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TODAY'S VERSE

Psalm 23:1-6 The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.



Faces of Hamilton County

People who call our community their own

What makes Kayla Ragland smile? "Being around friends and family," said the 15-year-old, a sophomore at Noblesville High School. She was found serving pancakes with the NHS Key Club during the Noblesville Kiwanis Sunrisers pancake breakfast benefiting the Boys & Girls Club of Noblesville. She is a member of the NHS Key Club, which annually helps the Kiwanis Club make pancakes and sausage for the fundraiser at the BGCN Community Center. The Key Club is an international service organization and is the high school branch of Kiwanis International, as a service leadership program and as a Kiwanis Youth Program. At NHS, she is also involved with Bring Change to Mind, a club that brings awareness to mental health; and Lend A Paw, a club that volunteers at animal shelters. She is the daughter of Brian and Lori Ragland. She has one older sister, Reilly, a student at University of Southern Indiana; and one younger brother, Conner, who attends The Hope Source in Indianapolis. Passions? "I do like singing, and I like the art."

The TIMES

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Noblesville First Responders Rescue 3 From Fire



They don't call them heroes for nothing. Shortly before 5 Friday, Hamilton County Dispatch received a call for help from someone trapped in a first-floor Noble Manor apartment. Upon arrival, crews were confronted with thick smoke and fire in the apartment. Noblesville Fire Department and Noblesville Police Department crews worked together to safely evacuate the adult resident through a window at the back of the building. At the same time, NFD crews entered the front of the building and rescued a 5-year-old and a 3-year-old trapped in the apartment. All three were checked for possible smoke inhalation and were treated and released. The fire was quickly brought under control, limiting the fire damage to the kitchen area.

The residents were alerted to the fire by functioning smoke detectors. Due to the damage, the family is temporarily displaced. In coordination with NobleAct officers and the Noblesville Trustee's office, NFD personnel secured a place for the family to stay. No injuries were reported. The cause of the fire is still under investigation. The Noblesville Fire Department reminds everyone of the importance of working smoke detectors. Working smoke detectors save lives by providing early warning of the dangers of fire. NFD provides no-cost smoke alarms, installation, and battery replacement to residents. If you need assistance with smoke detectors, contact NFD at NFDscheduling@noblesville.in.us or call 317-776-6336, extension 1413.



The Times photo by Betsy Reason
Downtown Noblesville offers an array of merchants offering gifts for the holidays.

The Magic of the Holidays In Downtown Noblesville

Maybe it's the downtown shop windows decorated for the holidays. Or the historic Seminary Park in my neighborhood that's adorned with holiday lights.



BETSY REASON
Columnist

Or the charming Santa House on the Courthouse Square. There are many reasons to love Noblesville during the holidays. If you haven't been downtown to see the store windows at night, I recommend taking a stroll around and near the Square for some nostalgia. There are lifesize nutcrackers, scenes with Mrs. Claus at home and Santa looking at his list with Santa's elf marking off the days until Christmas, Christmas trees, a leg lamp reminiscent of the movie "A

➔ See BETSY Page A2

Fishers Brothers Sentenced for Distributing Guns Intended for ISIS

Moyad Dannon, 25, of Fishers, has been sentenced to 200 months in federal prison, followed by a lifetime of supervised release, after pleading guilty to Attempting to Provide Material Support or Resources, namely, firearms, to a Designated Foreign Terrorist Organization. His brother, Mahde Dannon was sentenced to 20 years in federal prison in October 2021, after pleading guilty to the same charges. According to court documents, in June of 2018, the Dannon brothers devised a scheme to deliver stolen firearms to a convicted felon who was cooperating with the FBI. Between July 2018 and December 2018, the Dannon brothers sold a number of illegally obtained firearms to the cooperating individual. Around the same time period, the Dannon brothers also began to manufacture untraceable "ghost



guns" by purchasing firearms parts online and assembling those parts into fully-functioning, .223 caliber semi-automatic rifles, which they sold to the FBI undercover agent. In late 2018, the Dannon brothers began manufacturing untraceable, fully automatic, .223 caliber rifles, using much the same

process they used to manufacture the semi-automatic rifles, and selling those to the undercover agent and confidential informant (CI). Shortly thereafter, Moyad Dannon accompanied the

➔ See BROTHERS Page A4

➔ **TODAY'S HEALTH TIP**

Children who regularly eat junk food during their first three years have been shown to have lower IQ scores at age 8.

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**

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month."
Harlan Miller

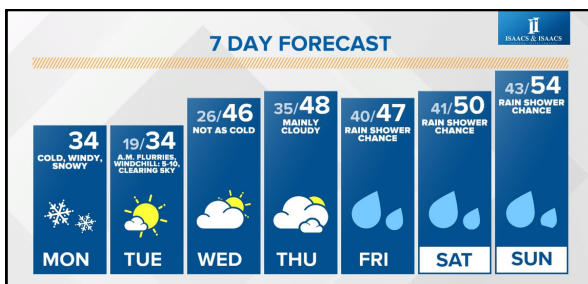
➔ **OBITUARIES**

None

➔ **TODAY'S JOKE**

Knock knock!
Who's there?
Hanna
Hanna who?
Hanna partridge in a pear tree!

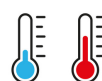
The Times appreciates all our customers. Today, we'd like to personally thank **Linda Busby** for subscribing!



The Daily Almanac

Sunrise/Sunset

RISE: 8:05 am
SET: 5:25 pm



High/Low Temperatures

HIGH: 34°F
LOW: 24°F



Today is...

- Holly Day
- National Hard Candy Day
- Look For an Evergreen Day



What Happened On This Day

- 1972 Apollo 17 returns to Earth. The last mission of the United States' Apollo program spent 12 days in space and was the first human spaceflight launched at night from the United States.
- 1971 A Clockwork Orange released. The dystopian film was directed by Stanley Kubrick and was based on a novella of the same name by British author, Anthony Burgess. Based in a futuristic London, the film opened with critical acclaim, though the centrality of violence in it drew a lot of mainstream criticism.



Births On This Day

- 1980 Jake Gyllenhaal - American actor
- 1967 Criss Angel - American magician

Deaths On This Day

- 2008 Dock Ellis - American baseball player
- 1848 Emily Brontë - English novelist

↓ **BETSY** From Page A1

Christmas Story,” St. Nicholas dolls, snowy polar bear scenes, reindeer, snowmen and freehand-drawn gingerbread houses. These store windows are reminiscent of Christmases past. And while you can see the store windows during the day, there is something special about strolling downtown after dark looking at store windows lit up for Christmas. Return during store hours and take time to visit some of these wonderful downtown merchants, and it's likely you'll find just the perfect gift for your special someone. Earlier this month, I missed the first-time Cookie Crawl organized by Linden Tree Gifts, which last summer moved, within walking distance, off the Square to the new Lofts on Tenth at 10th and Clinton streets. There were 16 merchants that offered cookies to fill a limited edition cookie tin, with tin artwork by local artist Rodney Reveal. (I wonder if the tins are still available for Christmas.) Santa is taking visitors at the Hamilton County Historical Society's Santa House on the Square again this year with special open hours through Christmas Eve. Santa has also visited some of the downtown shops, including Just Lagom, a year-old boutique on the north side of the Square, for Pictures with Santa in the store's event room. Just Lagom has a Holiday Open House now through Dec. 23 with unique clothing and home goodies, little ones' clothes, cranberry and popcorn garland, and Geoff Davis' unframed signs. Next door, Bash Boutique, a boutique with women's apparel and more, had a Stock the Shelves food drive at the end of last week. The Mix Vintage and New Marketplace has many vendor booths with everything from 2024 watercolor calendars to gifts, furniture, decor and fashion. The Velvet Plum offers vintage Christmas trees, a collection of pottery, stocking stuffers and more. Moonshot Games has games and half a block around the corner, at 10th and Conner streets, Moonshot

Toys, which will be closing in 2024, is following a trend and is leaning into the “experience side,” opening more games rooms upstairs of Moonshot Games on Ninth Street. Also, Randy's Toy Shop has all kinds of vintage toys. Vintage Adventures on the north side of the Square has handmade home decor and small wall art and more. The 3 Rusty Nails Shoppe at the corner of Ninth and Conner streets, has all kinds of mid-century modern and vintage-retro furniture and items. Across the Pond at Ninth and Maple streets, has a great selection of scarves, velvet bags and cute dog accessories. Nearby, The Wild Bohemian Boutique has pre-wrapped gift sets and unique jewelry and Peace on Earth & Cozy sweatshirts. Karisma women's boutique has red mohair snowflake sweaters, cozy oversized pullovers and faux fur coats. Noblesville Antiques on the Square, which has an array of collectibles, vintage clothing antique holiday items, will have Santa and Mrs. Claus taking visitors from 5-8 p.m. Saturday and those who wear their ugly sweater can enter a contest to win a gift certificate. Thistle & Thyme Home Store has antique skis, antique footstools, handmade soaps and lots of stocking stuffers, and Persimmon Avenue has unique items for the home. And don't forget Smith's On the Square jewelry. Little Petal Farm on Ninth Street offers specials from its locally garden-grown flower shop. Also, check out NobleMade for Noblesville gifts, Kiln Creations for handmade gifts that you can make and take, and Adrienes Flowers & Gifts, which will have a holiday open house this Friday, with personally made garlands and a complimentary Christmas ornament upon your visit. Noblesville's Geoff Davis has also been seen playing Santa and stopping by some of the shops in downtown Noblesville. Be sure to stop by Noble Coffee & Tea for coffees, mugs, teas and tumblers, even locally made candles. And find candies and other treats at Alexander's on the Square. Also, watch for free trolley rides and pay horse-and-



The Times photos by Betsy Reason

Store windows at 72 S. Ninth Street just south of the Square are reminiscent of days gone by with scenes of Mrs. Claus at home and Santa looking at his list with Santa's elf marking off the days until Christmas.

rides. There are also holiday lights at Federal Hill Commons, the beautiful Bridge of Flowers decorated for the holidays with giant ornaments, and the ice rink at Federal Hill Commons. With only one more weekend before Christmas, some stores will be open late this Friday and Saturday, and will also be open until mid afternoon on Christmas Eve Sunday. Shop small. Shop downtown Noblesville.

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



Please visit us online: thetimes24-7.com



The Times photos by Betsy Reason

The 3 Rusty Nails Shoppe has lifesize nutcrackers in the store windows in downtown Noblesville.

Thank You
for subscribing!

Fishers student earns honors at Trine

Brian Beerbower from Fishers was recently honored at Trine University. Beerbower was part of a team that received honorable mention honors for Best Informative Project in Trine's seventh annual STEM Research and Design Symposium. The event took place on the school's Angola campus earlier this month.

Westfield student makes President's List

Ashlyn Moritz, a Junior Political Science major from Westfield, was among approximately 680 Bob Jones University students named to the Fall 2023 President's List. The President's List recognizes students who earn a 3.75 or higher grade point average for the semester.

County students named to Dean's List

The following students from Hamilton County are among approximately 800 Bob Jones University students named to the Dean's List for the Fall 2023 semester. The Dean's List recognizes students who earn a 3.00-3.74 grade point average during the semester.

Tessa Leffew, a Senior Business Administration major from Fishers was among approximately 800 Bob Jones University students named to the Fall 2023 Dean's List.

- Alana Muxlow, a Freshman Biology major from Noblesville
- Emma Reasen, a Junior Nursing major from Carmel
- Matthew Wiley, a Senior Premed/Preudent major from Carmel
- Megan Wiley, a Junior Nursing major from Carmel
- Julianne Zirkle, a Freshman Kinesiology major from Fishers



The Times photos by Betsy Reason

Shoppers window shop outside of The Mix Vintage and new Marketplace in downtown Noblesville.

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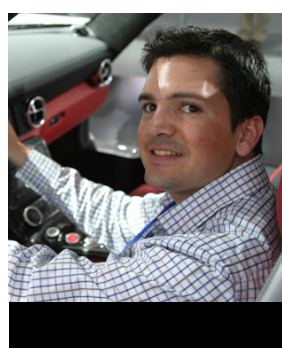
Three Electric Fantasy Sleighs You Only Wish Existed As A Kid



2024 Cadillac Celestiq

2025 Lucid Gravity

2024 Rolls-Royce Spectre



CASEY WILLIAMS Auto Reviews

There's something about blinking electric toys and computerized gadgets that remind us of our childhoods, a time when all things seemed possible. I felt a nostalgic tingle for our future while examining an electric sedan, crossover, and sporty coupe that you only wish existed as a kid.

2024 Cadillac Celestiq

Straight from this year's Neiman Marcus catalog, this bespoke Caddy channels Christmases past as the sedan takes inspiration from the 1933 V16 Aerodynamic Coupe and 1957 Eldorado Brougham.

Like a hand-blown globe, the Celestiq is hand-crafted at the GM Global Tech Center near Detroit and each is personally commissioned at the Eero Saarinen-designed Cadillac House. It's packed with wonders. Power doors welcome guests to a cabin awash in hand-wrapped materials, choreographed lighting, burnished metalwork, and a Pantone chart of colors. There are five high-def displays, including a 55-inch pillar to pillar dash screen connected to a crystal controller embedded with Cadillac's Goddess. Little Drummer Boys thump through the 42-speaker AKG Studio Reference Audio System and gaze at stars through the glass roof that allows each passenger to tune opaqueness above. Everything on the exterior that looks like metal is, including the fender-inhabiting Cadillac Goddesses milled from cast aluminum. Shadowing Clark Griswold's roof, over 1600 LEDs illuminate its surroundings. It's sleek hatchback style over 23" wheels and finlike taillamps are the last things seen as it

rushes into the night. The Jolly One unreins 600 horsepower to ring 0-60 mph in 3.8 seconds. Go 300 miles per feeding and replenish 78 miles per 10 minutes of DC fast charging. Adding magic is hands-free highway cruising, rear wheel steering, and adaptive air suspension. Prices start at \$340,000, and rise quickly with bespoke touches, so conjure \$975,000 for one from Neiman's.

2025 Lucid Gravity

If you're like Santa and need a large cargo hold with long range kicks for your personal sleigh, the Lucid Gravity may light your electric fantasies. Building off the success of the Air sedan, this is the brand's first electric crossover that promises to soon be the hot toy of the season. Styling is fantasy car cool with sculpted fenders, floating roof, and crystal-line lighting that stretches across the front, but step inside for an indulgent cocktail. It's all delicious with a floating 34" curved OLED driver display over a touchscreen and glass cen

ter console. The windshield curves into the panoramic roof. When you need a break from holiday parties, the car becomes an immersive meditation space. No blustery sleigh, the Gravity delivers a heap of adventure and comfort for long-range touring. Take the entire crew of up to seven adults in three rows of jet comfort seats. If luggage is preferred over humans, second and third rows stow flat, though there's a very roomy frunk to carry presents and cookies to grandma's. A little thing like battery charging will hardly slow your roll as the Gravity boasts up to 440 miles range and can add 200 miles in 15 minutes on a DC fast charger. If you're behind schedule, tap down to run 0-60 mph in a scant 3.5 seconds. Rudolf and his posse may be fleet of feet, but not in a hot snowstorm will they catch this Lucid. And, they'll struggle to match its 6,000 lbs. towing capacity. Ride smoothly on the adaptive air suspension that can get you over the river and through the woods. Start your wish list early as the Lucid

Gravity arrives late 2024 for around \$80,000.

2024 Rolls-Royce Spectre

Neither the spirit of Christmas past nor future, this electric Rolls slips through the night with silence Santa would envy. Billed as a Rolls-Royce first and an electric car second, the Spectre is more of the former because it's also the latter. While sporting a wider stance on 23" wheels and fastback roofline taken from classic coupes and racing yachts, the widest Parthenon grille ever affixed to a Rolls paints a picture. It is one of the most aerodynamic Rolls-Royces ever as even the flying lady goes lower. A closer examination reveals 22 LEDs creating a 3D effect for the grille. Power open the rear-hinged carriage doors. Each Spectre is crafted to its client's prayers from a choice of wood veneers, near infinite array of leather colors, and contrasting stitching, but each gleams with "Starlight Doors" cradling 4,796 fiber optic star points. The passenger dash spells

Spectre surrounded by its own cluster of over 5,500 stars. Whether traveling near or far, passengers will ride in a fly sleigh. Seasons ago, Rolls-Royce only described horsepower as "adequate", but we have specs for this one. It recharges 10-80% in 34 minutes and travels 329 miles fully lit. Batteries and motors send a "more than adequate" 584 horsepower through all-wheel-drive to leap 0-60 mph in 4.4 seconds. Snow is boring. Four-wheel steering and adaptive suspension balance modern handling with wafting comfort. Getting Santa and his Mrs. to Christmas brunch will be no problem. Prices start at \$420,000 with further wishes granted as far as you're willing to spend.

May your holidays be merry and bright!

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

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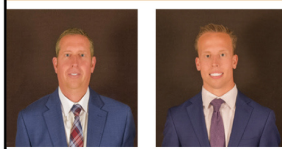
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For the Record Noblesville Schools

AGENDA / WORK SESSION

EDUCATIONAL SERVICES CENTER BOARD ROOM 18025 River Road Noblesville, Indiana
Thursday, December 21, 2023 10:30 A.M.

The items on this agenda are being addressed with the best interests of Noblesville Schools' students as the prime consideration.

I. CALL TO ORDER – PLEDGE OF ALLEGIANCE – MOMENT OF SILENCE

II. PUBLIC COMMENT

III. BOARD DISCUSSION:

- TIF
- SCHOOL BOARD COMPENSATION
- SCHOOL BOARD GOALS

IV. ADJOURNMENT
The school board president asks for a motion to adjourn.

Noblesville Students Earn Dean's List at Lee University

Lee University congratulates students who earned Dean's List honors during the Fall 2023 semester. Dean's List recognition is earned by full-time students with a semester grade point average between 3.7 and 4.00. Congratulations to these distinguished scholars on earning this academic achievement.

Josie Taylor of Noblesville

Morgan Myers of Noblesville

Colorectal Cancer Screening



JOHN R. ROBERTS, M.D.

Montgomery Medicine

This week I want to talk about screening for colorectal cancer (CRC). Fortunately, screening for this type of cancer has become more common due to increased public awareness aided by campaigns such as CDC's Screen for Life Action Campaign www.cdc.gov/cancer/colorectal/sfl/.

This year it is estimated we will see 153,000 cases of CRC and about 53,000 deaths, making it the third deadliest cancer in both men (following lung and prostate) and women (following lung and breast). If caught when the disease is localized to the colon, 90 percent of patients live at least five years after diagnosis. However, only 39 percent of people are diagnosed in early stages.

The number of new cases and deaths has remained relatively stable over the last decade or so. This is an improvement over prior years, likely due to more people undergoing recommended screening, but may also be due to other factors as well. However, we are seeing a worrying trend of it appearing at younger ages. New cases of colorectal cancer increased more than 2 percent each year among people under 50 from 2012 to 2016. Actor Chadwick Boseman died at age 42.

Colorectal cancer warning signs include blood in the stool, persistent abdominal pain, change in bowel movements (especially smaller diameter stools), unexplained weight loss, and iron-deficiency anemia. An advertisement that ran in the New York Times a few years ago listed three early warning signs of colon cancer: You feel great; You have a healthy appetite; You're only 50. This was a brilliant piece, educating people that they can have CRC without any warning signs. The risk of developing CRC increases with age (93 percent of cancers occur after age 50). A

family history of a sibling or parent with CRC or colon polyps also increases the risk for CRC, though 75 percent of CRC occurs in patients with no family history. Inflammatory bowel disease (Crohn's disease & ulcerative colitis) also increase the risk of CRC. Not exercising regularly, eating a diet high in fat and low in fruits, vegetables and fiber, cigarette smoking, being obese, or drinking too much alcohol are also risk factors.

Colorectal cancer usually begins as a small nest of abnormal mucus-secreting gland cells in the wall of the colon (large intestine). The cells eventually grow into finger-like projections inside the colon called polyps. These polyps are not cancerous, but they have the potential to develop into cancer. There are two types of polyps, adenomatous and hyperplastic. Adenomatous polyps may become cancerous, while the hyperplastic variety do not.

The goal of any cancer screening program is to either find abnormal appearing cells before they have turned into cancer or discover a cancer when it is very small. There are a number of different methods to screen for CRC. Different professional groups have produced various screening recommendations. Descriptions of the various screening methods can be found in the reference link at the end of this article. CRC screening tests that can detect adenomatous polyps and cancer include flexible sigmoidoscopy (a scope that visualizes the lower part of the colon), colonoscopy (a scope that looks at the entire colon), double-contrast barium enema (an X-ray procedure where dye and air are pumped into the colon), and "virtual colonoscopy" (an X-ray study using a CT scan to construct a three dimensional image of the colon). Flexible sigmoidoscopy and colonoscopy offer the added benefit of allowing the physician to biopsy and remove polyps or suspicious lesions at the time of screening.

Colonoscopy is certainly the gold standard for detection of CRC, but many patients are sometimes squeamish about having one. There are other less invasive tests that can be done, though they are not as sensitive at detecting polyps and cancer. Less invasive tests include high-sensitivity fecal occult blood testing (FOBT) and fecal immunochemical

testing (FIT). FOBT is falling out of favor as it involves following a specific diet and submitting multiple stool samples to a doctor or lab where they are tested for microscopic blood. The FIT test has, for the most part, supplanted the FOBT in most doctors' offices. It has the advantage of not requiring dietary restrictions prior to doing the test and can be performed on a single stool specimen. It is also specific for human blood proteins whereas the FOBT may detect animal blood protein that a patient consumed, yielding a false positive test. If any of these tests are positive, usually patients should have a colonoscopy to attempt to locate the source of the bleeding. The newest test to gain FDA approval is Cologuard®, a stool test that uses a combination of FIT and a test for DNA specific to colon cancer cells. This test has some potential problems including a high false positive rate of 13 percent (the test is positive, but the patient does not have cancer). The FIT test has about a five percent false positive rate.

If you are over 45 or have other risk factors, you should speak to your doctor about what test or combination of tests may be right for you. The United States Preventive Services Task Force gives its highest "Grade A" recommendation for screening patients ages 50 to 75, and "Grade B" recommendation for starting screening at age 45. Screening for those over 75 is generally not recommended unless a physician feels there are other circumstances that warrant it. Since the Affordable Care Act was signed into law, all insurance companies are required to pay for recommended screening for CRC with no patient cost sharing such as co-pays or deductibles. However, if a patient has a colonoscopy or sigmoidoscopy and a polyp is found, the patient will likely incur the cost of the biopsy procedure and pathology charges to examine the tissue. For more detailed information, you can visit bit.ly/41s99Wg for the latest Colorectal Cancer Facts & Figures.

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

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TUESDAY *and* Wellness

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

<p>Infant to Age 15</p> <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
<p>Age 16 to 49</p>	<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)
<p>Age 50 to 64</p>	<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)
<p>Age 65+</p>	<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

This 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.

A Full Menu of *Festive Holiday Flavor*



FAMILY FEATURES

Cooking up a successful holiday gathering calls for everyone's favorite recipes. From the centerpiece main dish to fresh salads and appetizers, roasted sides and baked sweets, you can take seasonal get-togethers up a notch by mixing traditional classics with newfound favorites. Consider this full-fledged menu of flavor to give guests a memorable holiday experience from beginning to end and find more festive recipe ideas at Culinary.net.

Photo courtesy of Getty Images

Fresh Flavors for Holiday Festivities

With the festive season arriving, bring together family and friends for a delicious feast you can feel good about serving. One standout recipe is this Cornish Game Hen with Kale Sweet Potato Salad that pairs fresh, leafy kale with roasted sweet potatoes and tender Cornish game hens for a truly elegant meal.

Elevate your cooking during the holidays with inspiration from Fresh Express and its more than 100 varieties of fresh, healthy and convenient ready-to-eat salads like the Sweet Kale Chopped Kit. It's a perfect blend of a nutrient-dense salad mix of leafy kale, green cabbage, shredded broccoli and Brussels sprouts, as well as crunchy pumpkin seeds and dried cranberries, topped with a tasty poppyseed dressing.

Visit FreshExpress.com to discover more fresh, easy and healthy recipes for the holiday season.

Cornish Game Hen with Kale Sweet Potato Salad

Prep time: 20 minutes
Cook time: 1 hour, 10 minutes
Servings: 4

- 1 package (6 ounces) stovetop stuffing
- 2 cups chopped apples, divided
- 4 Cornish game hens (20 ounces each)
- 1/2 cup butter
- 2 teaspoons Italian seasoning, divided
- 1 teaspoon paprika
- 1 teaspoon salt, plus additional, to taste, divided
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 large sweet potatoes, peeled, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 package (10.9 ounces) Fresh Express Sweet Kale Chopped Kit

Heat oven to 350 F.

Prepare stuffing according to package directions. Add 1 cup apples and fluff stuffing with fork; cool 15 minutes.

Remove anything inside hens, rinse cavity with cold water and pat dry.



In small saucepan, melt butter over low heat. Add 1 teaspoon Italian seasoning, paprika, 1 teaspoon salt, garlic powder and pepper; mix well. Remove from heat.

Fill cavity of each hen with apple stuffing. Place hens in 13-by-9-by-2-inch baking dish. Tie legs together and tuck wings under. Baste with butter mixture.

Bake 50-60 minutes, or until thermometer inserted in thickest part of thigh reads 165 F and stuffing temperature reads 165 F. Baste with butter mixture every 15-20 minutes.

In bowl, toss sweet potatoes with remaining Italian seasoning and olive oil. Arrange in single layer on sheet pan. Sprinkle with salt, to taste.

Bake with hens 25 minutes, or until tender. Remove from oven and cool. Tent hens with foil and let rest 10 minutes.

Place greens from salad kit in large bowl. Add remaining apples and sweet potatoes; mix well. Toss with salad dressing. Add toppings; toss to combine.

Serve Cornish game hens with sweet potato kale salad.

A Festive, Everyday Side Dish

While the busy holiday season can be loads of fun, you still need to get dinner on the table between parties. When you find yourself in a pinch this holiday season, squeeze for time and searching for a quick solution for dinner, turn to an easy side dish that can appease everyone. Potatoes are a nearly unanimous favorite.

Make putting dinner on the table a breeze with a solution like little potatoes from The Little Potato Company, which can help bring holiday happiness to mealtime. Ready in as little as 5 minutes, they come pre-washed and require no peeling or cutting, making them the perfect time-saving solution for the holiday season.

Ideal for this Perfect Roasted Little Potatoes recipe, these little potatoes are a tasty, fresh whole food that you can feel good about serving. Ready in half an hour with minimal prep and a few simple ingredients, it's a perfect side dish for any occasion.

Visit littlepotatoes.com for more information and holiday inspiration.

Perfect Roasted Little Potatoes

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 6

- 1 1/2 pounds The Little Potato Company Little Potatoes
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-2 tablespoons fresh parsley, chopped

Preheat oven to 400 F.

In large bowl, toss little potatoes with oil, salt and pepper until coated.

Spread potatoes in single layer on rimmed baking sheet lined with parchment paper.

Bake 30 minutes, or until tender.

Sprinkle with parsley and serve.

Tip: For extra holiday flavor, add paprika, garlic and fresh herbs.



Get Creative with Delicious, Decorative Cookies

A decadent holiday meal isn't complete without a sweet dessert to cap off the evening. When in doubt, go with a traditional treat that's perfect for sharing: cookies.

These Ornament Cookies can be shaped any way you like to celebrate the holidays. The royal icing adorning these festive favorites is made with powdered sugar and meringue powder; just use food coloring to add a personal touch.

For more than 120 years, Domino Sugar has helped millions bake special recipes like these cookies made with non-GMO, vegan, kosher and gluten-free Golden Sugar that's free flowing and easy to scoop, spoon and pour. The sugar retains a hint of molasses flavor, giving it a golden color and providing a perfect way to add less processed sweetness to your loved ones' favorite desserts.

Find holiday recipes, baking tips and more at dominosugar.com.

Ornament Cookies

Prep time: 25 minutes plus 1 hour to decorate
Cook time: 20 minutes
Yield: 2 dozen cookies

Cookies:

- 1 1/2 cups (3 sticks) unsalted butter, at room temperature
- 1 cup Domino Golden Sugar
- 1 teaspoon pure vanilla extract
- 1 large egg
- 3 1/2 cups all-purpose flour
- 1/4 teaspoon salt

Royal Icing:

- 4 cups Domino Powdered Sugar
- 3 tablespoons meringue powder
- 1/3 cup, plus 2-3 tablespoons, warm water, divided
- desired food coloring

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and

egg; beat until well combined. Scrape sides of bowl as needed. Add flour and salt; beat until just combined.

Dump mixture onto lightly floured surface and divide in half. Shape each half into disks and wrap with plastic wrap. Refrigerate 30 minutes.

Preheat oven to 350 F. Line two baking sheets with parchment paper.

Working on lightly floured surface, roll dough to 1/2-inch thick. Cut cookies using ornament-shaped cookie cutter. Place cookies on prepared pans and bake 18-20 minutes, or until golden brown. Remove from oven and cool at room temperature.

To make royal icing: In large mixing bowl, combine powdered sugar, meringue powder and 1/3 cup water. Beat on low speed until combined. Increase speed to medium-high and beat 8-10 minutes, adding 2-3 tablespoons warm water, as necessary. Icing should be stiff enough to hold peak when tested.

Color royal icing with food coloring and decorate cookies.