fontana bombing. A bomb exploded at the building of the National Agrarian Bank, Milan, Italy, killing 17 people and injuring 88.
- 1787 Pennsylvania becomes the second state to ratify the U.S. Constitution. It was the first of the larger states to vote to ratify the document.
- 1963 Kenyan independence Kenya declared its independence from the UK.



Births On This Day

- 1923 Bob Barker American game show host
- 1915 Frank Sinatra American singer, actor

Deaths On This Day

- 1999 Joseph Heller American author, playwright
- 1889 Robert Browning English poet

TODAY'S HEALTH TIP

Kids work harder in school when their parents are involved in their education. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S QUOTE

"Christmas isn't a season. It's a feeling."
-Edna Ferber

TODAY'S JOKE

Why do cats take so long to wrap presents? They want them to be purr-fect!

OBITUARIES

Judy Kennedy

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



13 WTHR 7 DAY FORECAST

26/41 SUNNY AND COLD MON	26/44 SUNNY AND CHILLY TUE	29/42 MOSTLY CLOUDY WED	24/46 MOSTLY SUNNY THU	26/48 ABOVE AVERAGE FRI	28/48 CLOUDS & SUN SAT	30/50 SOME SUN SUN
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⇒ OBITUARIES

Judy Kennedy

October 22, 1970, Friday, December 8, 2023

Judy Kennedy, 71 of Monticello passed away at 9:31 a.m. on Friday, December 8, 2023 at IU Health White Memorial Hospital in Monticello. Judy was born in Detroit, Michigan on June 2, 1952 to O.L. & Katheryn (Burks) Dixon. She married Gerald Kennedy on October 22, 1970 and during their 53 years of marriage they lived in Tipton, Noblesville, and Rockville before landing in Monticello.



Judy grew up in Tipton and graduated from Tipton High School. She had worked for the Noblesville School District, Kenley's Supermarket and O'Malia's Food Markets. Judy loved to fish and she was a huge Pacer's basketball and Colts football fan. She also loved muscle cars. Judy adored her dogs over the years including Eli, Pogo, PeeWee and Max. Her family considered her to be the most devoted wife in the world, who doted on her children and grandchildren.

Survivors besides her husband Gerald include three sons, Eddie Kennedy and wife Angie, of Kokomo, Chris Kennedy and wife Jihan, of Carlsbad, California and Joey Kennedy and wife Christina of Catawba, North Carolina; one brother, Steve Dixon and wife Karen. She is also survived by seven grandchildren, Katelyn, Giselle Christopher & Brady Kennedy, Ryan Johnson, William Johnson, and his wife Carson, as well as her niece and nephews. Judy was preceded in death by her parents O.L. and Katheryn Dixon a brother, Larry.

Funeral services for Judy will be held at 12:00 Noon on Wednesday at Young-Nichols Funeral Home with Pastor Charles Kennedy presiding. Burial will follow in Fairview Cemetery, Tipton. Visitation will also be on Wednesday starting at 11:00 a.m.

Online condolences for the Kennedy family may be left on Judy's obituary page at www.young-nichols.com

Memorial contributions in honor of Judy may be made to the Humane Society of Tipton County, P.O. Box 237, Tipton, Indiana, 46072.

Indiana Destination Development Corporation Announces Completion Of Over 30 In Indiana Murals/Projects

More than 30 public art projects across the state funded by the Indiana Destination Development Corporation's (IDDC) IN Indiana Public Art and Placemaking Grants were recently completed by local organizations.

"These projects help showcase Indiana's diversity, charm and character," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "Incorporating traditions, values and the unique wonders within each corner of the Hoosier state pays profound homage to Indiana's rich history and brings it to life in the form of a work of art."

The IDDC Public Art Activation Grant funds Indiana-specific public art-work throughout the state of Indiana. Public artwork created in partnership with artists features the IN Indiana campaign. The non-matching grant funded public art projects up to \$10,000.

The IN Indiana Placemaking Activation Grant gives communities the unique opportunity to create IN Indiana artwork and signage in highly-visible locations throughout the state. This is a matching grant of up to \$25,000 to fund signage and place-

making efforts.

In 2024, IDDC has allocated funds for the IN Indiana Placemaking Activation Grant and the Indiana Destination Development Grant, with applications due on Feb. 2, 2024. Learn more at VisitIndiana.com/Grants.

The following organizations have completed public art projects funded by IDDC in Hamilton County:

- City of Westfield located at 17501 Dartown Road in Westfield - Artist: Saunt'e Lewis;

- Our Town Cicero Main Street Association located at 99 W Jackson St. in Cicero - Artist: Abigail Staffelbach;

"Seeing these wonderful projects completed is such a joy," said Elaine Bedel, IDDC Secretary and CEO. "Each organization, location and community we collaborated with has a unique story to tell, and what better way to tell that story than by bringing it to life for visitors and residents to experience as a work of art."

Projects were selected based on location and visibility to Indiana residents and visitors, with preference given to locations in high-view areas and places that create potential photo opportunities.

Veterans Christmas Tree at the Sheridan Historical Society Museum

Earlier this year the Sheridan Historical Society was approached by local resident Vance Wallace and asked if we would be interested in creating military veteran banners for local soldiers past and present. The banners would be displayed from streetlamp posts along Sheridan's Main Street. Several other regional communities have done this, and it sure seemed like a promising idea to our Society members so when this opportunity came up, we jumped right on it. At first, submissions were slow, and we thought the community was not too interested. But as previously reported, within a couple of weeks we found ourselves inundated with applications and donations.

Jump ahead now to early November when the Historical Society was beginning to think about Christmas decorations. As we did last year, we wanted to have trees inside the Museum all decorated and lighted and visible through our front windows. Last January, after Christmas was over, we had someone donate a beautiful twelve-foot artificial tree and this Christmas we had the perfect spot for it: right smack dab in the main walkway in the museum. As for decorations, yes, we did the usual ornaments and lights, but Vice President Steve Martin had a special thought: why not create a special ornament for each of our veterans for which we have a banner. They are easy to make if you know how to create simple graphics on the computer



Photo courtesy of Sheridan Historical Society

Veterans Tree helpers include (from the left) Pamela Drury, Connie Mossburg, Bess Coppess, and Donna Jessup. Thank you, ladies, for your contribution of time and hands on work for this project.

and add veteran pictures and then make that into a three½ inch button which is designed with a red ribbon for hanging on the tree. A prototype was made, and it looked great and was easy to suspend on the branches of the big tree in the walkway. Now, a hundred and forty buttons later, we have a twelve-foot Veterans Christmas Tree at the museum—and it is beautiful!

Sheridan residents are invited to visit the museum to see all our Christmas decorations and especially the Veterans Christmas tree.

We are still accepting information and pictures for Sheridan community veterans so they can have a banner on our Main Street celebrating their service, and next year a button ornament on our special tree. We ask that you donate \$100 for each banner submission because it isn't cheap to have them made, and if you would like the

button ornament of your veteran, we can make that available to you for \$5 a button when the Christmas season is over.

While I have your attention, I want to lay out another idea for veteran recognition. We know the banners we currently have will not last forever even though they are of heavy-duty vinyl, and so has serious thought and discussion has been given to an engraved brick monument to be placed on the flag plaza in Veterans Park. Engraved bricks would be relatively indestructible, to say the least, but again they would not be cheap. We are looking at \$150 each for a brick. The Historical Society would like to hear your thoughts about a brick memorial. Is it too much in light of \$100 for a banner? Please let us know how you feel about this.

Let me close by thanking all of you in our Sheridan community for

your support of our veteran's banner project. It has turned out better than we had imagined it ever would and we will continue to add banners as they come in in the future. And if the \$100 donation is a problem for you, come talk to us. We have had very generous people in our community come forward and your veteran's banner could still be created and displayed at little to no cost. The important thing is that we want our military veterans recognized for the sacrifice they have made to our country.

The Sheridan Historical Society Museum is open on Tuesday, Friday, and Saturday afternoons from 1 pm to 4 pm, and at special times with advanced arrangement. Our museum is located at 315 South Main Street in beautiful uptown Sheridan, the northwest gateway to historic Hamilton County, Indiana. You ought to visit with us.

Nat King Cole, Sinatra, Christmas Classics – Oh, My!

Tinsel, glitter and great holiday classics will help warm your hearts and provide a sense of goodwill to all as you celebrate with Feinstein's at the Hotel Carmichael and all of their special guests over the next two weeks.

If you're a Sinatra fan, you won't want to miss this Holiday show - A SINATRA CHRISTMAS. Frank Sinatra and Christmas go together like mistletoe and mulled wine, having one without the other is unthinkable. On Wednesday, December 13, at 7:30 pm, from the team that brought you the hit shows ALL THE WAY: A Frank Sinatra Tribute and ONE VOICE: The Music of Manilow, join Don Farrell and the Terry Woods Orchestra for a Christmas celebration in true Sinatra style! You won't help but be full of the holiday spirit with enchanting tales of how such great classics that define the season came to be like "I Heard the bells On Christmas Day", "The Bells of Christmas", "Silent Night", "Mistletoe and Holly", "I've Got My Love to Keep Me Warm", "Let It Snow", "The Christmas Song", "Jingle Bells", "Have Yourself A Merry Little Christmas", and many more!

On Friday, December 15, Brittany Brumfield presents Baby Grand Dueling Pianos- UGLY SWEATER Night. Put on your best or your worst UGLY SWEATER and join us for an evening full of fun, sing-along and holiday cheer.

Have you ever been to a concert and wished you could pick the set list?! Here's your chance! Often referred to as a living jukebox, dueling pianos is the show where the audience takes control! YOU pick the song, artist, genre and era - WE play it! A lively, interactive show for the

whole family! Whether you're celebrating a special occasion or just a night out on the town - Come out to sing along, laugh along, and maybe even get on stage! Show starts at 6:30 pm.

A Nat King Cole Christmas with Bryan Eng is sure to brighten up your holiday season on Saturday, December 16. The show begins at 7:30 pm with doors opening at 5:30, The Bryan Eng Trio helps you celebrate the yuletide with Nat King Cole classics for all. From New York City, multifaceted jazz pianist, singer, and actor, Eng is one of the most promising and accomplished entertainers of his generation. With performances on Broadway, the Kennedy Center, Jazz at Lincoln Center, Birdland, and an ongoing residency at the Carlyle Hotel, the 25-year-old entertainer has already made his mark on the world's most esteemed stages.

Eng graduated from Northwestern University where his Chicago acclaim proved inevitable. Maintaining multiple performance residencies and starring at award-winning regional theaters, the Chicago Tribune confirmed, "Bryan Eng is one of Chicago's bright stars." Soon, Eng relocated to New York City to join the Broadway cast of Plaza Suite with Sarah Jessica Parker and Matthew Broderick.

Wrapping up the week on Sunday, December 17, is Drag Me to Brunch at 11 am and 2:30 pm. Spend your Sunday at Feinstein's for drag bunch! Drag you and your friends for a fun morning of food, entertainment, and drinks! Pat Yo' Weave, will take the stage and strut her stuff along with her fellow Queens.

On Wednesday, December 20, Feinstein's at Hotel Carmichael Presents: Jenn Maurer. Hailing from

Carmel, Indiana, Jenn is ecstatic to return to her hometown for her solo concert debut. She owes so much of her theatrical success to the incredibly supportive community that Carmel provided her as a young artist. As a Carmel High school grad and member of the award-winning Ambassadors show choir, Jenn moved on to graduate from the BFA Music Theatre Program at Florida State University. She has lived and performed in New York City for almost a decade.

Most recently, Jenn performed in Discovering Broadway's production of the musical Hamlet alongside Tony nominated actors Adam Pascal and Jordan Donica right here in Indianapolis. She's performed all over the country on tour and in theatres regionally. Her favorite credits include the national tour of Elf where she understudied Jovie and Divorce on HBO where she was a co-star next to Sarah Jessica Parker. She is also a founding member of the High Notes all female a cappella group in NYC.

For her solo concert debut, Jenn wanted to share some of her favorite music from the past two decades. From pop hits to musical theatre classics to a few songs Carmel audiences haven't heard, Jenn's eclectic taste is sure to entertain audiences with a variety of musical interests. Show starts at 7:30 pm.

Eleanor Wilson made her Feinstein's debut this past June as a guest artist of renowned singer/songwriter, Anthony Nunziata. She returns on Thursday, December 21, for a 7:30 pm show - An Evening with Eleanor & Friends.

Eleanor most recently was seen performing in Civic Theatre's production of REVUE. She is a junior at Noblesville High School

and a member of the varsity show choir, Singers, under the direction of John Neubauer and Julianne Fowler.

She was a solo finalist at the Beach Grove Invitational with a perfect score from the judges and an undeniable crowd favorite. She's been deemed a "Powerful Vocalist" By multiple directors and educators. Eleanor's love for music comes from a deeply rooted place. As a shy child, music became an outlet where she felt her anxiety ease. Connecting to lyrics became a tool for positive distraction and self-expression. She continues to find music and song a space where she can best express herself.

She is joined by her incredibly talented, creative, hilarious and joy-filled friends, NHS Seniors, Tyler Cowan, Sean Wood, & Ray Kenley.

The final show before Christmas will 'move' you right through the holiday weekend and beyond. Don Farrell: A Sinatra Christmas Matinee on Saturday, December 23 at 2pm will be a true celebration of the season!

From the team that brought you the hit shows ALL THE WAY: A Frank Sinatra Tribute and ONE VOICE: The Music of Manilow, join Don Farrell and the Terry Woods Orchestra for enchanting tales of how such great classics that define the season came to be; songs like "I Heard the bells On Christmas Day", "The Bells of Christmas", "Silent Night", "Mistletoe and Holly", "I've Got My Love to Keep Me Warm", "Let It Snow", "The Christmas Song", "Jingle Bells", "Have Yourself A Merry Little Christmas", and many more! This show is sure to make the tinsel glitter and the snow glisten, warming our hearts with a profound sense of goodwill to all!



THE **TIMES**

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Photos courtesy of JEEP

2024 Jeep Wrangler Rubicon 4XE Bridges The Trail Between Gas And Electric

Jeep will soon introduce production versions of the all-electric Wagoneer S and Recon concepts. However, I suspect there are more than a few Jeep traditionalists who are open to electrification, but given the difficulty in finding plugs en-route, aren't quite ready to go all-in. For them, the plug-in 2024 Jeep Wrangler Rubicon 4xe bridges the trail between gas and electric.

For something that looks like a Model T on testosterone, it packs an incredibly sophisticated powertrain. It starts with a 2.0-liter turbocharged four-cylinder connected to the four-wheel-drive system through an eight-speed automatic transmission, but is augmented by batteries to travel 22 miles after a quick recharge. That's enough for most owners to run errands, drop kids at school, or do most of their commute. After that, the gas engine fires up to continue on to the next gas

pump or outlet. Combined fuel economy is rated 49-MPGe, or more like "low 20s" on gas alone.

Only details separate 4xe editions from the snarling, menacing recently updated Wrangler style. It's clearly a Jeep with its revised black seven-slot grille flanked by round LED headlamps, but turquoise tow hooks, hood graphics, and logos nod towards electricity. The Rubicon's angry hood extractors, logos, and 17" wheels with off-road tires confirm no loss of capability. Metal bumpers with a front WARN winch and exterior-mounted spare are maximized for capability – as are underbody skid plates and brush rails that protect sensitive bits.

Turquoise accents continue to stitching in the dash and seats, which are heated and feature soft Nappa leather. The turquoise-stitched leather-wrapped steering wheel is heated too. A new 12.3" infotainment screen looks

2024 Jeep Wrangler Rubicon 4xe Five-passenger, 4WD SUV

Powertrain: 2.0-liter T4, Li-ion batteries
Output: 375hp/470 lb.-ft.
All-electric range: 22 miles
Suspension f/r: Solid axles
Wheels f/r: 17"/17" alloy
Brakes f/r: regen disc/disc
Towing: 3,500 lbs.
Fuel economy: 49-MPGe (combined)
Assembly: Toledo, OH
Base/as-tested price: \$50,695/76,935

slick, but is still intuitive for audio, phones, climate, and navigation. Redundant knobs/buttons for audio and dual-zone automatic climate control are beneath. Wireless Apple CarPlay and Android Auto make connections super simple. Thump yourself silly with

LIKES

- Electric range
- Power roof
- Insane capability

the Alpine sound bar in the roof.

Designers stepped up to add refinement and safety. First, they added acoustic front carpet and glass to deaden sound. Active noise cancellation does its part to make this the quietest Wrangler I've yet experienced. Past Wranglers either came with a removable hard top that wasn't easy to remove, removable panels that also weren't easy to remove, or a canvas top that was a ridiculous erector set. Instead, our Wrangler has a power-opening canvas section that opens as a nearly full-length sunroof. Perfect – open air at the touch of a button.

Safety is enhanced by adaptive cruise, automatic emergency braking, blind

DISLIKES

- Brick aerodynamics
- Limited towing
- Stupid price

spot warning, and rear cross path detection. A trail camera allows for safe stomping in the muck.

It's also nice to drive. Combined output from the hybrid powertrain is rated 375 horsepower and 470 lb.-ft. of torque, giving it plenty of pep when launching onto freeways or clamoring up mountainsides. Disconnecting sway bars and electronically locking differential add to the Rubicon's capability while the four-door Unlimited's longer wheelbase settles the ride considerably. And those fat tires and suspension travel so essential for off-roading also add comfort on the highway and city streets. On-trail or off, this is one of the best-behaved Wranglers



CASEY WILLIAMS
Auto Reviews

ever created.

No everybody is ready to go full electric, and with the Jeep Wrangler Rubicon 4xe, they don't have too. It's an all-capable SUV that can do daily duties on electricity, then fire up to tackle any trail. While Wranglers start at an affordable \$32,095, the 4xe rises from \$50,695 to our Rubicon's \$76,935.

Storm Forward!

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

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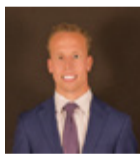
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War And The Environment Dressing Up for Christmas

EARTHTALK

Dear EarthTalk:
What sort of environmental toll are the major military conflicts going on around the world now taking?

No one questions the fact that war is horrible, and it is no less so for the environment. And recent major conflicts in Eastern Europe and the Middle East couldn't come at a worse time politically as international negotiators try to broker a deal to rein in carbon emissions against the backdrop of two active wars.

In the Russia-Ukraine conflict, environmental damage has been widespread. An August 2023 study by Chinese and German researchers found an "abrupt exacerbation in air quality over Europe after the outbreak of the Russia-Ukraine war." Levels of both particulate matter and nitrogen oxide have spiked about 10 percent each—and ground-level ozone surged by almost eight percent—in regions where fighting has occurred. The researchers blame ongoing explosions and fires as the main drivers of this predicament. Due to the war, Ukraine has experienced a 45-fold increase in the total area of forest fires across the country. The result has been the release of hundreds of millions of tons of noxious pollution in various forms that not only foul the air but also contaminate soils and

groundwater across the region.

Meanwhile, the more recent Hamas/Israel conflict is wreaking havoc on the environment in the Middle East. Israel's campaign to eradicate Hamas following the initial October 7 attack has turned much of Gaza into an apocalyptic destruction zone where polluted air and water now joins mass casualties and lack of food and supplies in making life extremely difficult for millions of Palestinians.

"These environmental impacts exacerbate the toll of death and injury directly caused by acts of war, but the environmental death toll will continue for decades due to respiratory diseases, cardiovascular diseases and cancer caused by exposure to elevated levels of pollution," United Nations Special Rapporteur on human rights and the environment David R. Boyd tells TRT World.

Besides damaging the environment and increasing our global carbon footprint, these recent conflicts are also taking a toll on longer term prospects for hammering out a binding agreement for the nations of the world to work together in reining in carbon emissions. CNN reports that world leaders attending the long-awaited November 2023 Abu Dhabi follow-up to 2015's Paris Climate Agreement were spending more time meeting behind closed

doors trying to broker diplomatic solutions to military conflicts than hammering out carbon emissions reduction plans. Jordan's King Abdullah II told gathered delegates that "we cannot talk about climate change in isolation from the humanitarian tragedies unfolding around us," adding that "the massive destruction of war" makes environmental threats like water scarcity and food insecurity even more severe. Meanwhile, Iranian negotiators left the climate talks because its sworn enemy Israel had delegates present.

Environmentalists advocates around the world are keeping their fingers crossed that the wars in Ukraine and Israel/Palestine don't derail international cooperation on environmental issues altogether.

-CONTACTS: Israel devastates Gaza's environment for years to come, warn experts, <https://www.trtworld.com/middle-east/israel-devastates-gaza-environment-for-years-to-come-warn-experts-15904788>; Abrupt exacerbation in air quality over Europe after the outbreak of Russia-Ukraine war, <https://www.sciencedirect.com/science/article/pii/S0160412023003938>.

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CARRIE CLASSON
The Postscript

I tend to be a Christmas maximalist; at least if you ask my husband, Peter, that's what he would say. Peter would dispense with the tree, the presents and most of the outings. He'd hang a few ornaments on a houseplant, have a nice meal and go to bed early. But Peter cares for me a lot, and he knows how much I love Christmas. I want a live tree. If I can't chop it down myself, I'll haul it home from the hardware store. I want lights on the balcony and a little present for everyone. I want fancy new wrapping paper and pretty, old ornaments and a holiday setting on the table. I want to light too many candles, bake too many cookies and end up with a floor covered with ribbon and powdered sugar at the end of the night. Peter is very patient.

And I want to get dressed up. Some of my best memories of Christmas involve my Auntie Jo. She and her family would drive up north to my grandparents on Christmas Eve with a car packed with presents and cousins

and a mischievous dog. Thinking back on it now, I'm sure it was stressful for my Auntie Jo. But my memory is of the car pulling in, and Auntie Jo hugging everyone, her arms full of bags of unwrapped gifts and luggage. And this was, for me, the official start of Christmas.

Auntie Jo would head downstairs to wrap presents and, at some point, their dog, Twinkie, would make a mad dash out the door. We'd all scour the neighborhood until we found Twinkie. Then Auntie Jo would go to change her clothes and emerge more resplendent than the Christmas tree.

It was always a treat, as a child, to see what my Auntie Jo would wear at Christmas. I knew there would be glitter or sequins, and probably both. It would be the sort of outfit a person would wear only for a very special day, and seeing Auntie Jo dressed up made it a special day for me.

I understand getting dressed up is not for everyone. A tree is a lot of work. And I don't think holiday preparations should be a burden—something on the must-do list when there are more important things to do.

But every year, I think back on my Auntie Jo, who had such a long drive and so much to do (and

such a naughty dog!), and how she would step into the living room, reflecting the Christmas lights. I received a lot of nice presents, and we had a wonderful meal, but seeing my Auntie Jo dressed in her Christmas finery was always a highlight for me.

I am still lucky enough to see my Auntie Jo at Christmas. And, although I will never wear sequins as well as she did, I do my best.

Because dressing up is part of how I participate in Christmas. It helps to make this time of year memorable. When I light the candles on my mantle and string lights outside, it's a recognition that the darkness of winter will pass. Like my Auntie Jo, I want to mark this passage of time; I want to make this day different from other days. Dressing up for Christmas reminds me that we need some extra sparkle in this darkest time of year.

And so (while I try to take it easy on Peter) I am decorating the house, and I'm lighting too many candles. And I already have a dress picked out for Christmas.

Till next time,
Carrie

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

LEAP Water Plan Costs Could Fall To Customers, Utility Watchdog Cautions

Report comes amid growing skepticism of water plan

By Leslie Bonilla Muniz
Indiana Capital Chronicle

The state's plan to supply water to a planned economic development project could leave utility customers on the hook for associated costs, a ratepayer advocacy group warned in a report released today.

Indiana economic development officials want to pipe water from an aquifer in Tippecanoe County to a mammoth industrial campus in Boone County — dubbed the Limitless Exploration/Advanced Pace (LEAP) Research and Innovation District. The pipeline could stretch 50 miles and carry up to 100 million gallons of water daily.

Indianapolis-based pharmaceutical giant Eli Lilly & Co. has planned a \$3.7 billion facility at LEAP; the state is also competing to attract a water-guzzling semiconductor manufacturing facility worth \$50 billion and other large plants. But Boone County doesn't have enough water to support such activities.

The quasi-public Indiana Economic Development Corp. (IEDC) has already committed about \$972 million to the project, Citizens Action Coalition estimated in its report.

"While the LEAP project is almost wholly speculative in nature, IEDC has committed nearly \$1 billion in taxpayer funds already, tossing taxpayer money around like Wall Street speculators," the coalition wrote. "Hundreds of millions of dollars, much of it for land purchases that far exceed the actual value of the land, have been expended prior to

the microchip firm or data center committing to locate in Boone County."

Costs all around

The final cost would likely be higher, according to the coalition. The initial accounting uses early estimates, and there's been no public discussion of how to handle the large amounts of waste and wastewater the industrial users would produce.

But it's not just taxpayer money involved. Utility companies are expected to take on some project components.

Citizens Water, which owns and operates Indianapolis' water and stormwater system, had filed with state regulators to build and maintain a second pipeline up to 50 miles supplying water to the Lilly portion of the project. But it pulled out in October.

And it's unclear which electric utility will provide power to the campus.

The coalition said it feared utility customers would bear the costs. The pipeline concept alone could cost about \$2 billion, Based in Lafayette reported.

That's because the IEDC has the statutory authority to approve utility water projects, as well as electric and gas projects, as "targeted economic development projects."

The coalition noted that a \$2.5 billion electric vehicle battery manufacturing plant in Kokomo will bring rate increases to gas and electric customers of Duke Energy Indiana and the Northern Indiana Public Service Company.

"The state is viewing water solely as an

economic development tool," the report says. "This is short-sighted and opportunistic as it assumes that water can be shipped wherever and whenever needed, regardless of the near- and long-term interests of or impacts on communities and costs to taxpayers or ratepayers."

"This has created a water resource shell-game that will ultimately diminish water resources, increase costs to ratepayers, and foment water wars between communities and regions," it says later.

The coalition said Hoosier officials should put the project on hold indefinitely, or, if water testing holds up, move ahead with just Lilly's portion. And it said Lilly should pay for the water infrastructure it requires.

The group also suggested new legislation regulating large water withdrawals, in line with Democrat and Republican lawmakers from the area, and legislation returning authority over groundwater to local units.

And it recommended either replacing the IEDC — reverting it to a traditional commerce department — or reforming it to promote greater transparency and public engagement.

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10 Tips To Help Children With Special Needs Enjoy The Holidays

The holidays are upon us, and while there's loads of merry-making and fun to be had — the changes and sensations of the season can add stress to the lives of children with special needs and their families. The Episcopal Center for Children (ECC), a nonprofit organization serving the children with special needs ages 5-14 in the greater Washington, DC area, offers the following tips to help.

"Children with special needs enjoy the holidays but they are especially sensitive to the changes in routines that the holidays bring," said Stephanie Nash, LICSW, president and CEO of ECC. "Making a plan, thinking about your child's needs, and adjusting your expectations can help you create a positive holiday experience for the entire family."

Tip #1 – Make a plan for the holidays and share it with your family. Create a schedule for your family's holiday activities and post it for your child to see. You may find it helpful to use pictures to help a young child. Talk about the schedule with your child, so he or she can anticipate what will happen.

Tip #2 – Remind your family about holiday plans. Review the schedule. Discuss the schedule with others in your home, so they understand what is going on and how they can best support your child with special needs (and everyone else in the family), so everyone can have a fun holiday.

Tip #3 – For holiday gatherings, give your child a job and a plan. Ask your child to help

collect coats, give out treats, or greet arrivals. Rehearse the plan. Give your child a schedule or plan for a festive occasion so he or she knows what to anticipate and when things will happen.

Tip #4 – Maintain routines as much as possible. There may be special activities for the holidays, but try to keep your child's schedule as close to "normal" as possible. Routines are key for helping children coping with special needs, and it's especially important for children to stick to regular medication and sleep schedules as much as possible.

Tip #5 – If your child is sensitive to unfamiliar smells, help manage them. Cinnamon is a common holiday fragrance. One way to help a child experience this smell minimally (and gauge reaction to it), is to add cinnamon to play compound before an event. Ask guests visiting your home to not wear heavy perfumes if your child is sensitive to them and think about other smells like evergreens.

Tip #6 – Eat healthy foods and consider how new or special foods impact your child. During the holidays there are all sorts of fun foods and treats to enjoy. Some children are more affected than others by dietary changes. Pay attention to your child's moods and how diet and situational changes may be impacting him or her. If you are at an event, bring along food that is familiar to your child if you think it may be needed.

Tip #7 – Take breaks when needed. Sometimes children need a break from the hubbub of

holiday activities and busyness. Fill a bag or backpack with a few favorite toys, games or activities. If you see your child is getting stressed, get out the bag and find a quiet spot to play.

Tip #8 – Do not allow presents to be a hindrance to enjoyment. Toy packaging today can frustrate children and parents alike. Children who have trouble with fine motor skills may find unwrapping some gifts frustrating. You can adjust packages to their comfort level by loosening ribbons and paper, or pre-cutting fasteners. Ask others who give your child gifts to be aware of his or her needs when it comes to wrapping presents.

Some children find it dis-orienting to unwrap things that are new and unfamiliar to them. If that is the case for your child, wrap a few favorite toys for your child to unwrap.

Tip #9 – Get your child into the spirit of the season through gift giving. Gift giving provides an opportunity to practice social skills. Help your child make a gift for someone else, and practice how to give the gift to that person. Let your child experience the joy of giving.

Tip #10 – Give your child the gift of your attention. Holidays can be busy for grown-ups and children. Make sure you spend a few minutes of quality time with your child every day. Give your full attention. Practice active listening, where you listen to what your child is saying and then repeat it back to them to demonstrate that you are listening. Focus on offering connection and support.

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BETSY From Page A1

“Sleigh Ride.” Seniors Josiah Smith and Savannah McClure did the choreography.

Synergy, an all-female 32-member choir, sang “Gettin’ in the Mood for Christmas” and “Glow.”

Maletonez, an all-male 16-member show choir, performed a comical “Cold Snap,” “Blue Christmas” with solo by Kevin Williams, and “Holy Jolly Christmas.” Maletonez originally debuted as Milltonez.

The all-female 15-member Momentum concert choir sang “Thirty Second Fa La La” Bashana Hab’ah.”

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

MadJazz, an advanced mixed choir of 19, MadJazz sang “Dance of the Sugar Plum Fairy,” “Carol of the Bells” and “Silver Bells” on Friday, and changed it up on Saturday with “Fum, Fum, Fum,” “Bring a Torch Jeanette Isabella” with solos by Colin McCabe and Sean Wood, and “Silver Bells.”

MadJazz sings a repertoire of madrigal and jazz compositions and performs at all NHS Choral Department concerts, Jazz and Desserts, vocal jazz competitions and special community events.

The all-female, 14-member Cantamos concert choir performed “Carry the Light,” and “Last Christmas” with solo by Sophia Voelz.

Sensation, an all-female show choir of 44, performed “S’Vivon” Hebrew song. Sensation performs at all NHS Choral Department concerts and at various show-choir competitions around the Indianapolis area.

New Dimension, the premiere women’s show choir, with 57 members, performed “The Christmas Waltz” and one of Neubauer’s favorites, The Carpenters’ “Merry Christmas, Darling,” with solo by Anlycia Melendez. New Dimension has competed successfully at show choir and concert choir competitions and appears in concerts and performances on behalf of their school and community.

New Dimension, Sensation, Synergy, Cantamos and Momentum unisex choirs had a special performance of “This Little Babe.”

The best part of both shows were the individual performances by students. On Friday, Mia Gordon sang “It’s Beginning to Look a Lot Like Christmas”; Aubrey Frederick sang “O Holy Night”; Sydney Elliott and Ray Kenley performed “Baby, It’s Cold Outside”; Brenner Zebrauskas, Hannah Ropte and Mia Feigel sang the Jackson Five’s “Santa Claus is Coming to Town”; Matteo DiRosa had audience members giving him a standing ovation for “Ave Maria”; Kat Logue sang “I’ll be Home for Christmas”; Josie Flinchum played guitar and sang “Let There Be Peace on Earth”; sisters Kenzie Wood, Parker Wood and Sean Wood sang “My Song for You,” Ellie Seago sang “White Christmas”; and Tyler Cowan sang “Hang Your Lights.”

On Saturday, Corinne Mitchell and Sabrina Lara sang “White Winter Hyman and Let It Snow” remix; Amelia and Charlotte Wiggins dressed

as snowmen and sang “Frosty the Snowman”; Caedman Foster, Ray Kenley, Colin McCabe and Josiah Smith hammed it up with “The Chipmunk Song”; Lukas Eros and Abby Wigger performed “A Lovely Night” and “Baby It’s Cold Outside”; Savannah McClure sang “Do You Hear What I Hear?”; Addie McMillan performed “I’ve Got My Love to Keep Me Warm”; Claire Cuson and Emma Cseke sang “My Favorite Things”; and Roux Carney sang “Where Are You Christmas?”

NHS Singers 60-member mixed show choir performed “Mary, Did You Know,” with a solo by Hannah Ropte both days, plus on Saturday afternoon Singers were joined by special guest Sarah Scharbrough McLaughlin, who sang with the choir her songs, “Shine” and “All Things New.” And just minutes earlier, Soren McLaughlin, Ropte and McLaughlin performed “Winter Song.”

Another special performance was Noblesville East Middle School’s Boys II Men choir, directed by Jordan Rattenbury, with “Grandma Got Run Over by a Reindeer.”

Both concerts culminated with all eight combined choirs plus past NHS choir members returning to the stage to sing “Silent Night,” with solo by Lauryn Kinzie.

Just the Sunday prior, NHS Singers joined McLaughlin for two holiday concerts at The Studio at The Performing Arts Center of Carmel.

NHS Singers is one of the oldest mixed show choirs in the state and has represented NHS and the Noblesville community for more than 50 years. NHS Singers compete at show choir competitions around the Indianapolis area and nearby states.

The NHS Choral Department has a busy choir season that includes various Show Choir competitions Jan. 13-March 23; Show Choir Preview Concert, Jan. 25; All-District Show Choir Concert, March 20; Spring Choral Concert, April 11; End of the Year Choral Banquet, May 6; Finale Concert, May 14; and Show Choir Finale Concert, May 17, all at NHS.

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

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



The Times photo by Betsy Reason

Sisters Charlotte and Amelia Wiggins dress as snowmen and sing “Frosty the Snowman” during their act at Noblesville High School Choirs’ Holiday Concert on Saturday.



The Times photo by Betsy Reason

Noblesville High School’s Ellie Seago sings “White Christmas” Friday night during NHS Choirs’ Holiday Concert.



The Times photo by Betsy Reason

Noblesville High School assistant choral director Julianne Fowler directs NHS Choirs’ Cantamos choir in singing “Carry the Light” and “Last Christmas” at NHS Choirs’ Holiday Concert on Saturday.



The Times photo by Betsy Reason

Noblesville High School’s New Dimension varsity unisex show choir sing “The Christmas Waltz” and The Carpenters’ “Merry Christmas, Darling,” with solo by Anlycia Melendez (center) during NHS Choirs’ Holiday Concert on Saturday.



The Times photo by Betsy Reason

Noblesville High School senior Sean Wood performs a solo during “Bring a Torch Jeanette Isabella” during NHS MadJazz choir’s performance during NHS Choirs’ Holiday Concert on Saturday.



The Times photo by Betsy Reason

Noblesville High School senior Matteo DiRosa sings “Ave Maria” during NHS Choirs’ Holiday Concert on Friday night.



The Times photo by Betsy Reason

Sisters Sean Wood, Parker Wood and Kinzie Wood sing “My Song For You” during Noblesville High School Choirs’ Holiday Concert on Friday night.



Photo courtesy of Mia Gordon

Noblesville High School junior Lauryn Kinzie sings a “Silent Night” solo during NHS Choirs’ Combined Choirs performance of “Silent Night” during which past NHS choir members were invited to come on stage to join in the song during Friday night’s Holiday Concert.

JOY From Page A1

November and the Kiwanis members count down the days in anticipation until the event. Any toys left over from the event are donated to Riley Hospital for Children, which gives out approximately 4,000 toys a month.

“As children we’re often taught that giving is better than receiving. Looking around the gym

at the faces of our club members during the event, I am going to have to challenge that adage,” said Clevenger. “Giving back during the holidays is more than just spreading good cheer, it’s about ensuring everyone can experience the joy of this special time of year. By giving, we receive so much more!”

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TUESDAY

Health and WELLNESS

Tuesday, December 12, 2023

A6

Managing Your Family's Year-Round Health



FAMILY FEATURES

Now is a good time to check in and make sure your entire family is protected from infectious diseases.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight off infections. Timely routine vaccinations, such as MMR (measles, mumps and rubella) and Tdap (tetanus, diphtheria and pertussis), are known to prevent around 4 million deaths annually, yet only 1 in 5 adults are up to date on their vaccines.

Convenience, accessibility and lack of trust all play fundamental parts in why vaccination numbers are low across some demographic groups and geographic regions. Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic, have emerged as accessible and convenient options for people seeking needed healthcare services outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

Routine preventive care, including vaccine administration, can take place at various points throughout the year and is not limited to a single season. Certain populations, such as people who are 60 years of age and older, those with chronic diseases and some minority populations, are more at risk for contracting certain infections and are encouraged to maintain updated vaccinations and boosters throughout the year. (For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.)

The CDC recommends everyone 6 months old and older get an annual flu vaccine. Influenza, more commonly known as the flu, is a highly contagious respiratory virus that infects the nose, throat and lungs, and could lead to serious illness, hospitalization or death. Dominant flu strains are constantly shifting and protection from a single flu vaccine declines

over time. To reduce the risk of getting or spreading the flu, it's important to get a yearly flu vaccination.

Retail pharmacies and clinics hold a unique position in the local communities they serve and are deeply committed to vaccine education and outreach. In addition to providing protection against illnesses such as influenza, vaccines also offer protection against hepatitis A, hepatitis B, varicella (chicken pox), measles, RSV, pertussis (whooping cough), COVID-19 and more. By equipping people with consistent, factual information, retail pharmacies and clinics empower them to make informed decisions about their health and the health of their loved ones.

Research shows schools and colleges have the potential to cultivate a higher disease transmission rate that affects all ages, from students to staff and teachers, due to the proximity of people within buildings. When students are protected against vaccine-preventable illnesses, they experience fewer absences due to illness, allowing them to fully participate in classroom activities and maximize their learning potential.

Ensuring children are current on their vaccines also creates opportunities for parents and caregivers to check their own preventive health statuses. The National Institutes of Health notes vaccine-preventable diseases cost the country approximately \$27 billion annually in lost wages and increased healthcare costs. Missing routine immunizations could result in missed work and medical bills that could prevent people from being able to provide and care for their families.

Unlike some traditional healthcare settings, retail pharmacies and clinics are easily accessible. They are often located within local communities and have extended hours that cater to busy schedules, allowing flexibility for people getting their families vaccinated. In fact, 90% of the U.S. population lives within 5 miles of a pharmacy. Options like the Kroger Family of Companies' Pharmacies and other retail pharmacies have established vaccine clinics within their pharmacy and

clinic locations, making vaccinations a seamless and convenient part of the healthcare experience they provide.

Annual Gallup Polls consistently show pharmacists and nurse practitioners are among the most trusted people in the medical field. Healthcare professionals at retail pharmacies and clinics undergo rigorous training and possess in-depth knowledge about vaccines, proper storage and handling as well as administration techniques. These professionals contribute to the

confidence of their patients and the health of the community at large.

Retail providers disseminate accurate information about vaccines and address vaccine hesitancy and misinformation within their local communities. By prioritizing proactive vaccinations, retail pharmacies create an environment that supports the overall well-being of students, teachers, staff and families alike, helping communities live healthier lives.

To learn more about annual vaccination needs, visit kroger.com/vaccinations or plan a visit to a local pharmacy or clinic.



Stay Up-To-Date on Recommended Vaccines
Check the boxes on this form to keep track of your and your family's vaccinations

<h3>Infant to Age 15</h3> <p><small>Please note: The Kroger Family of Companies' Pharmacies and The Little Clinic can only administer vaccinations for children 12 months and older.</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hemophilus Influenzae Type B (Hib) <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Polio
<h3>Age 16 to 49</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Hepatitis A <input type="checkbox"/> Hepatitis B <input type="checkbox"/> HPV (Human Papilloma Virus) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Meningitis (Meningococcal) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 50 to 64</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h3>Age 65+</h3>	<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 <input type="checkbox"/> Flu (Influenza) <input type="checkbox"/> Pneumonia (Pneumococcal) <input type="checkbox"/> Shingles (Herpes Zoster) <input type="checkbox"/> RSV (Respiratory Syncytial Virus)

For more information or to make an appointment, please visit [Kroger.com/vaccinations](https://kroger.com/vaccinations)

You may be eligible for other vaccines based on underlying medical conditions or other considerations. Please talk to your healthcare provider for a recommendation on which vaccines are right for you.

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TUESDAY

In The Kitchen

Tuesday, December 12, 2023

A7

Cooking Clean

A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of "My Kitchen Rules," who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

"There is a lot of misinformation about cooking with gas in the news," Sheremet said. "It's important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove."

Because ventilation when cooking is key, it's important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That's because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

"Chefs, and parents like me, prefer gas for a variety of reasons," Sheremet said. "My son, Atlas, is often in the kitchen when I'm cooking, and we know sometimes kids don't listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off."

Learn more about cooking with propane and find recipes from Sheremet at Propane.com/ChefDean.

DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

Do:

- Follow the manufacturer's installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

Don't:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

Salt

- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small saute pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde