

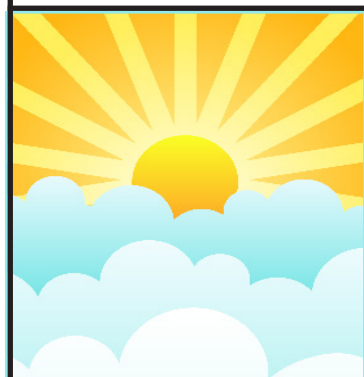
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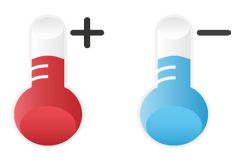
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The Daily Almanac



Sunrise/Sunset
RISE: 7:56 a.m.
SET: 6:07 p.m.



High/Low Temperatures
High: 50 °F
Low: 29 °F



Wacky Holiday Today

- Change Your Password Day
- National Dark Chocolate Day



What Happened On This Day

- 2003 Space Shuttle Columbia disintegrates on its way back to Earth
- 1968 Eddie Adams takes one of the Vietnam War's best-known pictures
- 1884 The first fascicle of the "Oxford English Dictionary" is published



Births On This Day

- 1894 John Ford American director
- 1901 Clark Gable American actor

Deaths On This Day

- 1966 Buster Keaton American actor, director, producer
- 1851 Mary Shelley English author

➔ TODAY'S VERSE

John 14:19 "Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live."



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ana Maria Gaston smile? "Getting to spend time with dad and my mom ... I don't have any siblings. I'm very, very close to my parents. And I love getting to do things with them," said the Fishers High School senior, a Horseshoe Prairie Chapter of the Daughters of the American Revolution 2019 Citizen of the Year finalist representing her school. She is the daughter of Harry and Maria Gaston. Her inspiration? "My mom is Brazilian and so she came to the country and ended up becoming a citizen. But because I watched that process when I was about 10 years and saw how much she had to fight for in order to become a citizen, it's really showed me how lucky I am to have been born a citizen. And I think it's made me realize how lucky I am to live in the United States." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Her senior year, she was president of her school's Speech and Debate team and the year prior was state champion. She has acted in three school theater productions, was in French Club and tutored students, and competed on We the People team. She volunteered with the American Chemical Society, earning the group's volunteer of the year award twice, and volunteered raising money for Riley Children's Hospital. In college, her plans are to major in International Studies and Political Science with a minor in French at American University. She has studied the piano since age 5 and has taught at a kids piano camp. She was the American Legion Auxiliary Hoosier Girls State recipient and, out of 430 girls, was one of two senators selected to go to Girls Nation, then was invited to speak in front of the entire American Legion at the National Convention.

And Another Thing...

Bethel Lutheran Church will host a workshop, Binding The Wounds of War, to help clergy, family members and friends, and counselors and caregivers understand the invisible wounds of war. Trained counselors from the Fort Wayne-based Lutheran Military and Families Ministries will facilitate the workshop from 9 a.m.-noon Feb. 3 at the church, 20650 Cumberland Rd. Light refreshments will be served, and a freewill offering will be accepted. For more information, call Bethel Lutheran Church, (317) 773-4315 or email missions@bethellutheranchurch.com



Photo courtesy of Noblesville Schools

Orchestra class is among many music offerings at Noblesville High School.

Choosing High School Courses Not Easy Task

When I was in high school, choosing elective courses was easy.

I took the traditional Typing I and II, Shorthand, Accounting, General Business, Home Ec Department's Child Development and Family Relations, Spanish, and Newspaper classes.



BETSY REASON
The Times Editor

Other offerings included Yearbook, Architectural Drawing, Shop and Ag classes, plus advanced English, Math and Science courses

That was 40 years ago, and times have changed.

At Noblesville High School, students have more than 300 courses to choose for the upcoming 2022-23 school year. We learned about many of these classes during a recent NHS Course Fair at the school, open to students and their parents. The cafeteria was full of tables set up with not only information

to share, but also teachers and students came out to answer students' and parents' questions.

The difficulty, we have found, for my sophomore daughter, comes in narrowing the choices to interests.

Among the course offerings are at least nine courses that are new:

- Zoology course includes studying and classifying types of animals to better understand evolutionary concepts, with numerous dissections.

➔ See BETSY Page A6

On The Street Where I Live

I was waiting my turn, the other day, southbound at a "redneck round-about". There a millions of these intersections,



JOHN O. MARLOWE
The Good Sport

located throughout the world. We used to call them "four-way stops," but stopping is quite optional these days. Not only that, not slowing down before not stopping is quickly becoming the popular uptrend.

Lest you think I'm picking on our rural denizens at the country crossroads, let me

remind you that there are tens of thousands of crossing intersections in metropolitan areas, as well. In this world of socioeconomic and geopolitical divide, not stopping may be the last projection of common ground.

➔ See MARLOWE Page A6

Groundhog Day Storm To Spread Snow, Ice Across 2,000-Mile Swath Of US

Hamilton County lays right in the tracks of a major incoming winter storm.

AccuWeather meteorologists are tracking the makings of a far-reaching, disruptive winter storm which is forecast to spread a plowable snow and significant icing from the central and southern Rockies to parts of the Northeast this week. Denver, Dallas and Detroit are among the major metro areas expected to face wintry consequences and potential travel trouble, forecasters say.

e duking it out across the mid-

dle of the nation right around the time Punxsutawney Phil makes his highly anticipated forecast on Feb. 2, Groundhog Day. The clash of seasons will commence as a fresh wave of Arctic air dives southward into the northern Plains and warm, moist air from the Gulf of Mexico surges northward.

An expansive area of snow and ice, extending along an approximate 2,000-mile-long swath of the country, is expected to break out as early as Tuesday night from portions of Colorado and New Mexico to Kansas, Oklaho-

ma, Missouri, Illinois, Indiana, and Michigan. By Wednesday night, the wintry hazards are forecast to expand farther south and east into Texas, Arkansas, and part of the lower Ohio Valley.

"Depending on the exact track of the storm, an extended zone of icing may develop from central Texas extending through the Ohio Valley. Areas like Dallas, Little Rock, and Indianapolis could be under a significant ice threat around the middle of this week," AccuWeather Meteorologist Joe Bauer said.

➔ INSIDE TODAY

- Obituaries.....A2
- Service Directory.....A3
- Classifieds.....A4
- In the Kitchen.....A7
- Health and Wellness.....A8

➔ OBITUARIES

- Shirley Ward**
- Tommy E. Oaks**
- Dennis Lee Warner**
- Bruce O. Biles, Jr.**

➔ HONEST HOOSIER

I know it's not accurate, but I always feel like this is the last month of winter.



➔ TODAY'S HEALTH TIP

If you work the night shift, put on your sunglasses before going out into the sun until you get home and go to bed.

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

"If a groundhog emerging from its burrow on Feb. 2 sees its shadow because of clear weather, it will retreat to its den and winter will persist for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early."

Pennsylvania Dutch superstition

➔ TODAY'S JOKE

What's a groundhog's favorite color?
Ma-HOG-any!



The Times appreciates all our customers. Today, we'd like to personally thank John Thomas of Noblesville for subscribing!



13 WTHR 7 DAY FORECAST

34 PARTLY CLOUDY SUN	19/39 NOT AS COLD MON	29/50 LATE DAY RAIN TUE	38/39 RAIN, MIX, AND SNOW WED	24/24 MIX TO SNOW THU	2/18 BITTERLY COLD FRI	0/24 SUNNY BUT COLD SAT
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OBITUARIES

Shirley Ward

April 10, 1935 - Jan. 29, 2022

Shirley Ward, 86, went to join her husband and sister On January 29, 2022, being peacefully welcomed into the arms of the Lord surrounded by the love of her family.

She was born April 10, 1935, in Noblesville, Ind. to Mark and Georgia Hodson. She was raised with her sister, Doris Jean.

Mrs. Ward met her loving husband, Russell, through friends and married in 1955. They welcomed their daughter, Kellie, in 1963. In 1972, after the passing of her sister and brother-in-law, she and Russell welcomed her niece Sharon and nephew Michael into their home, raising them as their own.

Mrs. Ward was a Member of Refuge Christian Church for 55 years. There she was president of the Christian Women's Circle where she oversaw many of the church's charity dinners. She was a member of the Extension Homemakers and Hamilton Centers Auxiliary, as well as a Girl Scout troop leader for many years.

Mrs. Ward enjoyed spending her time lovingly sewing quilts for babies and friends, and aprons for servers of Rosie's Place Noblesville. She loved volunteering her time to help with Good Samaritan Network. Her true happy place was with her family every summer on the beaches of South Carolina.

Survivors include her daughter, Kellie (Terry) Deppert; granddaughter, Shelbie (Brandon) Taylor; great-granddaughters, Josephine and Carsen; niece, Sharon Cook; nephew, Michael Cook; grandson Chris Peters and family; sister-in-law Marilyn Gentry and son, Dan; nephew, Steve (Judi) Kerr; and niece, Debbie Johnson and family.

Family would like to thank Riverview Health and Suburban Health for their love and care. Family and friends who have given support during this journey, she is now resting on the beaches of Heaven.

Visitation is scheduled from 4 p.m. to 8 p.m. on Fri., Feb. 4, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Services are scheduled to be held at 11 a.m. on Saturday, February 5, 2022, with an additional visitation scheduled to begin at 10 a.m. at the church at Refuge Christian Church, 11772 East 196th Street in Noblesville, with Rev. Stanley R. Sutton officiating. Burial will be at Crownland Cemetery in Noblesville.

Family asks that you wear a mask to protect yourself and others when attending visitation and services.

Memorial donations may be made to Refuge Christian Church, 11772 E. 196th Street, Noblesville, Ind., 46060; or Good Samaritan Network, 12933 Parkside Drive, Fishers, Ind., 46038; or the Humane Society of Hamilton County, 10501 Hauge Road, Fishers, Ind., 46038.

Condolences can be made online at www.randallroberts.com.

Dennis Lee Warner

Sep. 1, 1961 - Jan. 27, 2022

Dennis Lee Warner, 60, of Noblesville, went to be with the Lord on Thu., Jan. 27, 2022 at St. Vincent Hospital in Carmel.

He was born on Sep. 1, 1961 in Noblesville, Ind., to Max Warner and Judy Reed.

On June 30, 1983, he married the love of his life, Ethel (Kelley) Warner.

Mr. Warner had a laugh that was contagious and a smile that lit up the entire room. Being a husband, father, and pappy is what made his smile shine so bright. He had room in his heart for everyone and opened the door to his home to all. He was a storyteller extraordinaire and kids always gathered around to hear his next tale. He was always up for an adventure whether it was hiking, exploring caves, playing golf, taking his grandsons to car shows, or even just laying on the floor playing dolls with his granddaughter. He didn't care what he was doing, what made him happy was making his family smile. He had a way of making everyone around him feel needed and had a gift of being able to relate with everyone, young and old.

Most important to Mr. Warner was his spot at Calvary Apostolic Church where he faithfully attended for 43 years. He was a prayer warrior, mentor, and father/pappy to the entire church family.

Survivors include his wife; sons Dennis (Marissa) Warner, Derick (Hannah) Warner and Dustin (Audrey) Warner; 7 grandchildren Clark, Jude, Finley, Evin, Atlas, Beckham and Declan. He also had a grandson, Levi, due to arrive in April. In addition, he had three special grandkids he loved very much: Lorenzo, Mia and Julian Rodriguez.

In addition to his parents, he was preceded in death by his brother, David Warner; and his sister Laura Warner.

A celebration of life is scheduled for 11 a.m. on Thu., Feb. 3, 2022 at Calvary Apostolic Church, 16400 Cumberland Road in Noblesville with Pastor Bryan Tanton officiating. Visitation is scheduled from 4 p.m. to 7 p.m. on Wed., Feb. 2, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville.

Condolences can be made online at www.randallroberts.com.

Bruce O. Briles Jr.

Sep. 23, 1954 - Jan. 27, 2022

Bruce O. Briles Jr., 67, of Anderson, passed away on Thu., Jan. 27, 2022 at St. Vincent Hospital in Indianapolis.

He was born on Sep. 23, 1954 to Bruce, Sr. and Lena Mae (Bailey) Briles in Tucson, Arizona.

Mr. Briles was a private contractor for many years. He attended Greater Hope Apostolic Church in Alexandria. He enjoyed martial arts, going to auctions and garage sales, going out to eat, collecting movies, and buying guns. He loved his two Chihuahuas, Yogi and Boo-Boo.

Survivors include his partner of 12 years, Renay Edwards.

He was preceded in death by his parents.

Services are scheduled for 1 p.m. on Sat., Feb. 5, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville, with Pastor Robert Watson officiating. Visitation is scheduled from 11 a.m. to the time of service at the funeral home. Burial will be at Summit Lawn Cemetery in Westfield.

Condolences can be made online at www.randallroberts.com.

Tommy E. Oaks

June 5, 1944 - Jan. 23, 2022

Tommy E. Oaks, 77, of Noblesville, passed away on Sun., Jan. 23, 2022 at Riverview Health in Noblesville.

He was born on June 5, 1944 to Thomas and Georgie (Atkins) Anderson in Jenkins, Ken.

Mr. Oaks worked as a chemist for Delco at Chrysler, then worked for Biddle Precision Components. For the last 20+ years, he owned and operated Oaks Tax Service. He was a 30-year member of Fox Prairie Men's Club and enjoyed bowling leagues in Noblesville.

Survivors include his wife, Ann Oaks; son, Scott Oaks; daughter, Janelle (Dean) Faulser; step-daughter, Marie Swenor; 5 grandchildren, Jake, Carly, Kendal, Caleb and Eddie; and his sisters, Gail Cook and Shirley Pickard.

In addition to his parents, Mr. Oaks was preceded in death by his brother, Larry Oaks.

A Celebration of Life is scheduled to be held on Thu., Feb. 10, 2022 from 4 p.m. to 7 p.m. at Forest Park Lodge. Randall & Roberts Funeral Home has been entrusted with Tommy's care.

Memorial contributions may be made to the American Cancer Society, PO Box 681405, Indianapolis, Ind. 46268, as well as online at www.cancer.org.

Condolences can be made online at www.randallroberts.com.



Westfield City Chief Of Staff To Retire After 26 Years

Westfield Mayor Andy Cook announced today that Chief of Staff, Todd Burtron, is retiring after 26 years of service to the city.

"Todd is a natural leader and a man of deep faith. He's chosen to put those attributes together and take his skills to the next level as a future attorney," said Mayor Cook. "He has served Westfield with distinction and with honor and I am grateful for the many years he has dedicated to our wonderful city."

Burtron first served as a firefighter followed by five years as Westfield fire chief. He was appointed Chief of Staff by Mayor Cook in 2011. In that role, he was instrumental in developing Westfield's Grand Park Sports Campus, negotiated the \$91 million sale of the city's water and sewer utilities, implemented a fiscal Sustainability Strategy and helped move city employees to a self-funded insurance program. His retirement from Westfield comes after he was recently accepted to Indiana University Robert H. McKinney School of Law.

"There are not enough words to properly express my gratitude to this community," said Burtron. "Serving for the past 26 years has been such an honor and I am humbled to have been allowed to lead such a dynamic team who have transformed Westfield in so many positive ways."



Westfield Mayor Andy Cook

Mayor Cook has appointed the current director of the Department of Public Works, Jeremy Lollar, as the new Chief of Staff. Lollar began his career with Westfield in 2005 as a water supervisor and then assistant director before becoming director of public works. Lollar graduated from Indiana Wesleyan University with a bachelor of business administration degree.

"Working with Todd over the last 7 years has been a highlight of my professional career," said Lollar. "He has been an exceptional mentor, leader and friend during my tenure as director of public works and the city is forever changed by the impact of his service. It is an incredible honor to be following in his footsteps and I look forward to continuing to advance this community in the direction that he and the Mayor have guided us over the last 10 years."

Burtron's last day with the city is Feb. 27, 2022.

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It's far too early to declare Biden toast

At about the 1:45 mark of President Biden's marathon press conference last week, the pool camera panned from a questioner to the president, and in the sweep were Biden staffers in an adjacent hallway. In this fleeting image, more than one of them was fixated on their wristwatches. Later, Biden would do the same himself.

The glance at the wristwatch is dire political code, as Bush41 found out at one of his 1992 reelection debates. It signals that your mind is somewhere else, or that you would rather be anywhere else. White House staffers seemed to be feeling the pressure as President Biden navigated the press for almost two hours.

Here was a 79-year-old president, who had just brushed off a question from a Newsmax reporter about his mental soundness, taking a torrent of questions from a harsh and hostile press. "I think we've done remarkably well," the president said, as he recounted efforts to ramp up coronavirus tests and vaccine. "Nobody has ever organized a strategic operation to get as many shots in arms."

Gallup measured Biden's approval at an anemic 40% between Jan. 2 and 16, and for his first year, he averaged 49% approval. Republicans sense Biden blood in the water, citing the 7% inflation and the "disastrous" exit of Kabul last August.

A Pew Research Survey conducted Jan. 10-16 found President Biden and his Democrats face a daunting 10 months: 41% of U.S. adults approve of Biden's job performance,



BRIAN HOWEY
HOWEY POLITICS

which is down slightly from September (44%) and substantially lower than last April (59%). Just 21% of the public is satisfied with the way things are going in the U.S. Just 29% of Democrats express satisfaction with the state of the nation, down 18% since March.

Democrats, when they're not in circular firing squad formation, will say that Joe Biden entered office 53 weeks ago with a full plate: A pandemic that is projected to kill 1 million Americans by year's end; the sudden omicron surge that swamped hospitals near and far; runaway inflation that finished off the presidencies of Gerald Ford and Jimmy Carter while wreaking havoc with Richard Nixon and Ronald Reagan; the tormented Afghan pullout; and, now, the specter of the biggest European military invasion since World War II as the Kremlin smacks its lips at Ukraine.

And for kickers, there is the Jan. 6 U.S. Capitol insurrection that has many Americans wondering if democracy in this republic can even survive the next two "Armageddon" elections.

President Biden sees glasses half full: The \$1.9 trillion pandemic

American Rescue Plan that brought \$13 billion in federal funds to Indiana; and the \$1.7 trillion infrastructure deal that will improve tens of thousands of bridges and roads and bring high speed wifi to the end of the road. The U.S. economy grew last year at the fastest pace since Ronald Reagan's presidency, expanding 5.7%.

In gauging Biden's tormented first year, it's worth examining where other television age presidents stood after a year in office. The four who were defeated for reelection three years later were all over the map, with President Jimmy Carter at 54%, George H.W. Bush at 80%, and Donald Trump at 38%. In August 1975, President Ford stood at 52%.

The presidents who were reelected had mixed polling after their first year: Dwight Eisenhower at 71%, Richard Nixon at 63%, Bill Clinton at 55%, Barack Obama and Ronald Reagan both at 49%.

Reagan, Clinton and Obama were all considered roadkill following their first mid-term elections. Reagan's Republican Party lost 27 House seats and one in the Senate after he spent his first year forging historic tax cuts while staving off assassin's bullets and the inflationary oil shock recession. In 1994, Clinton saw the GOP gain 54 House seats (including three in Indiana) and eight in the Senate. In 2010, President Obama's Democrats lost 63 seats in the House and seven in the Senate.

As most of us know, mid-term funk doesn't

mean exile from the White House. In 1984, President Reagan's "Morning in America" campaign forged an epic 49 state landslide win. In 1996, Clinton carried 31 states and D.C. for a 379-to-159 Electoral College win (with 49% of the popular vote) over Republican Bob Dole and independent Ross Perot after he declared "the era of big government is over." And in 2012, President Obama won 26 states and the District for 332 Electoral College votes in a 51.1-to-47.2% victory over Republican Mitt Romney.

A Politico/Morning Consult Poll released on Monday revealed some better news for Biden: He still holds slim leads over Donald Trump (45-44%), Sen. Ted Cruz (45-39%), Mike Pence (44-42%), and Florida Gov. Ron DeSantis (44-39%).

Wednesday's announcement by U.S. Supreme Court Justice Stephen Breyer that he was stepping down is good news for Biden and Democrats. Biden has promised to nominate a black female justice, and this neutered administration, unable to get its Build Back Better megabill and voting rights bills passed, will now be energized by this SCOTUS nomination.

While America is as polarized politically unlike it's been in any time since the Civil War, there are a number of elements in play that would make declaring Biden and the Democrats toast premature at this point.

The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

Local Students Make Seton Hall Fall 2021 Dean's List

Seton Hall University is pleased to announce the following students who qualified for the Fall 2021 Dean's list and to congratulate them for their outstanding academic achievements. The following local students achieved Dean's List:

- Kyle James of Noblesville (46060)
- Savannah Kennedy of Fishers (46038)

One of the country's leading Catholic universities, Seton Hall University has been a catalyst for leadership - developing students in mind, heart and spirit - since 1856. Home to nearly 10,000 undergraduate and graduate students and offering more than 80 rigorous majors,

Seton Hall's academic excellence has been singled out for distinction by The Princeton Review, US News & World Report and Bloomberg BusinessWeek. Seton Hall, which embraces students of all religions, prepares its graduates to be exemplary servant leaders and caring global citizens. Its attractive main campus is located in suburban South Orange, New Jersey, and is only 14 miles by train, bus or car to New York City, offering a wealth of employment, internship, cultural and entertainment opportunities. The university's nationally recognized School of Law is prominently located in downtown Newark. For more information, visit www.shu.edu.

Minnesota State Mankato Names Fall 2021 Dean's List

The Academic High Honor and Honor lists (Dean's lists) for the past fall semester at Minnesota State University, Mankato have been announced by interim Provost and Senior Vice President for Academic Affairs Brian Martensen.

Among 3,655 students, a total of 1,054 students qualified for the High Honor List by achieving a 4.0 straight "A" average, while 2,601 students earned a 3.5 to 3.99 average to qualify for the Honor List.

The following Hamilton County students qualified for the Honor List: Jacob Talty, Honor List - Fishers, Ind.

Sydney Church, Honor List - Westfield, Ind. To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

For additional information, please visit: <https://mankato.mnsu.edu/academics/course-planning-and-registration-and-academic-records/current-students-registration-resources/grades/deans-list/> Minnesota State Mankato, a comprehensive university with 14,546 students, is part of the Minnesota State system, which includes 30 colleges and seven universities.

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Photos courtesy of Ford



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2022 Ford Bronco Is Like An All-Road Family-Friendly Mustang

I'd argue no automaker makes better use of its classic brands than Ford Motor Company. From the electric Mustang Mach-E crossover to the F-150 Lightning EV, Maverick hybrid pickup, and Escape-based Bronco Sport, Ford is bank. In fact the automaker will not even take orders for the Maverick until 2023. Right on its tailgate is the all-road, family-friendly, Mustang for everyday driving. It's called the 2022 Bronco.

Let's recall there are actually two Broncos and neither shares anything with Ford's full-size pickups as did the O. J. Simpson-era models. The Bronco Sport borrows architecture from the Escape and Maverick pickup, making it more of a hard-core crossover than all-trail beast. The more fortified Bronco we have is based on the Ranger pickup's rigid frame for more serious endeavors. They're both good, so pick your passion.

Styling recalls the original Bronco that debuted in 1966 with round headlamps, wide flat hood, and grille with BRONCO stamped across. Steel bumpers over tow hooks and tow loops on the fenders are serious. The brick-square body rides over black steel 17" wheels on our Black Diamond edition. It looks mean. Remove the entire hard top or just the front panels for some air.

You could hose out the original Bronco, and while the latest one is more sophisticated, it's nearly as robust. Sure, there's plenty of hard plastic on the dash

and doors, but it's rendered in contrasting colors and receives molded-in texture for an upscale feel. Rubber flooring accompanies an actual drain plug in the passenger side floor if you make a mess!

There's plenty of technology, too. Ford's touchscreens are very intuitive with icons for audio, phone, and apps along the bottom. There's no navigation, but you can connect with Apple CarPlay and 4G Wi-Fi. There's no automatic climate control either, but manual controls work well. Drivers get a flatscreen instrument cluster with digital speedometer and bar graph tachometer for a touch of flash. Safety is enhanced by automatic emergency braking and a rear seat child reminder.

Under the wide hood of our Bronco is the base 2.3-liter turbo-four delivering 270 horsepower and 310 lb.-ft. of torque to zip through traffic or charge up steep trails. Fuel economy, as expected for a wheeled brick, is just 17/19-MPG city/highway. For more power, choose the optional 2.7-liter turbocharged V6 that ups output to 310 horsepower and 400 lb.-ft. of torque.

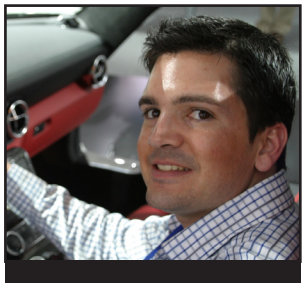
It's rare to find a manual transmission in any vehicle today, but the Bronco is available with a seven-speed manual that includes six forward gears plus one crawl gear for hard-core off-roading. It's easy to shift, even in busy morning traffic. A knob in the console directs the truck's G.O.A.T. modes (Goes Over Almost any

Terrain) that configure the powertrain for all conditions.

Jeep Wrangler drivers will be in disbelief at the Bronco's composure over rough city streets, fast freeways, and rugged trails. Unlike the rugged Jeep, Bronco employs an independent front suspension for ride and handling that's more crossover than tractor. There's still a solid axle out back, but heavy-duty dampers squash the harsh stuff. I'd gladly load up my family and drive cross-country.

Nobody asked for a better Jeep Wrangler, but Ford delivered one anyway. Fuel economy is horrendous, but the rest of it is a delight whether you're dropping the kids at school or scrambling over trails. In fact, the hardest part about owning a Bronco may be getting one as they're in pretty short supply. Base two-door models start at \$28,500, but ours came to \$42,720. Storm Forward!

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



CASEY WILLIAMS
Auto Reviews

Finding A Better Way



Carrie Classon
Columnist

"You'll never guess what I did!" my husband, Peter, announced.
"You're right. I won't."
"I microwaved the masking tape!"
I can't tell you how pleased he was with himself.

My husband has a hack for everything. When I buy a roll of masking tape that is good for nothing but causing intense frustration, I am willing to give it up, toss the tape, and call it a lesson learned.

"Next time, I'm buying the expensive kind!" I said to Peter, after the tape shredded into itty-bitty bits just trying to get a few inches out to secure a box.

I was packing away the last of the holiday stuff—rather late—as I am supposed to be packing for Mexico. We are leaving next week and, so far, the packing has all occurred in my head. I know what I am bringing, more or less. Meantime, Peter has all the items he plans to pack laid out in a line that fills most of his office (aka "the brooding room") and new unidentified items are arriving in the mail daily.

"What is that?" I ask, concerning the latest mysterious package.
"It's a battery phone charger."

"For when there's no electricity?"
"Yup!"

"When will there not be electricity?"

Peter has some sort of plan in mind, and I will not be at all surprised when his battery phone charger saves the day. Peter is always thinking of a better way to do things, which brings me back to the masking tape.

"You microwaved the masking tape?" I said, not quite sure I'd heard correctly.

"I did!"
"And?"

"And now it works perfectly! It was just old. I microwaved it for 15 seconds and now look!" Peter grabbed the roll of tape and effortlessly pulled off several inches—just for fun.

"Wow." It was impressive.

"I think you should go back to the hardware store and tell them," Peter said. "A lot of customers could be spared frustration if they just put their tape in the microwave!"

I considered doing this for exactly two seconds, and rejected the idea. I think the guys at the hardware store might think I'm a little odd already. This would seal the deal, so to speak.

But it's nice to have a husband who is always thinking of everything. We have every imaginable form saved to the cloud. We bring our own knives and kitchen odds and ends so we can cook wherever we are. Peter uses our departure on an extended trip as an opportunity to update his end-of-life instructions,

Want MORE?

Carrie Classon's memoir, "Blue Yarn: A Memoir About Loss, Letting Go, & What Happens Next" is available at Amazon, Barnes and Noble, and other fine stores. Learn more at CarrieClasson.com.

should we both suddenly die or disappear in Mexico.

"I don't plan on dying this trip," I informed him.

"You should have seen how out of date the document was!" he marveled, ignoring me.

I used to think of myself as someone who was reasonably well-prepared for whatever life threw at me, but it would never have occurred to me to raise a roll of masking tape from the dead.

Today, I need to start packing. So far, my focus has been on whether I am bringing enough warm clothes to wear inside as we will start out in the mountains, there will be no central heating—and it can get chilly at night. Peter is not concerned about keeping warm.

"I'll wear my raincoat!" he tells me. And I know he will.

Peter will keep warm and he will make sure we have what we need. After a life of mostly taking care of myself, it's nice to rely on Peter to figure out a better way to do everything.

Till next time,
Carrie

Carrie Classon's memoir is called "Blue Yarn." Learn more at CarrieClasson.com.

Franklin College Announces President's, Dean's List Students From Central Indiana

Franklin College has announced the president's and dean's list for the fall 2021 semester.

Students named to the president's list have achieved academic distinction by earning a perfect 4.0 grade point average while completing a minimum of 12 credit hours during a regular semester. The following students have been named to the president's list and are from Central Indiana:

- Ashlynn Meadows, a junior, of Carmel.

Students named to the dean's list have completed a minimum of 12 credit hours during a regular semester, earning a grade point average of at least 3.5 but less than 4.0. The following students have been named to the dean's list and are from Central Indiana:

- Lora Adkins, a junior, of Carmel.
- Kathryn Brown, a sophomore, of Noblesville.
- Nicholas Burk, a senior, of Cicero.
- Justin Case, a junior, of Westfield.

- Kaitlyn Hewitt, a sophomore, of Westfield.
- Jonathan Hicks, a freshman, of Westfield.
- Colleen Kincaid, a junior, of Fishers.
- Timothy Leonard, a freshman, of Westfield.
- Makenna Mundy, a freshman, of Noblesville.
- Owen Ogle, a sophomore, of Carmel.
- Victoria Simmons, a junior, of Carmel.
- Jada Tooley, a sophomore, of Noblesville.
- Mara Wilson, a junior, of Fishers.

For more information, please contact the Office of Communications at (317) 738-8185.

Founded in 1834, Franklin College is a residential liberal arts and sciences institution located 20 minutes south of Indianapolis. Franklin offers a wide array of undergraduate majors as well as master's degree programs in Physician Assistant Studies and Athletic Training. The unique curriculum merges classroom instruction with immersive experiences, research opportunities and study

away programs. Our goal is to prepare career-ready graduates for today's global professions and those of the future. Small classes enable students to thrive through personal peer interaction and mentorship from professors who challenge and inspire them to think critically and perform confidently. Students participate in a vibrant co-curriculum that includes 21 NCAA Division III sports, Greek Life, musical and theatre productions, and more than 40 student organizations. As the first college in Indiana to become coeducational with the admission of women, Franklin welcomes diversity of thought, belief and person into a community that values equity and inclusion. Franklin College maintains a voluntary association with the American Baptist Churches USA. For more information, visit www.FranklinCollege.edu. Find Franklin College on Facebook and follow @FranklinCollege on Twitter.

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CILTI Transfers Much-Needed Land To Hamilton County Parks

A number of factors, organizations, and individuals were involved in the significant transfer of land in Hamilton County by Central Indiana Land Trust, Inc. (CILTI) to Hamilton County Parks and Recreation (HCPR). The transfer will result in the county park department gaining 129 acres of non-developed land, referred to as Burr Oak Bend, which is comprised of land parcels that are adjacent to and near an existing canoe landing the park department currently owns and maintains.

The amount of land transferred will permit HCPR to provide increased public access and expanded passive recreation opportunities in and around Riverwood Canoe Landing, located on the banks of White River at 20814 Riverwood Avenue, in Noblesville. Additionally, the overlapping stewardship objectives of both CILTI and HCPR will ensure the continued preservation and protection of the land in perpetuity.

The complex transaction was set in motion seventeen years ago when CILTI first provided the land on which the park department created Riverwood Canoe Landing - a public access point to White River. Measured access was achieved then by the installation of a path through the wooded bank area to the river and serviced by a small parking lot off Riverwood Avenue. The original funding CILTI used to purchase the land came from a settlement from



Photo Courtesy of Byron Settles, Staff, Hamilton County

Individuals that played a role in the CILTI Land Transfer of Burr Oak Bend recently gathered at the site to recognize the momentous transaction. Flanking a ceremonial Burr Oak planting are (L to R): Friends Foundation Board Members Ryan Fuhrmann, Todd Irwin, Thomas McLean and Executive Director April Williams; CILTI staff Stephanie Paine Crossin and Executive Director Cliff Chapman; HCPR Director Chris Stice; Hamilton County Council President Steve Schwartz, Hamilton County Commissioner Mark Heirbrandt, and HCPR Deputy Director Bruce Oldham.

the White River fish kill in 1999. At a later date, Steve Schwartz, now a respected member and President of the Hamilton County Council, who also serves as the Council's Park Liaison, along with his wife Lori, deeded one of the six parcels of land that now comprise what is known as Burr Oak Bend

to CILTI, to ensure its proper care, for the benefit of the Hamilton County community. That parcel of land was included in the recent transfer.

Another environmentally aware organization involved in the transfer, Friends of Hamilton County Parks, Inc., recognized the benefits of increasing

community access to the land, as well. Members on the "Friends" board, learning that use of the canoe landing had far exceeded its capacity during the pandemic, moved to provide a portion of the funding necessary for the land transfer.

Director of Hamilton County Parks and Recreation, Chris Stice states,

"this land transfer is made all the more important, knowing that the Indiana Department of Natural Resources lists Hamilton County as a CRITICAL County - a designation that identifies the county as significantly lacking in parkland, based on the ratio of available park space

to the population it should sustain." Stice continues, "We are truly grateful to Cliff Chapman, CILTI's Executive Director and Stephanie Paine Crossin, the organization's Land Protection Manager, for the roles they played in making this land transfer possible, as well as our visionary elected officials and all of those groups and individuals that supported this important transaction."

HCPR's goal to provide passive recreation to Hamilton County residents, central to its mission, will be achieved by the installation of strategically placed, multi-use trails on the newly acquired land, serviced by a minimum of access points that accommodate a limited number of users' vehicles.

No timeline has been set for trail development at this time. Stice anticipates that, when completed, the trails will be used and enjoyed for wildlife viewing, photography, nature education programming, running, walking and a host of other quiet recreation activities, for years to come.

To learn more about the critical mission of CILTI, and how you can support the not-for-profit's efforts, visit ConservingIndiana.org. For more information about Friends of Hamilton County Parks, Inc. visit FriendsOfHamiltonCountyParks.org. And find out more about Hamilton County Parks at MyHamiltonCountyParks.com, or on the department's facebook page, or by calling 317-770-4400.

IDEM Seeks Nominations For The 2022 Governor's Awards for Environmental Excellence

The Indiana Department of Environmental Management (IDEM) is now accepting nominations for the 2022 Governor's Awards for Environmental Excellence. These awards recognize individuals and organizations which have implemented outstanding environmental strategies into their operations and decision-making processes.

The Governor's Awards for Environmental Excellence are Indiana's highest environmental recognition and are open to all Indiana businesses, government agencies, individuals, and other groups that implement exemplary environmental projects or initiatives with measurable results. By seeking out and utilizing innovative environmental practices, organizations and businesses around the state have reduced waste, saved money, and contributed

greatly to Indiana's environmental protection efforts.

"These are Indiana's most prestigious environmental recognition awards," said IDEM Commissioner Brian Rockness. "Each year, the governor and I look forward to seeing the innovative projects employed by Hoosiers and organizations across the state."

IDEM and Governor Eric J. Holcomb's office will present seven awards, one in each of the following categories:

- Energy Efficiency/Renewable Resources
- Environmental Education/Outreach
- Five Year Continuous Improvement
- Greening the Government
- Land Use/Conservation
- Pollution Prevention
- Recycling/Reuse

The public is invited to submit nominations,

and organizations may self-nominate. An instructional webinar, eligibility requirements and details about the nomination process are available at www.in.gov/idem/partnerships/governors-awards-for-environmental-excellence/.

Nominations must be received by IDEM no later than 5 p.m. EDT on Monday, April 4, 2022.

Awards will be presented at the Annual Pollution Prevention Conference on September 21, 2022, at the Marriott Indianapolis North. IDEM also will issue a statewide press release announcing the seven winners and summarizing their projects.

For questions about the nomination process, or assistance in compiling your nomination, please contact 1-800-988-7901 or GovAwards@idem.IN.gov.

Soy Growers Want Off EPA's Deadline Merry-Go-Round

The EPA has finalized a rule that pushes the deadline for oil refiners to comply with 2020 and 2021 blending requirements under the Renewable Fuel Standard (RFS), which the agency previously extended in April.

The agency last delayed compliance deadline reporting for small refineries to Jan. 1, 2022, saying the delay was a result of not having released RVOs for 2020, 2021, and 2022. Now, the EPA final rule released Jan. 28 states small refineries have until the next quarterly reporting deadline after the 2021 quotas are established to fulfill them.

Brad Doyle, soy farmer from Weiner, Arkansas, and ASA President said, "EPA's merry-go-round

of deadline changes just keeps spinning. Rather than stopping according to its own timeline to make these decisions, EPA keeps the biofuels industry and in turn farmers on an unwitting ride that simply does not end. Delaying these compliance deadlines facilitates a cycle of uncertainty that undermines the integrity of the Renewable Fuel Standard and stifles growth in the biomass-based diesel industry."

Overall, for all refineries and importers of fuel, the new compliance deadlines for 2022 targets will be the RFS quarterly reporting deadline after the 2023 standards effective date or the 2021 compliance reporting deadline—whichever date

is later.

The RFS has reduced U.S. dependence on foreign oil, lowered fuel prices at the pump, reduced greenhouse gas emissions and added value by increasing demand for the soybeans and corn our farmers produce. Biodiesel and renewable diesel provide a valuable market for more than 9 billion pounds of soybean oil, adding more than \$1.10 in value to every bushel of soybeans grown in the U.S.

The EPA is currently undergoing a rulemaking process to update Renewable Volume Obligations for 2020, 2021, and 2022. The proposed rule would increase the 2022 RVO for biomass-based diesel—a move that ASA strongly supports.

Registration open for Healthy Minds, Healthy Lives Mental Health Workshops

Untreated or ignored stress and mental health issues in rural areas impact quality of life, economic development and lives of farmers, the agriculture workforce and rural families. To raise awareness and help reduce the stigma surrounding mental health in the agriculture industry the Healthy Minds, Healthy Lives program was created by the Indiana Rural Health Association.

Twenty-three free, one-day insightful workshops with subject matter experts will be conducted in 2022. The workshops will begin Feb. 10, 2022, in Mount Vernon, Ind. The series of workshops will continue in 22 other rural sites around Indiana through July.

"Our rural communities are the backbone of our Indiana economy, and we can make them even stronger by supporting mental health and reducing stressors at home and in our communities," said Lt. Gov. Suzanne Crouch, Secretary of Agriculture.

"These workshops will give our farmers the resources to help their neighbors and their family members who may be

struggling."

The workshops aim to discuss the mental landscape in Indiana, highlight local resources, discuss telehealth options and contain information about the Purdue Farm Stress Program. The Indiana Rural Health Association will also present a training for the Question, Persuade and Refer (QPR) program.

"We all know that farming is one of the most dangerous professions, and it is sadly also one of the most mentally taxing ones as well," said Bruce Kettler, director of the Indiana State Department of Agriculture. "Our department was honored to be awarded this grant from USDA and we believe using these funds in partnership with the Indiana Rural Health Association and Purdue Extension will greatly impact thousands of Hoosiers, and work to decrease the stigmas around mental health in agriculture."

The free workshops through the Healthy Minds, Healthy Lives program are open to the farming community, including agribusinesses and

related service industries, the faith community, local leaders and families.

"The suicide rates among farmers are six times higher than the national average," said Kathy Walker, Indiana Rural Health Association (IRHA) program director for Healthy Minds - Healthy Lives. "Financial stress is always present, pressure to never lose the family farm is great, the work is physically and mentally stressful with long hours, social isolation and lack of confiding relationships."

Each one-day workshop is limited to 35 people, so individuals interested in participating are encouraged to register early.

Stigma and other issues that discourage people from seeking help can result in higher suicide attempts and other mental health issues. These issues often are higher - even double - than in urban areas. Depression, suicide and other mental health struggles often rise during the seasonal times of planting and harvesting when stress levels are also higher.

These workshops are part of a partnership with the Indiana Rural Health Association, Purdue Extension and the Indiana State Department of Agriculture (ISDA). ISDA received a \$500,000 grant from the National Institute for Food and Agriculture's Farm and Ranch Stress Assistance Network in October of 2021.

The list of current workshops is below. To register for a workshop please visit indianaruralhealth.org. Registration opens 30 days prior to each event.

- Feb. 10
 - County: Posey
 - Town: Mt. Vernon
- Feb. 23
 - County: Owen
 - Town: Spencer
- Feb. 24
 - County: Boone
 - Town: Lebanon
- March 9
 - County: Hancock
 - Town: Greenfield
- March 10
 - County: Tipton
 - Town: Tipton
- March 16
 - County: Kosciusko
 - Town: Leesburg
- March 17
 - County: Fulton
 - Town: Rochester

- April 6
 - County: LaPorte
 - Town: LaPorte
- April 8
 - County: Jasper
 - Town: Rensselaer
- April 20
 - County: White
 - Town: Wolcott
- April 21
 - County: Warren
 - Town: Williamsport
- May 4
 - County: Montgomery
 - Town: Crawfordsville
- May 5
 - County: Johnson
 - Town: Whiteland
- May 18
 - County: Putnam
 - Town: Greencastle
- May 19
 - County: Sullivan
 - Town: Sullivan
- June 8
 - County: Daviess
 - Town: Washington
- June 9
 - County: Dubois
 - Town: Ireland
- June 22
 - County: Washington
 - Town: Salem
- June 23
 - County: Scott
 - Town: Scottsburg
- July 6
 - County: Ripley
 - Town: Osgood
- July 7
 - County: Randolph
 - Town: Winchester

- July 20
 - County: Huntington
 - Town: Huntington
- July 21
 - County: DeKalb
 - Town: Auburn

For additional information about the Healthy Minds - Healthy Lives QPR workshops, please contact Kathy Walker by email: kwalker@indianaruralhealth.org.

ABOUT ISDA

The Indiana State Department of Agriculture (ISDA) was established as a separate state agency by the Legislature in 2005. Administratively, ISDA reports to Lt. Governor Suzanne Crouch, who also serves as Indiana's Secretary of Agriculture and Rural Development. Major responsibilities include advocacy for Indiana agriculture at the local, state and federal level, managing soil conservation programs, promoting economic development and agricultural innovation, serving as a regulatory ombudsman for agricultural businesses, and licensing grain firms throughout the state.

New Resource To Help Hoosier Tenants, Landlords Impacted By Coronavirus Pandemic Launches

Indiana tenants and landlords can now find key resources for relief and recovery at HoosierHousingHelp.com. Hoosier Housing Help is designed to connect Hoosiers impacted by the COVID-19 pandemic with tools for pre-eviction support and federal funds for emergency rental assistance. More than \$400 million in rental assistance has been authorized by

the federal government for the state of Indiana. Anyone who has experienced financial hardship associated with the COVID-19 pandemic is encouraged to learn more about their options for relief and recovery. The Indiana Eviction Task Force is working to ensure fair solutions are available for anyone involved in eviction matters. As part of the effort to create awareness

on the resources available, the Task Force is encouraging both tenants and landlords to visit HoosierHousingHelp.com for more information on receiving funds to cover past due rent, pay for future rent, reduce outstanding balances owed, or pay for utilities and home energy costs. Free settlement conferences with landlords, tenants and a neutral facilitator are also available

to allow all parties to explore solutions whether or not an eviction case has been filed. Participants in pre-eviction prevention or diversion programs—like fast-track facilitation or rental assistance—may be given time to complete applications and determine eligibility before a court decision. Additional resources for legal aid and social services are also avail-

able on the Hoosier Housing Help website at HoosierHousingHelp.com. About the Indiana Eviction Task Force: The Indiana Supreme Court launched the Indiana Eviction Task Force in Sep. 2021 to establish a statewide pre-eviction diversion program and improve the distribution of emergency rental assistance funds. There are about 50,000 eviction

cases in Indiana currently. The Task Force includes wide representation with the Indiana Housing and Community Development Authority, Indiana Legal Services, Inc., Indiana Apartment Association, Indiana Office of Management and Budget, judicial officers, and attorneys. More about the Task Force can be found at courts.in.gov/iocs/committees/eviction.

MARLOWE From Page A1

In some ways, I think many of us are showing tremendous financial responsibility. Municipalities spend millions of dollars to construct elaborate traffic circles to keep traffic moving through an intersection. Instead many of us are achieving the same payoff by simply not stopping at stop signs. Big savings there!

Indeed, I have to apologize to other drivers. When I approach intersections, I'm afraid that I still hear the voice of my late Mother telling me that I must follow the rules. Eventually, I'm sure that I will get over that, but until then:

I'm sorry that I cost you thirty seconds in your busy day.

I can see how that can add up. If you end up behind me at one of these intersections each day going to work, that's a whopping two and one-half minutes I cost you each week. For the year -- and I'm assuming you get two weeks off for vacation -- I'd owe you a solid 2.08 hours of your time. Think of the Netflix™ you're missing!

Because I was actually stopped at the intersection, during that moment or two that it takes for other drivers to decide who is going to run the stop sign first, I had

a brief chance to look around. I noticed that I was stopped at a peculiar intersection. I was southbound on Windham Lake Drive and to the left was Windham Lake Road. To the right was Windham Lake Way, and I could see the sign for Windham Lake Trace.

Those kinds of observations make me wonder -- wonder like, how much anxiety medicine the mail carrier for those homes takes. Beyond that, I wondered what's the difference. What makes a road different from a way or a trace?

Turns out that there are no real rules for road names, but there are

accepted conventions:

A Road is a long, narrow stretch of smoothed or paved surface for transportation. It -- along with a Route, Way, Course, or Passage -- is the most basic description.

A Street is a public way that normally has buildings (commercial or residential) on both sides.

An Avenue is usually larger than a street, and is lined with buildings or trees.

A Boulevard is a very wide avenue that has trees on both sides, and should have a grass or tree line down a center median.

A Lane is a narrow road, considered to be the opposite number to a boulevard.

A Way is a side street off a road.

A Thoroughfare always leads to another street at each end.

A Drive is a long, winding road, which commonly follows the shape of its surroundings -- like lakes or mountains.

A Trace follows the topography of a slope.

A Court is a road or street that ends in a circle or loop.

A Highway is a main road that connects cities or towns.

A Close is British, and

is always blocked at one end.

Through this discovery I've learned that, even though the postal service considers my home to be on an Avenue, it is actually a Place. A Place is a road or thoroughway that leads directly to a dead-end, and the giant drainage ditch at the end of my road would surely qualify.

You're welcomed to drop by my house and see. This time, I suggest, you make it a point to actually stop when you get here.

- John O. Marlowe is an award-winning columnist for Sagamore News Media.

BETSY From Page A1

examine novels of a given period, and what distinguishes them from other book genres. The Debate course is simply that, a class that studies and applies the basic principles of debate and debate strategies.

- Organic Chemistry is new to the Science department and is based on regular laboratory investigations of matter, chemical reactions and the role of energy in those reactions.
- Library Media is new to the Multidisciplinary courses that also include Cadet Teacher, Peer Tutoring and Innovations. Library Media offers instruction and practice in library science, learning about all areas, such as circulation, delivery and care of equipment, book selection, and patron assistance.
- African Studies, a one-semester class, is new to the Social Studies department and helps students understand and appreciate the diverse people, cultures and economic systems of the African continent.
- Principles of Early Childhood Education is an introduction project-based course that explores



(On left) A Sculpture class is among many art class offerings at Noblesville High School. After a student completes two semesters of Introduction to 2-D Art, a student can enroll in any high school art classes, that include Photography, Drawing and Digital Design. (On right) Introduction to Culinary Arts is among popular Family and Consumer Sciences classes at Noblesville High School.

not to be confused with Entomology, the study of insects and a 4-H project)

Seniors have so many choices, besides regular courses, from internships to apprenticeships (in carpentry, electrical and plumbing and more) to cadet teaching, opportunities to take classes through J. Everett Light Career Center and more.

The high school does work to best accommodate student requests for courses, district spokesperson Marnie Cooke said. "So, if lots of kids want to sign up for a class," she said the school would work to offer more offerings of a class.

One of the classes that has grown is a Film Literature class that studies movie themes, film angles, movie editing and horror films and more. The class, which has grown greatly since first offered, requires students to think deeper about movies.

But the classroom teacher warns that there is a lot of classroom work. He said, "Don't take the class if you think you're just going to watch movies."

- Contact Betsy Reason at betsy@thetimes24-7.com.

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TUESDAY

In The Kitchen

DAY

Tuesday, Feb. 01, 2022

A7



A NEW WAY TO SEAFOOD

When you think of seafood, you probably think of fish and shellfish. But what if you could enjoy the taste of the ocean without the guilt of eating animal products? That's the idea behind a new way to prepare seafood, using plant-based ingredients to mimic the texture and flavor of real seafood. This method is not only healthier but also more sustainable, as it doesn't require the same amount of resources as traditional seafood farming. The result is a dish that is both delicious and eco-friendly, perfect for those looking to reduce their carbon footprint while still enjoying a variety of seafood dishes.

Perfect Salmon with Roasted Peas and Egg
This dish features a perfectly seared salmon fillet, topped with a fluffy fried egg. The base is a rich cream sauce, garnished with roasted peas, cherry tomatoes, and red peppers. The salmon is pan-seared to a golden-brown crust, ensuring it is cooked to perfection. The fried egg is cooked to a soft yolk, adding a creamy texture to the dish. The cream sauce is made with a blend of dairy and plant-based ingredients, providing a smooth and flavorful base for the salmon. The roasted peas, cherry tomatoes, and red peppers add a pop of color and freshness to the dish, making it a well-balanced and visually appealing meal.

Salmon and Potato Chowder
This hearty chowder is made with chunks of salmon, potatoes, and onions, all simmered in a creamy broth. The dish is garnished with fresh herbs and a dollop of sour cream. The salmon is cooked until tender, and the potatoes are soft and吸收了汤汁的味道。这道菜非常适合寒冷的天气，既能暖胃又能补充蛋白质。



One-Pan Agave Salmon with Sweet Potatoes
This one-pan meal features salmon, sweet potatoes, and agave nectar, all cooked together in a single pan. The dish is simple, healthy, and easy to prepare. The salmon is cooked to a tender texture, and the sweet potatoes are soft and吸收了酱汁的味道。这道菜非常适合忙碌的上班族，既能节省时间又能保证营养均衡。

TUESDAY

Health and WELLNESS

Are you having trouble sleeping?

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated we lose over \$40 billion in worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. I'll focus on some causes of insomnia this week. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem.

There are three types of insomnia. The first is transient insomnia that lasts a week or less and is usually due to some type of limited stress. It can also be the result of environmental factors such as sleeping in an unfamiliar bed or other location or having too much light or noise in a room. The



JOHN R. ROBERTS, M.D.
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second type of insomnia is short-term insomnia that lasts one to six months and is usually caused by persistent stress. Finally, chronic insomnia lasts greater than six months.

There are numerous causes of chronic insomnia, the most common of which is psychiatric illness, usually anxiety and/or depression. Trouble initiating asleep is the primary symptom of people

suffering from anxiety. These folks usually report that they can't turn their thoughts off at bedtime. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression is also a common cause of chronic insomnia, though these folks usually present with "terminal insomnia," meaning they wake up very early in the morning.

Pain from arthritis or other conditions like fibromyalgia can lead to chronic insomnia. Lung disease such as COPD or heart disease, especially congestive heart failure, can lead to frequent episodes of waking at night. Chronic insomnia has also been identified as a long-term symptom of COVID-19.

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying

asleep. Sleep apnea may also cause frequent nighttime awakenings. Over-the-counter medication use can be a common cause of chronic insomnia, particularly stimulants such as caffeine as well as sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is common in teens and college students so they don't miss any posts on social media. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or prescription sleeping pills can also be hab-

it-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can develop "rebound insomnia." Sleeping pills can also be extremely dangerous when used by seniors. They often lead to problems with balance and coordination that can cause falls that often result in fractures or brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually does not allow the brain to enter deep sleep phases. Deep sleep is critical for the brain to refresh itself. If the brain does not get enough deep sleep, the person constantly feels sleep deprived.

Shift work sleep disorder is another common cause of insomnia usually suffered by workers in manufacturing. This condition can develop when workers either change shifts or have a brain that is wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem arises when they want to go to bed earlier and can't get to sleep.

Next week I'll cover prevention and treatment of sleep disorders. Pleasant dreams!

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.

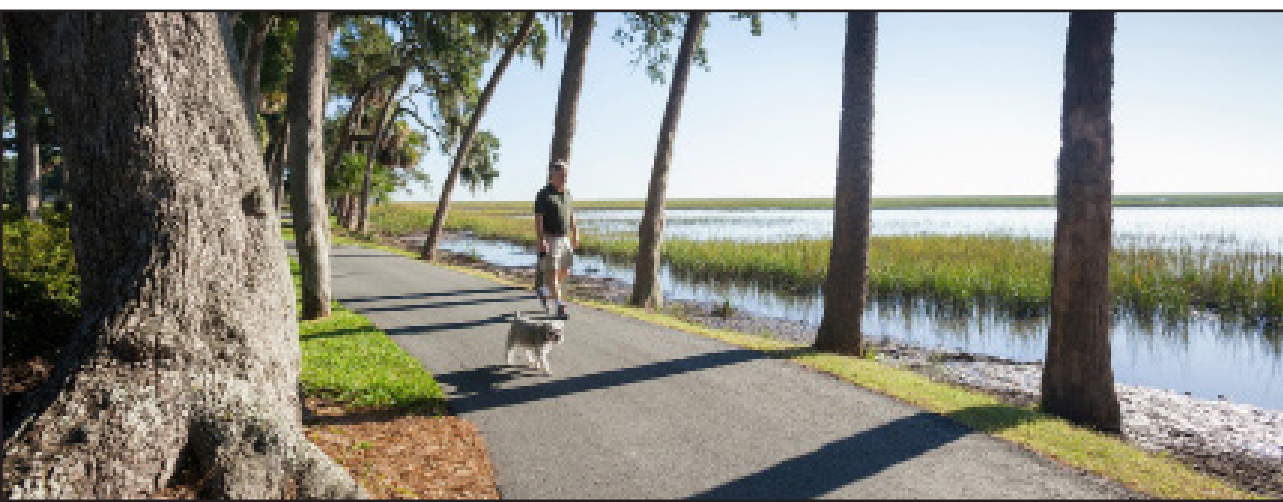


Photo courtesy of Pixabay

Some additional factors that can drive health outcomes in the short and long term include access to green spaces, educational opportunities, economic stability and living in a safe community.

Why experts say we must broaden our definition of health

(StatePoint) Many Americans view health as a product of the medical care they receive. However, public health experts say that's just one piece of the puzzle.

"In reality, our health is shaped more by the zip code we live in than the doctor we see. In fact, where we live, our financial circumstances, our access to affordable, nutritious foods, and other non-medical factors overwhelmingly influence our physical and mental health," says Dr. Shantanu Agrawal, chief health officer, Anthem, Inc.

These factors that Dr. Agrawal refers to are known as "social drivers of health" (SDoH), and they determine up to 80% of our health outcomes, according to Robert Wood Johnson Foundation research.

As part of "What's Driving Our Health," Anthem's campaign to start a national conversation around whole health, the healthcare company

recently conducted a study to learn more about Americans' perceptions of what health really means. Here are some of the study's top findings:

- While 46% of Americans are unaware of the concept of social drivers of health, once given the definition, 60% agree that their local community is facing at least some health issues related to them.
- Americans of color are disproportionately affected by the consequences of SDoH. While 58% of white respondents report that their local community is facing at least some health issues related to SDoH, 69% of Hispanic and Latino respondents report the same, as do 68% of Asian respondents and 68% of Black/African American respondents.
- Poor nutrition can contribute to a range of chronic health conditions, and 50% of those surveyed say it is hard to find affordable, healthy food in their local community.
- Though 70% of Amer-

icans live near at least one hospital or medical center, one in five say that lack of transportation has kept them from medical appointments. What's more, nearly one-third struggle with access to health services and care.

• Internet access not only determines whether one is able to use important health services such as telemedicine, it deeply impacts educational outcomes and access to economic opportunities, including employment. Yet, only 39% of Americans believe it significantly impacts their health.

• Some additional factors that can drive health outcomes in the short and long term include access to green spaces, educational opportunities, economic stability and living in a safe community.

Where to Start
More than 80% of those surveyed believe that healthcare entities, local government, private citizens and employers share responsibility to address

the many social drivers of health. While these issues are complex and no one entity can fully address all the social drivers alone, here is what you can do today:

1. Connect the dots. Visit [WhatsDrivingOurHealth.com](https://www.whatsdrivingourhealth.com) to read the full report and learn more about whole health and its drivers.
 2. Spread the word. Share what you've learned about the ways social drivers affect you and your community and follow the conversation on social media using #DrivingOurHealth.
 3. Join the conversation. Understanding is the first step in making positive change. Engage with friends, family, and community members about the many ways to address health-related social needs in your community.
- "The sooner we broaden our definition of health, the sooner we can address the many factors that affect people's ability to thrive," says Dr. Agrawal.

Don't be shy about discussing constipation with your doctor

(StatePoint) Constipation is something that most people have likely experienced at one time or another. For some people however, symptoms can occur over the long term.

Symptomatic individuals and patients should learn more about two types of long-term constipation: Chronic Idiopathic Constipation (CIC) and Irritable Bowel Syndrome with Constipation (IBS-C). While CIC and IBS-C share many of the same symptoms, there are important differences between the two.

One in seven U.S. adults have CIC and those with this condition may experience:

- Infrequent bowel movements (BMs)
- Hard-to-pass BMs
- Straining
- Discomfort
- Not feeling empty after a BM

In addition to symptoms of CIC, patients with IBS-C also experience abdominal pain related to changes in bowel movements, and one in 20 U.S. adults are living with this chronic condition.

The causes of CIC and IBS-C are not known. That said, for some, the cause could be linked to changes in the connections between the brain and the gut.

If you're experiencing constipation, you should consider speaking to your doctor who may help address your symptoms.

Your physician can diagnose your condition and offer treatment options that may provide relief. Ask your health care provider

the following questions during your next office visit:

- What are my options if lifestyle changes and over-the-counter medications haven't worked?
- How many bowel movements should I be having each week?
- What consistency should they be?

It's also helpful to go to your appointment prepared to share what symptoms you're experiencing and how long you've been trying to manage them. You might also be asked to identify what type of stool you most frequently experience when you are not taking medication using the Bristol Stool Form Scale. The Bristol Stool Form Scale is a visual representation of the seven types of BMs that you can have.

While it might seem awkward to talk about, telling your doctor which type or types of stool you typically have can help you both create a treatment plan that works for you and your body. The good news is that now more than ever, it is possible for a doctor to evaluate your symptoms and diagnose IBS-C and CIC during a virtual visit, so take advantage of telehealth appointments.

To learn more about the difference between IBS-C and CIC and for additional resources, visit [ConfrontConstipation.com](https://www.ConfrontConstipation.com).

If you are experiencing constipation, you are not alone. Constipation is not only common, it's treatable.

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