

➡ TODAY'S VERSE

Isaiah 30:21 And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.



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

What makes Elizabeth Havron smile? "My dog and animals, in general," said the then 18-year-old Cicero resident, then a Hamilton Heights High School senior. Today's feature is a look back at one of *The Times'* previous Faces of Hamilton County. She was found in 2019 representing her school, as a finalist, at the Horseshoe Prairie Chapter of Daughters of the American Revolution (DAR) Good Citizen of the Year awards tea at the First United Methodist Church of Noblesville. She is the only daughter of Curt and Jodi Havron. "I think that being an only child has led me to be a lot more independent.... My parents have let me figure out my life and what I want to do." She's moved around to a lot of different schools and has been exposed to a lot of diversity, people and viewpoints. "Hearing other people's stories and how they live their lives leads me to want to help people...." She was a 4-H'er and Hamilton Heights food pantry volunteer and played varsity girls golf. She and two friends baked organic dog treats, which they sold outside of Tractor Supply Co., and asked for donations, raising \$300 for shelter supplies at the Humane Society for Hamilton County in Noblesville. She earned an Award of Excellence after being accepted into the Indiana University Honors Program for foreign language and traveled to Spain to learn Spanish for six weeks. "It's something I'm very proud of and that is going to continue to help me in my career and my education." She was president of her school's chapter of Business Professionals of America and a member of Student Government, Key Club, National Honor Society and Spanish Club. She was in Model United Nations. She participated in her school's Mock Trial beginning with her sophomore year and was runner-up Best Witness from the Indiana Bar Association in 2018. She was in the Top 10 percent of her class her first three years of high school, earned an English Department award her sophomore year, an Advanced Placement Literature and Composition Award her junior year and Special Mention National Spanish Exam award during her sophomore and junior years. Her plans, in 2019, were to attend Hamilton Lugar School of International Studies at Indiana University and major in International Studies, with a concentration in global health. She wants to be an epidemiologist and work closely with the government to create plans of action, policy and investigations to help control sickness in the world. What else? "I like to cook....I like to watch a lot of TV, Netflix, documentaries....I like to read a lot, too."

And Another Thing...

GiGi's Playhouse Indianapolis, a local Down syndrome achievement center, will host its annual "I Have a Voice" Gala on Saturday, February 19th. This year's theme, "Reimagined!" is a nod to the two-year hiatus the in-person gala had to take due to COVID-19. Registration for the Gala is live through February 14th at <https://gigisplayhouse.org/indianapolis/gala-indy/>. Festivities will include dinner, a silent auction, and live entertainment - including a performance by GiGi's ballroom dancers.

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Photo courtesy of Jen Kauffman

Hamilton Heights' cast and crew of *Charlie and the Chocolate Factory* are ready to entertain audiences for three live performances on Friday, Feb. 25 @ 7 p.m., Saturday, Feb. 26 @ 7 p.m., and Sunday, Feb. 27 @ 2:30 p.m. in high school auditorium.

HHSC Drama Department Presents Charlie And The Chocolate Factory

Members of the Hamilton Heights High School Drama Department cordially invite the community to attend its live production of *Charlie and the Chocolate Factory* based on the book by Roald Dahl and dramatized by Richard R. George. The play is being directed by Hamilton Heights Theatre teacher, Brooks Myers, in collaboration with members of the drama department.

Join Charlie Bucket in his adventurous tour of Willy Won-

ka's world-famous Chocolate Factory. See Augustus Gloop, Violet Beauregarde, Veruca Salt, Grandpa George, Grandma Georgina, Willy Wonka, and Charlie himself come to life, and all involved will discover the true meaning of teamwork, self-confidence, and self-esteem through this colorful and heart-warming chocolate-candy fantasy.

Hamilton Heights high school

➡ See HHSC Page A10

Want TO GO?

What: Hamilton Heights Drama Department Spring Play
When: Friday, Feb. 25 @ 7 p.m., Saturday, Feb. 26 @ 7 p.m., and Sunday, Feb. 27 @ 2:30 p.m. in high school auditorium
Tickets: \$5 and will be sold online through the HHHS website at: <https://www.hhschuskiies.org> beginning Fri., Feb. 18. Tickets will also be available at the door.

Non-Hodgkin Lymphoma



JOHN R. ROBERTS, M.D.
Hamilton Health

One of my patients asked me recently what lymphoma is. My knowledge of the subject was a bit dusty before I started researching this column. Medical knowledge of non-Hodgkin lymphoma has rapidly evolved over the last decade or so. It is a very interesting disease and a type of cancer that is illustrative of where cancer treatment in general is heading in the years to come.

"Lymphoma" is a broad term used to describe a large number of "lymphoid neoplasms." A neoplasm is an abnormal growth of cells that can be benign (not usually dangerous to one's health) or malignant (cancerous). Lymphoid neoplasms are composed of cells found in the lymph system. This system is responsible for filtering tissue

fluid and killing foreign substances in our bodies, particularly infectious agents.

The lymph system contains two types of specialized cells that can kill or remove these foreign agents, either directly (T cells), or indirectly (B cells). B cells produce antibodies that bind to the foreign substances to assist in their removal from the body. When B and T cells multiply out of control, it results in different types of lymphomas.

The various types of lymphomas are named using a complex classification system based on cell morphology (what they look like) and lineage (their genetic makeup). Lymphomas are broadly classified into Hodgkin and non-Hodgkin lymphomas (NHL). Non-Hodgkin lymphoma is further divided into B-cell and T-cell types. B-cell lymphomas account for about 80% of NHL.

Medical oncology used to make a clear distinction between solid tumors (lymphomas) and tumors comprised of cells circulating in the blood stream (lymphoid leukemias). Now that we have more sophisticated testing methods, particularly genetic testing, it's becoming more clear that these neoplasms can have both solid and circulating components. This makes it even more confusing to describe the

➡ See ROBERTS Page A10

IRS; You Are Not



JOHN O. MARLOWE
The Good Sport

My friend is having trouble with the Internal Revenue Service. We'll call him Mr. Farmer, be-cause — one; it's the IRS, and two; well, they already know his real name. They know it far too well, as far as he's concerned.

First, a little background. Mr. Farmer is known among friends and strangers alike as the epitome of honesty and integrity. He and his wife own a small family farm down the road from me, and aside from the occasional help he gets to vaccinate his small herd of cattle in the Spring, he op-erates the farm on his own.

He buys his farm implements

➡ See MARLOWE Page A10

➡ INSIDE TODAY

Service Directory.....A3
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Health and Wellness.....A9

➡ OBITUARIES

None

➡ HONEST HOOSIER

There's a reason why February is the shortest month of the year. We hate it!



➡ TODAY'S HEALTH TIP

Are you a "shoveler?" - put down your fork in between bites of food and chew your food thoroughly. 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.



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



➡ TODAY'S QUOTE

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

- Lou Holtz

➡ TODAY'S JOKE

We know about the highway to hell and the stairway to heaven. What's that tell you about numbers?

13 WTHR 7 DAY FORECAST

36/60 CLOUDY MID-RAIN SHOWERS LATE	54/60 RAIN AND STORMS LATELY	26/35 COLDER PARTLY CLOUDY	25/33 WINTER MIX AND SNOW	24/30 MORNING SNOW	17/32 PARTLY CLOUDY	12/32 CHANCE OF SNOW
MON	TUE	WED	THU	FRI	SAT	SUN



Education ‘Reforms’ Come At Volatile Time

Here's a pop quiz: What do Richard Lugar, Joe Donnelly, Mike Braun, and Todd Huston have in common?

Early in their public service careers, they served on local or parochial school boards. This is notable because there is legislation in the Indiana General Assembly - House Bill 1182 - that will politicize school board races, which are currently run on a non-partisan basis. “I think you can tell the difference between financial responsibility and moral character,” said State Rep. J.D. Prescott, R-Union City, who is sponsoring the bill. “Having that on the ballot will help tell voters a little bit more about the candidate.”

Newly-elected Hamilton County Republican Chairman Mario Massillamany, explained, “We will get involved in school board races. The Democrats have been running candidates the last six to eight years because they are non-partisan races. They help candidates behind the scenes. Those days are over.”

And there's House Bill 1134 that would require teachers to post an outline of classroom curriculum materials by Aug. 1 annually, including textbooks, articles and surveys teachers plan to incorporate, as well as course syllabi. This is the so-called “critical race theory” legislation that became du jour in conservative politics this past year.

State Sen. Linda Rogers, R-Elkhart, offered an amendment on Wednesday that would narrow a list of “concepts” that lawmakers want banned from the classroom from eight to three, removing one that would forbid teachers from teaching that



BRIAN HOWEY
HOWEY POLITICS

students should feel guilt or discomfort based on their personal characteristics like race or national origin.

A similar bill - Senate Bill 167 - was pulled after its author, State Sen. Scott Baldwin, R-Noblesville, said that “we need to be impartial” when he comes to teaching Marxism and Nazism.

Baldwin quickly backtracked after he was flogged on late night shows: “Nazism, Marxism and fascism are a stain on our world history and should be regarded as such, and I failed to adequately articulate that in my comments during the meeting.”

Indiana Democrats see HB 1134 as a key peg in what they call “culture wars” and the politicization of school policy. Party Executive Director Lauren Ganapini, said, “It’s imperative that Hoosiers know that Indiana Republicans will do everything they can to use conspiracy theories and misinformation to politicize our classrooms just to influence elections.”

While Hoosier school board races have been non-partisan, there is a long history of school boards seeking social change into the political realm. When Richard Lugar joined the Indianapolis School Board in 1964, he urged the board to embrace federal funding of school lunch programs,

something widely opposed by conservatives. The future mayor and senator also introduced and passed the “Shortridge Plan” that voluntarily desegregated public schools. It was quickly rescinded, leading to a federal desegregation busing plan that lasted three decades and induced “white flight” from Center Township into surrounding suburbs.

Since the pandemic arose in 2020, school boards have become a hotbed of unrest over masking, social distancing and virtual attendance. Several school boards have had to end public comment portions of their meetings.

These bills being considered by the General Assembly come at a critical time.

The pandemic has negatively impacted millions of students. According to 2021 analysis by McKinsey & Co.: “The impact of the pandemic on K-12 student learning was significant, leaving students on average five months behind in mathematics and four months behind in reading by the end of the school year. High schoolers have become more likely to drop out of school, and high school seniors, especially those from low-income families, are less likely to go on to postsecondary education.”

USA Today reported that 60% of the current collegiate freshman class is female. This prompted Purdue President Mitch Daniels to ask in his annual letter to the university on Jan. 5, “Where are all the men?”

“There is nothing new about the phenomenon; it dates back at least three decades,” Daniels continued. “What was new was the dawning realization that, in a knowledge econ-

omy where educational credentials and the skills that (theoretically) they confer are more and more essential, leaving half the population behind would be a problem for society. How ironic if, after a half-century of historic, overdue progress integrating women fully into the nation’s economic, social and political life, we gave back the immense societal gains of that climb because men stopped holding up their end.”

And, according to an annual Indiana State University survey reported by the Terre Haute Tribune-Star, 96.5% of participating Indiana school districts reported teacher shortages, the highest in the seven years of surveying school corporations. Said Terry McDaniel, ISU professor of educational leadership, “As a result, we are seeing educators being burned-out, scared, disappointed, and no longer enjoying the profession. We are also seeing fewer people entering the profession.”

Lewis Cass School Board member Amy Miller resigned, telling the Logansport Pharos-Tribune, “Increasingly there has been pressure on the board to take a more partisan stand and that is concerning to me.”

Reuters reported earlier this week that “local school officials across the United States are being inundated with threats of violence and other hostile messages from anonymous harassers nationwide, fueled by anger over cultural war issues.

There is great volatility in our education sector, and these reforms are poised to intensify them.

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

Listening To The Bells



Carrie Classon
Columnist

The bells ring more or less all the time here.

My husband, Peter, and I are in San Miguel de Allende, Mexico, a city filled with old churches. Every old church has at least a couple of old bells, and all the bells are rung frequently. Since there is so much I do not understand when I travel to another country, I assumed that the bells rang according to some sort of system that everyone else understood and I did not. (This is an assumption I’ve made about a lot of things over the course of my life, but that’s another story.)

As it turns out, none of the English speakers in town have any idea what is going on with the bells.

“I thought it was military time because it rang more than 12 times,” someone said. “But then it rang 34 times!”

“There is no rhyme or reason,” someone replied. “They don’t ring on the hour and they don’t ring any number of times that makes sense!”

“Well, they are all rung by people,” someone else added. “It’s not automated. Maybe they just ring them when they feel like it?”

So now I’m listening to the bells.

I was right in the center of town, near the largest, oldest church, when the bells started. “One... Two... Three... Four.” They stopped. I checked the time on my phone. It was exactly 4 o’clock. “Well!”

Now I’m thinking the bells are just rung to get our attention. Maybe we would pay more attention to them if we knew they were right all the time.

The roosters in town operate on a similar principle. Every town in Mexico I have ever spent a night in has had multiple roosters alerting me to the first hint of sunrise. But at our temporary home here,

we have one who has decided to up his game. He lets us know that it is 4 o’clock in the morning and that sunrise is only a couple hours off, in case we were interested.

None of the other roosters are following his lead. I suspect the other roosters think this guy is a showoff, crowing his head off in the dark. But he keeps it up. It gets our attention, and I guess that is the point. He’s letting us know that he is keeping track of the time. It’s not morning yet, but morning is on the way.

We have lots of ways to keep track of time and, honestly, I’m not sure why it is so important that the bells ring at any particular time. Peter and I are not meeting anyone at a given time. We have no appointments to keep. This idea that we need to keep track of time is a little odd, given the circumstances.

And yet, nearly every day, Peter or I will say, “Can you believe it’s 2 o’clock already?” as if 2 o’clock had some special significance. As if we had something special we had to prepare for at 3 o’clock.

I am rather pessimistic that I will ever solve the mystery of the bells. I think they will keep ringing when I least expect, at odd intervals, for an indeterminate amount of time. But every time they ring, I will be reminded of the time—even if it’s not the actual time. Even if I have nowhere to go.

They’ll remind me that time is passing and will pass. They remind me that sometimes the very best thing I can do with my limited time is to stop whatever I’m doing and listen to the bells.

Till next time,
Carrie

Carrie Classon’s memoir is called “Blue Yarn.” Learn more at CarrieClasson.com.

Letters

Reader Wants Fairness

Dear Editor,
Remember when girls were excluded from boys activities via the sign on the wooden club house door, “No Girls Allowed”? Acclaimed female transgressors want to cross the line into girls and women’s sports.

Currently in the Indiana Legislative House there is HB 1041 that is supporting sports for girls and women and excluding male born transgender females from participating in female sports.

One protester against this bill, a 22-year-old transgender woman from Martinsville, Indiana, called the bill “unfair” and said it “ruins the whole spirit of sport.” She also said that, “There is no epidemic of trans girls dominating girls sports. It’s a made up, non-problem just to attack us.”

The author of HB1041, Rep. Michelle Davis said, “It’s preserving fairness in girls’ sports competitions.

As early as 2016 male born transgender females have participated in girls high school and collegiate sports including: hurdles, sprinting, wrestling, cycling and weightlifting that have shattered wom-

en’s sports records. These female athletes have lost out on scholarships, local, state and national championships due to female transgressors participating in the female sports arena.

In 1972 Congress passed the Title IX Law in supporting girls and women in sports. This law really changed the sports arena with the allowance and recognition of girls getting involved in sports. From elementary schools through high school to collegiate teams on to professional women’s sports the equity grew and flourished.

In 2011 the university of California-Los Angeles law school’s Williams Institute conducted research on sexual orientation and gender identity and reported there were approximately 700,000 Americans identifying as transgender. More than likely the numbers of transgressors has grown.

With these facts in mind, it is only fair for the transgender athletes, both genders, to create their own teams and leagues.

Mari Briggs
Sheridan

Rix Quinn Coming Soon To The Times

The Times has long been known as the best media outlet for intriguing columnists. From Betsy Reason to Paula Dunn to John Marlowe, Carrie Classon, Dick Wolfise, Tim Timmons and others, The Times brings you interesting food for thought every day.

Beginning soon, we are pleased to bring you a new voice, Rix Quinn.

Quinn is a former magazine editor who writes the weekly humor column “Quinn Summary,” to which about 140 newspapers now subscribe. A Fort Worth native, he has also written comedy for radio and for the newspaper



Rix Quinn

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Photos courtesy of Subaru



Photos courtesy of Subaru

2022 Subaru Forester Wilderness: Bred For Trails, Tamed For Suburbia

There’s no doubt the 2022 Subaru Forester Wilderness is capable of tackling really challenging trails. My trip to Bend, Oregon last October for the press preview proved that. I think we hit every log road in the state and it demonstrated its substantial prowess. But, back in the real world, all of the upfitting for the back country pays dividends in suburbia with easy maneuvering and safe traveling.

Upon first glance, there’s no doubt this is not the usual compact Forester crossover. Setting the Wilderness apart are black cladding around the wheels, lower body, and covering shaved bumpers that improve approach/departure angles. The hood’s black anti-glare patch, 17” black alloy wheels wearing Geo-

lander all-terrain tires, and reinforced roof rack that can hold 800 lbs. of tent add purpose. The anodized copper accents look chic, but also hide attachment points. Look close and you’ll notice an additional 0.5” of ground clearance. When snow comes, you won’t worry about getting yourself to work or the kids to band class.

Environmentalist customers said they wanted a vegan leather option, so they get one with Subaru’s StarTex upholstery that looks like leather and feels like suede, but wipes clean. Alloy pedals, Harman Kardon audio, and an extended-length sunroof add luxuries while automatic climate control, heated front seats, actual knobs for volume/tuning, and Apple/Android connectivity ease

driving. Rubber floor mats throughout, full-size spare with identical fifth black wheel, and LED light on the liftgate confirm this Forester is for extreme fun. Subaru’s twin camera EyeSight system provides auto emergency braking, adaptive cruise, and lane centering for safety.

I was surprised at how enjoyable the Forester Wilderness. Those big tires grip trails, but also better absorb potholes and rough pavement. In town or on the highway, it provides a comfortable ride. The 182 horsepower flat-four engine provides plenty of power and 25/28-MPG city/highway, but lacks the oomph of the Outback Wilderness’ turbo engine. I’m not a fan of continuously-variable transmission, but the Forester’s keeps the engine

in a peppy rev range and can be manually shifted through eight “gears” with the paddles. Tow up to 3,000 lbs. of boats or RVs.

When we were out in Oregon, Subaru sent us on a combination of pavement, gravel roads, and near impassible trails. The updated suspension certainly clears obstacles better, but also reduces lean through fast corners. At several points, the X-Mode system, with settings for Snow/Mud that allow more wheel slippage, simply shifted torque around without notice. There’s more road noise and suspension harshness than in the Outback Wil-

2022 Subaru Forester Wilderness

5 passengers, AWD Crossover
Powertrain: 2.5-L I4, CVT
Output: 182 hp/176 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 17”/17” alloy
Brakes f/r: disc/disc
Must-have features: Style, Performance
Fuel economy: 25/28-MPG city/hwy
Assembly: Gunma, Japan
Base/as-tested price: \$32,820/\$34,165



CASEY WILLIAMS
Auto Reviews

derness, but the Forester Wilderness costs thousands less.

According to Subaru, 25% of Forester owners camp and more than 33% carry bikes. Subaru is second only to Jeep for people who actually go off-road. But, adventurous customers are unwilling to compromise on their vehicle’s ability to get the kids to school, run errands to the mall, or

pick up dinner. In the end, Subaru delivered exactly that vehicle. It’s also pretty affordable with an as-tested price of \$34,165. Competitors include the Toyota RAV4 TRD, Ford Bronco Sport, and GMC Terrain AT4

Storm Forward!

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

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Hamilton County Bicentennial Seeking Contributions

For Hamilton County’s bicentennial, happening in 2023, the Commission is capturing our history through Celebrating Hamilton County, Indiana: 200 Years of Change, a special edition book created by a team of volunteer writers, editors and historians.

The Bicentennial Commission is also encouraging residents (past and present) to submit memories and photos to be featured in the book and on our blog. We want to know how you see history! There’s multiple ways to submit your story - more information on how can be found at www.hamcoturns200.com/our-book.

A Fishers resident since 2008, Robert Bowling is one volunteer contributor to Celebrating Hamilton County, Indiana: 200 Years of Change.

“I’ve done a lot of research on the history of Fishers, but the best source of information is from oral histories,” says the Fishers Historical Society and Fishers Police historian, and historical researcher for the Officer Down Memorial Page.

“I love hearing from people who grew up in Fishers about how Fishers looked back then. It gives me a perspective of the rural life in Fishers and the small town feel of a tight-knit community. The best way to see that is through the eyes of those who lived here.”

For the bicentennial book, Bowling will cover both Delaware and Fall Creek townships, and he is excited to share stories of groups that have been

underrepresented in Fishers’ past.

Focusing squarely on one such group is Bryan Glover, the Director of Learning for Roberts Settlement. His addition to the Noblesville Township section will include African-American history, sharing events and stories that even longtime residents might not know about.

Glover grew up in Noblesville Township and graduated from Noblesville High School in 1975. He is also a former small business owner in Noblesville and serves on the board of directors for Roberts Settlement, the Noblesville Chamber of Commerce and the Noblesville Diversity Coalition.

He hopes that the public’s contributions will bring to light histories of places, events and people in our community that most of us don’t know about.

Arcadia resident Julie Ann Davis will tackle the Jackson Township chapter in Celebrating Hamilton County, Indiana. Like other contributors, she has made her interest in history personal. In 1993, she and her husband purchased The Wolff House (later Carter Apartments) and restored it to its original state.

“This project allowed me to examine a great deal of local history in an effort to preserve historical accuracy,” says Davis, who taught English, speech, drama and TV production at Hamilton Heights High School for 40 years.

As director of theater, she wrote three full-length programs for performance and authored a production for the Cicero Sesquicentennial program in 1979. She also served on the state committee for the Indiana Online Writing Project and is a current member of the Hamilton Heights School Board. She knows that just dates and names don’t make a good story.

“History is always much more accurate and colorful when told by those directly involved, and not just through secondary research,” she says. As such, she is interviewing people from Atlanta, Arcadia and Cicero as part of her writing process.

The most household-name historian on the team, of course, is David Heighway, our Hamilton County Historian. Heighway will write the book’s opening chapter as well as the chapter about Noblesville Township, where he has lived for 29 years.

Heighway is the author of several books, including Hidden History of Hamilton County and No Better Place for Our Minds to Grow Strong (a reference to libraries). He also writes a regular history column for Hamilton County Business Magazine and “Highlights in History” for the Hamilton East Public Library blog.

He says there are a lot of commonly held beliefs about our history that are misunderstood. “The county has a vibrant and unique history that may be somewhat different from what readers were

taught.”

Some of those misunderstood aspects might be corrected by contributions from people like you. Heighway encourages these “unheard voices and stories” to come forward and be heard.

“The book will be a great opportunity for starting conversations about dealing with issues today by looking at what actions the county has taken in the past,” Heighway says. “I also hope that a lot of young people will take an interest in this.”

As a kind of call to action, Davis says, “A great number of these stories have never been written down or published, and they need to be told while those involved still have life and memory.”

Now it’s your turn! Submit a story about a person, place or thing that should live on in our Hamilton County history. Share your memories for posterity. This can be your chance to shape how we talk about Hamilton County for many years to come. Residents past or present can submit their story through March 15th, 2022.

Only a limited number of Celebrating Hamilton County, Indiana: 200 Years of Change will be printed. Therefore, it is necessary to take all orders in advance. Those who pre-order by May 6, 2022, will receive the special Commemorative Bicentennial edition. Pre-order your copies soon through the link on our website at www.hamcoturns200.com/our-book.



Mike Keevin

Keevin Named VP Of Social Determinants Of Health

Mike Keevin has been named Vice President of Social Determinants of Health by Aspire Indiana Health, an indication of the increased focus the non-profit healthcare provider is placing on non-medical factors affecting a person’s overall health and wellbeing.

Aspire’s social determinants of health programs address housing, employment, legal services, as well as other social factors that impact health such as finances, education and access to food. He previously held the title of Director of Strategic Initiatives.

Keevin joined Aspire in 2011 after 20 years in the grocery industry, heading up the social enterprise team. Over the past decade he led the scaling up of non-medical support programs that were eventually consolidated as social determinants of health.

Today, Aspire has posi-

tioned social determinants as one of its four core healthcare services along with behavioral health, primary medical care and addiction/recovery treatment.

“I’m grateful to Aspire for the trust they have placed with me, and their strategic foresight to build robust programs to address challenges that have a very real impact on Hoosiers’ health and happiness,” Keevin said.

Keevin received his bachelor’s degree in business management from Western Governors University, and is currently working on a master’s degree in accounting from Indiana Wesleyan University. He is credentialed as a Certified Occupancy Specialist (COS), Certified Manager of Housing (CMH), Certified Financial Specialist (CFS) and Tax Credit Specialist (TCS).

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2005 CHEVROLET 2CNDL73F756114590 \$2,515.46
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2012 SUBARU JF2SHADC3CH401965 \$1,680.00
TL18759 2/22 1t hspaxlp

PUBLIC NOTICE OF SALE
The following will be sold for charges:
18702 CHAD HITTLE DR WESTFIELD
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Hamilton County Companies Among The “Best Place To Work In Indiana” Winners

Companies from various industries throughout the state now have more recruiting leverage as they can call themselves a 2022 “Best Place to Work in Indiana.” A total of 125 Hoosier businesses have been named to the Best Places to Work list, which includes nearly 40 newcomers from last year.

The annual program, which started in 2006, is presented by the Indiana Chamber of Commerce.

“Best Places to Work in Indiana not only recognizes our state’s outstanding employers, but also sets a high standard for other Hoosier companies by encouraging them to realize the importance of evaluating their own workplace,” says Indiana Chamber President and CEO Kevin Brinegar.

“It is clear that a positive work environment makes employees more engaged in their job and in their company, which is what every employer wants and can greatly aid in employee retention – something on the minds of many businesses right now.”

Winning companies represent more than 35 cities and towns across the state, with multiple honorees coming from Carmel, Chesterton, Evansville, Fishers, Fort Wayne, Indianapolis, Kokomo, Plainfield, South Bend, Washington and Zionsville. In addition, several companies have multiple locations across Indiana.

The company rankings will be unveiled May 12 at an awards event sponsored by Ivy Tech Community College.

Top companies in the state were determined through employer reports and comprehensive employee surveys. The Workforce Research Group handled the selection process.

Winners were selected from four categories: small companies of between 15 and 74 U.S. employees; medium companies of between 75 and 249 U.S. employees; large companies of between 250

and 999 U.S. employees; and major companies with 1,000 or more U.S. employees. Out-of-state parent companies were eligible to participate if at least 15 full-time employees are in Indiana.

The 2022 Best Places to Work in Indiana companies range in Hoosier employee count from 15 to nearly 1,300.

Organizations on this year’s list that have displayed sustained excellence during the program’s 17-year history receive additional recognition. Hall of Fame companies are those that have been named a Best Place to Work in Indiana at least 60% of the time in the program’s history. Of note: Edward Jones and Katz, Sapper & Miller have been named to the list all 17 years of the program.

In addition to the May 12 awards, winners will be recognized via a special section of the Indiana Chamber’s BizVoice® magazine and through Inside INdiana Business with Gerry Dick – both of which reach statewide audiences. Additional program partners are HR Indiana SHRM, Indiana Department of Workforce Development, Wellness Council of Indiana and Workforce Research Group.

All companies that participated in the 2022 Best Places to Work program receive an in-depth evaluation identifying strengths and weaknesses according to their employees. In turn, this report can be used in developing or enhancing employee retention and recruitment programs.

The 2022 Best Places to Work in Indiana awards celebration will be open to the public. Individual tickets and tables of 10 are available at www.indianachamber.com/speialevents.

Additional Best Places to Work in Indiana sponsors are: trueU, the social media wall sponsor; Moser Consulting, platinum sponsor; CLA and LHD

Benefit Advisors, silver sponsors; and Banning Engineering, Busey Bank, Formstack, Horseshoe Hammond casino, Jackson Lewis P.C., MCM CPAs & Advisors, Performance Services, Inc. and TrueScripts, visibility sponsors.

Sponsorships are still available; contact Tim Brewer at (317) 496-0704 or tbrewer@indianachamber.com for more details.

The 2022 Best Places to Work in Indiana companies from Hamilton County are listed in alphabetical order, no ranking (asterisks indicate Hall of Fame companies):

- Small Companies (15-74 U.S. employees):
- ADVISA / Carmel
 - Centerfirst / Carmel
 - Edify / Fishers
 - INCOG BioPharma Services / Fishers
 - Invesque / Carmel
 - iRiS Recruiting Solutions / Carmel
 - KBSO Consulting LLC / Carmel
 - * Leaf Software Solutions / Carmel
 - Luther Consulting, LLC / Carmel
 - Mobile reCell / Fishers
 - The MDC Group / Noblesville
 - Ultimate Technologies Group / Fishers
- Medium Companies (75-249 U.S. employees):
- Interactive Digital Solutions, LLC / Noblesville
 - * J.C. Hart Company, Inc. / Carmel
 - Lauth Group, Inc. / Carmel
 - RQAW / Fishers
 - * SEP / Carmel
- Large Companies (250-999 U.S. employees):
- * Blue & Co., LLC / Carmel
 - Formstack / Fishers
 - * FORUM Credit Union / Fishers
 - Merchants Bank of Indiana / Merchants Capital / Carmel
 - Shepherd Insurance / Carmel
 - Zotec Partners / Carmel
- Major Companies (1,000+ U.S. employees):
- Bastian Solutions / Carmel

Local Students Named to Dean’s Honors, Dean’s Lists For Fall Semester At Cedarville University

The following students were named to the Dean's List at Cedarville University for Fall 2021. This recognition requires the student to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

- Samuel Acosta of Noblesville (46060) majoring in Theatre
- Lindsey Ash of Westfield (46062) majoring in Industrial & Innov Design
- Darby Fehl of Fishers (46038) majoring in Psychology
- Evan Furnish of Fishers (46037) majoring in Industrial & Innov Design
- Caleb Gates of Fishers (46037) majoring in Accounting
- Elise Hutchison of Fishers (46037) majoring in Nursing
- Liene Miller of Westfield (46074) majoring in Allied Health
- Abigail Miller of Indianapolis (46256) majoring in Allied Health
- Rachel Pickering of Westfield (46074) majoring in Nursing

ing in Nursing

- Dalyn Stewart of Westfield (46074) majoring in Cyber Operations
- Lincoln Strong of Westfield (46074) majoring in Worship
- Ariella Vanderlaan of Noblesville (46062) majoring in Cyber Operations
- Abigail Williamson of Noblesville (46062) majoring in History
- Isabel Wolfe of Noblesville (46060) majoring in Communication

The following students were named to the Dean's List at Cedarville University for Fall 2021. This recognition requires the student to obtain a 3.5 GPA or higher for the semester and carry a minimum of 12 credit hours.

- Savannah Atkins of Fishers (46037) majoring in Music
- Jayden Carpenter of Carmel (46032) majoring in Finance
- Audrey Illig of Fishers (46038) majoring in Geology

- Samantha Laird of Sheridan (46069) majoring in Finance
- Micah Stewart of Westfield (46074) majoring in Allied Health
- Matthew Wesner of Indianapolis (46250) majoring in Early Child Education
- Karis White of Noblesville (46060) majoring in Nursing

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 4,715 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation, and retention rates, accredited professional and health science offerings, and high student engagement ranking. For more information about Cedarville University, visit www.cedarville.edu.

IDHS Celebrates Third Annual EMA Appreciation Week of Feb. 20-26

Indiana Governor Eric J. Holcomb has proclaimed Feb. 20-26 as EMA Appreciation Week, honoring those county-level emergency managers who work around the clock to protect their communities from disasters.

Indiana Department of Homeland Security (IDHS) celebrates this week by shining a spotlight on the many faces that work behind the scenes to mitigate and respond to disasters. These EMAs work closely with IDHS to share information, train and exercise emergency response.

Most recently, emergency managers were on the clock as Winter Storm Landon dropped snow and ice across Indiana. They worked with local governments to make sure each county had what they needed in the right

place to handle tasks such as clearing snow from the roads, assisting stranded motorists and more. When roads became too dangerous to pass, emergency managers and local governments made the call to issue travel advisories, watches or warnings to guide Hoosiers in their decision to travel in the storm.

“Emergency Managers were in constant contact with the State Emergency Operations Center. While IDHS was able to assist if needed, emergency managers were in full control of what was happening in their counties and initiating the assistance needed by their communities. It was an impressive effort by everyone to dig Indiana out from Winter Storm Landon,” said Mary Moran, IDHS emergency management and preparedness direc-

tor. “They are the reason Indiana communities were able to return to normal so quickly after the storm. They’ll also continue to work on long-term recovery.”

Throughout the week, IDHS will be highlighting emergency managers across the state and asking them why they enjoy serving Hoosiers. Follow IDHS on Facebook, Twitter and Instagram to learn about the emergency managers serving your county. For more information about EMA Appreciation Week, visit the IDHS website.

To learn more about the EMA in your county, you also can visit the IDHS State Contact dashboard on the IDHS website.

2022 marks the third time Holcomb has issued a proclamation to honor emergency managers in Indiana.

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Meeting Notes

Noblesville Common Council

Tue., Feb. 22, 2022 – 7 p.m.

Proposed Agenda
City Hall
Council Chamber
Call meeting to order
Pledge of allegiance
Roll call
Approval of minutes:
Feb. 8, 2022
Approval of agenda
Petitions or comments
by citizens who are present

Council committee reports
Approval of claims
Previously discussed ordinances

#02-02-22 Council to consider ordinance #02-02-22, an ordinance to re-establish the cumulative capital development fund tax rate (Jeffrey Spalding)
Public hearing for ordinance #02-02-22

#03-02-22 Council to consider ordinance #03-02-22, an ordinance to re-establish the fire cumulative capital fund tax rate (Jeffrey Spalding)

Public hearing for ordinance #03-02-22

#06-02-22 Council to consider ordinance #06-02-22, an ordinance for the adoption of waivers regarding the land use category of "industrial/office" with a subdistrict overlay of "secondary corridor" for approximately 45 acres southwest of the intersection of 146th street and Olio Road (Joyceann Yelton, Attorney Russell I. Brown).

#07-02-22 Council to consider ordinance #07-02-22, an ordinance

for a change of land use and subdistrict category from "commercial" and "secondary corridor" to "single-family" land use with a subdistrict overlay of "mixed residential", all a part of the corporate campus planned development district containing 31 acres adjacent to the northwest intersection of Greenfield Avenue and Boden Road (Joyceann Yelton, Attorney Steve Hardin).

#08-02-22 Council to consider ordinance #08-02-22, an ordinance for the adoption of a preliminary development plan including waivers and stipulations for a "single-family" land use with a subdistrict overlay of "mixed residential", all a part of the corporate campus planned development district containing 31 acres adjacent to the northwest intersection of Greenfield Avenue and Boden Road (Joyceann Yelton, Attorney Steve Hardin)

New ordinances for discussion

#04-02-22 Council to consider ordinance #04-02-22, an ordinance for a change of land use and subdistrict categories from "office" and "146th street corridor" to "single-family" land use with a subdistrict overlay of "mixed residential", all a part of the corporate campus planned development district for approximately 21 acres adjacent to the northeast intersection of Campus Parkway and Marilyn Road (Kevin Martin, Attorney Jim Shinaver)

#05-02-22 council to consider ordinance #05-02-22, an ordinance for the adoption of a preliminary development plan including waivers and stipulations for a "single-family" land use with a subdistrict overlay of "mixed residential", all a part of the corporate campus planned development district consisting of 21 acres to be known as "Marea planned development," adjacent to the northeast intersection of Campus Parkway and Marilyn Road (Kevin Martin, Attorney Jim Shinaver)

Miscellaneous

1. Council to consider resolution rc-3-22a, a resolution amending resolution rc-3-22, regarding property disposal pursuant to Indiana Code §36-1-11-8 (Lindsey Bennett).

2. Council to consider memorandum of understanding between the city of Noblesville, Hamilton County, and Noblesville Bridge of Flowers, Inc. (Matt Light).

3. Council to consider resolution rc-7-22, a resolution authorizing and approving acquisition of real estate (Andrew Murray)

4. Council to receive the annual report of expired warrants pursuant To IC 5-11-10.5 for the fiscal year ending December 31, 2021 (Heather Trexler)

5. Council to consider acceptance of conflict of interest disclosure (Greg O'Connor)

Council comments
Adjournment

Meeting Notes

Board of Public Works and Safety

Tue., Feb. 22, 2022 – 9 a.m.

City Hall
Council Chamber
Call meeting to order
Pledge of allegiance
Petitions or comments by citizens who are present
Approval of agenda
Bid opening: Indiana Transportation Museum site remediation
Consent agenda
For approval

1. Approval of minutes:
Feb. 8, 2022

2. Board to consider secondary plat for Deer Creek Elementary School (Joyceann Yelton).

3. Board to consider replat of Lots 51, 52, and 53 in Morse Overlook, SEction 3 (Denise Aschleman).

4. Board to consider acceptance of secondary plat; performance bonds for right-of-way accel/decel lanes, common area trees, common area sidewalks, BMP gray, asphalt path, storm sewer, subsurface drains, monumentation, signs, sanitary sewer, curbs, and HMA surface; and maintenance bond for subgrade, stone, HMA base, and HMA intermediate for millers walk, section 2 (LOCP-001794-2019) (Jayme Thompson).

5. Board to consider acceptance of secondary plat; performance bonds for storm pipe structure 590-566, surface, common area sidewalk, signs, monumentation; and maintenance bonds for curbs, sanitary

sewer, storm sewer, stone, HMA base, and HMA intermediate for Merion, Section 4 (Jayme Thompson).

6. Board to consider acceptance of warranty deed for Pleasant Street Phase 1 project (EN-231-13) (Sacha Lingerfeldt).
Contracts/purchases under \$50,000

7. Agreement with Firecatt for annual testing of fire hoses (Assistant Chief Adam Biddle).

8. Amendment No. 1 to T2 systems Inc. agreement (Chad Knecht).

9. Agreement with Davies Claims Solutions, LLC to provide third party administrator services for the city's property and casualty self-insurance program (Jeffrey Spalding).

10. Agreement with A.E. Boyce Co., Inc. For city to license with Keystone Accounting software (Jeffrey Spalding).

11. Agreement with Sondhi Solutions for salesforce implementation (Chuck Haberman).

12. Agreement with Security Engineers, Inc. For security services at ivy tech Recreation Annex (Brandon Bennett).

13. Agreement with Durango Tile for flooring replacement at Forest Park Inn (Brandon Bennett).

New items for discussion

1. Board to consider special purchase of a Lenco Bearcat G3 (Chief John Mann).

2. Board to consider memorandum of understanding with Noblesville Schools for fuel purchasing (Deputy Chief Chris Gellinger).

3. Board to consider temporary restriction of North Alley for placement of a dump trailer (Aaron Head).

4. Board to consider approval of a façade improvement grant for 161 Lakeview Drive (Aaron Head).

5. Board to consider change order no. 1 with NR Lee for City Hall roof restoration project (David Dale).

6. Board to consider change order no. 1 with technical assurance for City Hall roof restoration project (David Dale).

7. Board to consider professional services agreement with American Structurepoint for on-call engineering support services (EN-353-01) (Jim Hellmann).

8. Board to consider supplemental professional services agreement with American Structurepoint for Pleasant Street project (EN-231-11) (Jim Hellmann).

9. Board to consider temporary closure of Boden Road for storm sewer installation (Andrew Rodewald).

10. Board to consider professional services agreement with Beam Longest & Neff, LLC (EN-231-14) (Andrew Rodewald).

11. Board to consider award of 2022 structure demolition contract (EN-345-01) (Andrew Rodewald)

12. Board to consider award of Indiana Transportation Museum site remediation contract (EN-322-09) (Tim Stottlemeyer).
Adjournment



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TUESDAY

In The Kitchen

Tuesday, Feb. 22, 2022

A7

Made with Love

Set the table for romance with a delicious date night at home

FAMILY FEATURES

Planning a delicious, romantic date night doesn't have to take you any further than your own kitchen. You don't have to be an accomplished chef to set the table for romance, but you can take inspiration from simple, quality Italian dishes to celebrate the link between food and love.

As these recipes show, a romantic meal can be ready in minutes or, like a great love story, simmered to perfection. To plan the ultimate date night at home, start by choosing one of these dreamy main dishes made with mouthwatering sauces.

Flavorful sauces make a great Italian meal, but the sauce doesn't need to be made from scratch (at least, not completely). For example, Bertolli d'Italia sauces are made in Italy for authentically delicious flavor. They are crafted with tomatoes vine-ripened under the Italian sun, finely aged Italian cheeses, fresh cream and Mediterranean olive oil. The result is a sauce that's perfect for your date-night meal.

Once you select your main course, prepare a simple salad of greens with a drizzle of Italian vinaigrette or Caesar dressing. Pop a loaf of bakery-fresh Italian or focaccia bread into the oven to warm through and serve with butter or olive oil for dipping. If you're so inclined, cap off the meal with a classic Italian dessert from your local bakery, like tiramisu, cannoli or a creamy panna cotta topped with fresh fruit.

Find more romantic dishes perfect for sharing at Bertolli.com.

Italian Sausage Spinach and Tomato Rigatoni

Prep time: 10 minutes
Cook time: 20 minutes

- Water
- 1/2 box rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces sweet Italian sausage
- 1 jar Bertolli d'Italia Marinara Sauce
- 2 cups fresh baby spinach
- salt, to taste
- pepper, to taste
- Parmesan cheese, for garnish

Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.



Italian Sausage Spinach and Tomato Rigatoni



Red Wine Braised Beef Short Rib Ragu

Red Wine Braised Beef Short Rib Ragu

Prep time: 25 minutes
Cook time: 3 hours

- 2 tablespoons olive oil
- 4 pounds bone-in beef short ribs
- salt, to taste
- ground black pepper, to taste
- 1 stalk celery, chopped
- 1 large carrot, peeled and finely diced
- 1 small onion, chopped
- 8 cloves garlic, finely chopped
- 4 tablespoons tomato paste
- 1 cup red wine
- 4 sprigs fresh rosemary
- 2 sprigs fresh sage leaves, chopped
- 8 sprigs fresh thyme
- bay leaves
- 1 jar Bertolli d'Italia Marinara Sauce
- 2 cups beef bone broth
- water
- 24 ounces pappardelle pasta or preferred pasta
- freshly grated Parmesan cheese, for garnish

Heat oven to 350 F.

In 5-quart Dutch oven, heat olive oil over medium heat. Season short ribs with salt and ground black pepper, to taste. Place one layer of short ribs in pot. Set remaining ribs aside.

Cook ribs 3-4 minutes per side until browned. Transfer to plate and set aside. Repeat with remaining short ribs.

Add celery, carrots and onion to pot used to brown ribs. Stir and cook until vegetables are browned, about 15 minutes.

Add garlic and stir 1-2 minutes. Add tomato paste. Cook 2-3 minutes.

Carefully pour red wine into pot. Stir and scrape any browned bits from bottom of pot. Cook 3-4 minutes until wine is almost completely absorbed into vegetables.

Add rosemary, sage, thyme and bay leaves to pot. Add sauce, bone broth and browned ribs. Cover pot and place in oven 2 1/2-3 hours, or until ribs are fall-apart tender.

Remove pot from oven. Transfer ribs to plate or cutting board. Remove and discard herb stems and bay leaves. Remove bones from ribs then shred meat into bite-sized pieces using two forks or tongs. Return shredded ribs to pot with ragu. Stir to combine. Set aside.

Bring large stockpot of water to boil. Boil pappardelle pasta until al dente. Add drained pasta to pot with beef ragu and toss until combined.

Garnish with freshly grated Parmesan cheese.

Creamy Italian Garlic Chicken Pasta

Prep time: 10 minutes
Cook time: 20 minutes

- 2 tablespoons olive oil
- 2 large chicken breasts
- 1 teaspoon Italian seasoning
- salt, to taste
- pepper, to taste
- 4 cloves garlic, minced
- 1/4 cup onions, chopped
- 1/4 cup sun-dried tomatoes, cut into strips
- 2 tablespoons capers, drained
- 6 fresh basil leaves, sliced
- 1 jar Bertolli d'Italia Creamy Rosa Sauce
- 1/2 cup heavy cream

- water
- 1/2 box Casarecce or preferred pasta
- parsley, for garnish
- Parmesan cheese, for garnish

In saute pan over medium heat, add olive oil. Season chicken with Italian seasoning and salt and pepper to taste. Sear chicken breasts on both sides until browned. Remove from pan and set aside.

Add garlic and onions to hot pan. Cook until starting to brown. Add sun-dried tomatoes, capers and basil; stir. Add sauce and heavy cream; cook until mixture starts boiling.

Bring large stockpot of water to boil. Boil Casarecce pasta until al dente. Divide pasta between two plates. Place one chicken breast over pasta on each plate and top with additional sauce, parsley and Parmesan cheese.



Creamy Italian Garlic Chicken Pasta

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Sustainable Family Meals from Farm to Table

FAMILY FEATURES

Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein."

Consider these ways the corn industry is continuing its efforts toward sustainable practices, according to the National Corn Growers Association's Sustainability Report.

Soil Conservation

Healthy soils are the foundation of agriculture production and why corn farmers are committed to leaving land in better shape than they found it. Adoptions in conservation tillage and other soil conservation strategies have contributed to a reduction in erosion.

Water Stewardship

Farmers recognize the invaluable role water plays in raising crops each year. They also know they must actively protect this resource for the benefit of their crops, their communities and the planet.

Ecosystem Resilience

With approximately 90 million acres planted annually, corn is grown in a variety of ecosystems. Supporting the health of those ecosystems requires active attention from farmers, who respond by using integrated pest management techniques, establishing wildlife habitats on their lands and more.

Energy Efficiency

Technology that enhances farmers' productivity also help reduce the amount of energy and emissions required for corn production. Farmers provide a carbon reduction strategy through the production of ethanol and the support of the Renewable Fuel Standard, a program created by Congress intended to reduce greenhouse gas emissions and expand the nation's renewable fuels sector while reducing reliance on imported oil.

Minimal Waste

Due to corn's versatility, from animal feed to ethanol production and bio-plastics, the components of each kernel find homes in a variety of uses, leaving little to go to waste.

Find more information at ColoradoCorn.com.



Weathers Family



Photo courtesy of Getty Images

Bone-In Prime Rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee

- 1 bone-in prime rib roast (8 pounds)**
oil
5280 Culinary Rub-a-Dub seasoning, to taste
5280 Culinary Island Boys Coffee seasoning, to taste

Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes.

Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.

Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in 2-3 areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.

Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.

Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.

5 Cooking Swaps to Help Manage Cholesterol

FAMILY FEATURES

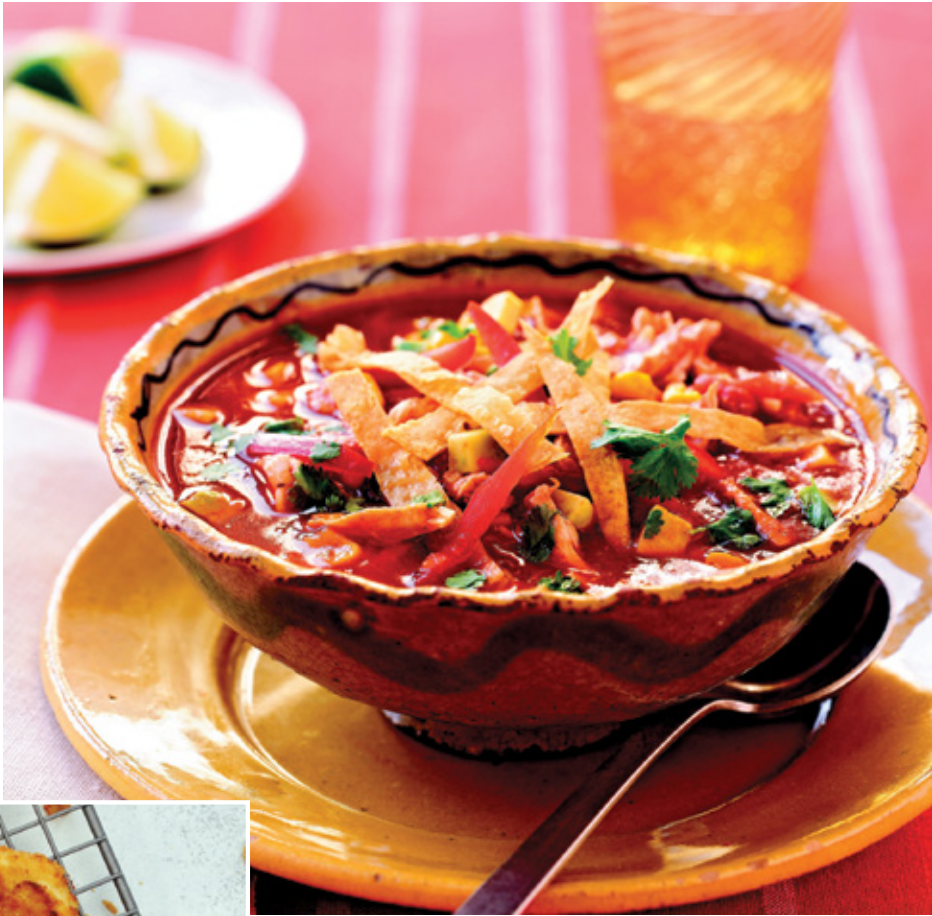
When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** – Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.
- **Eat more fish** – Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.
- **Use liquid oils in place of solid fats** – For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.
- **Lower dairy fats** – Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.
- **Increase fiber and whole grains** – Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup and Air Fryer Crispy (Un) Fried Chicken can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at heart.org/cholesterol.



Chicken Tortilla Soup

Chicken Tortilla Soup

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC. Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes**
2 cups frozen whole-kernel corn, thawed
2 cups fat-free, no-salt-added chicken broth
1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
1/4 cup finely chopped onion
1 teaspoon sugar
1 teaspoon ancho powder
2 medium garlic cloves, minced
1/4 teaspoon salt
2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
1 corn tortilla (6 inches), torn into pieces
2-4 tablespoons snipped fresh cilantro
1/4 cup finely chopped avocado
1/4 medium red bell pepper, cut into matchstick-size strips

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.



Air Fryer Crispy (Un) Fried Chicken

Air Fryer Crispy (Un) Fried Chicken

Recipe courtesy of the American Heart Association
Servings: 4

- 1/2 cup all-purpose flour**
2 tablespoons minced fresh parsley
1/2 teaspoon ground oregano
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper (optional)
1/2-1 cup low-fat buttermilk
1/2 tablespoon hot pepper sauce (optional)
1/3 cup whole-wheat panko breadcrumbs
1/3 cup shredded or grated Parmesan cheese
4 boneless, skinless chicken breasts (about 4 ounces each), visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels
nonstick cooking spray

Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk flour, parsley, oregano, pepper and cayenne.

In separate shallow dish or pie pan, whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir panko and Parmesan.

Place dishes and large plate in row. Dip chicken in flour mixture then buttermilk mixture then panko mixture, turning to coat at each step and gently shaking off excess. Using fingertips, gently press panko mixture so it adheres. Place chicken on plate. Cover and refrigerate 30 minutes.

Lightly spray chicken with nonstick cooking spray. Arrange chicken in single layer in air fryer basket, working in batches if needed. Cook 10-15 minutes, or until chicken is no longer pink in center and coating is golden brown, turning once halfway through and lightly spraying with nonstick cooking spray.

Obituary deadline

The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays.

All obituaries must come from a funeral home.

A photo may be included and should be sent as a high-resolution JPEG. Daily obituary deadline is 4 p.m. for the following day's print publication.

To read more obituaries, visit www.thetimes24-7.com.

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TUESDAY

Health and WELLNESS

Tuesday, Feb. 22, 2022

A9

Is it Alzheimer's? Here's what you should know ...

"Dad is getting awfully forgetful - could he have Alzheimer's?" That's becoming a more common question. It is becoming more likely to encounter someone with Alzheimer's dementia as the proportion of elderly in our society increases. Some forgetfulness is normal for most of us as we age but many of us carry the fear of developing Alzheimer's or another form of dementia.

The word dementia stems from the Latin root de- "apart or away" and mentis "mind." It is characterized by a progressive decline in cognitive and behavioral function due to damage or disease in the brain beyond what is expected in normal aging. Alzheimer's dementia or AD is the most common type of dementia.

Approximately 5.5 million people in the U.S. suffer from clinically significant AD. There



JOHN R. ROBERTS, M.D.
Montgomery Medicine

are many more who have mild disease (mild cognitive impairment) and remain functional. Most cases of AD are sporadic while about seven percent of cases are genetic in origin.

About 14 percent of individuals over age 65 and 40 percent of those over 80 have AD. It is estimated that by the year 2030 there will be 7.7 million Americans over age 65 with AD. The cost of caring for Americans

with AD is over \$100 billion a year and the cost of caring for a single AD patient comes close to \$200,000 over his or her lifetime.

Alzheimer's is a type of dementia resulting from specific anatomic changes in the brain. The two hallmark findings in brain tissue examined under the microscope are neurofibrillary tangles (NFT) and senile plaques (SP). Alois Alzheimer first described these abnormalities in 1907.

Although NFTs and SPs are found in AD, they can also be seen in other neurodegenerative diseases such as Chronic Traumatic Encephalopathy (CTE), the degenerative brain disorder thought to be the result of concussions in athletes like NFL football players. NFTs and SPs must be found in sufficient numbers and in a specific anatomic pattern in the brain to make

the diagnosis of AD.

Normally, nerve cells (neurons) are very organized, following specific pathways that allow them to communicate with other neurons. These connections allow us to think and act clearly. The appearance of normal nerve cells would be analogous to straight strands of hair. The nerve cells in AD look like badly tangled hair and the senile plaques that form are like mixing bubble gum in the tangles. The resulting mess of nerve cells drastically reduces the ability of the cells to communicate effectively.

The diagnosis of AD is very complex and there are numerous criteria that have to be met that are too detailed to recount here. Diagnosis usually requires the involvement of a team of medical experts. Physicians start by doing a history and physical exam along with

some basic blood work to look for other conditions that can mimic AD. These may include, among others, infections, vitamin deficiencies, depression, and thyroid disease.

The next level of testing usually involves brain-imaging tests such as a CT and/or MRI scan. A brain wave test or EEG may also be done and genetic testing may be done if there is a family history of AD. Specialized neuropsychological testing may be performed to identify exactly which parts of the brain are affected.

The earliest finding in AD is that of slowly progressive memory loss. Forgetfulness is what causes most people to worry they may be developing AD. Occasionally forgetting things like where you placed your keys or why you came into a room is usually not a cause for concern. It's more worrisome when

memory problems start to consistently disrupt daily functioning. There is a list of ten warning signs found on the Alzheimer's Association website at bit.ly/3ajnKKV. This site also contains a wealth of information about the disease.

The underlying cause of AD has been very elusive. Recent research is shedding light on the biochemical pathways leading to AD. This is providing scientists with targets for drug therapy to prevent the disease instead of just trying to slow the progression with currently available medications. Hopefully Alzheimer's will be soon be a treatable or preventable disease.

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.

How To Choose Quality Vitamins And Supplements

(Family Features) More than half of Americans take an over-the-counter vitamin or dietary supplement, but many may not realize that the quality of these products can vary greatly. Because supplements are not regulated by the Food and Drug Administration like other medicines, not all are quality products. When choosing a vitamin or other supplement, checking for independent verification can help ensure quality.

A recent study in the "Journal of Clinical Sleep Medicine" found that the amount of actual melatonin in 71% of supplements is off by a 10% margin, meaning that labels of many melatonin substances

do not accurately reflect how much melatonin is in the pill. The study also found the amount of melatonin within pills in a single jar can vary by 465%. This incident illustrates the value of verification, which confirms what is on the label is what is in the bottle.

Measures of Quality
The following are some of the characteristics to consider when evaluating the quality of a dietary supplement:

- **Positive Identification:** There are products on the market that do not contain the ingredients indicated on the label. Tests by an independent third party can confirm that what is on the label is in the bottle.

- **Potency:** It is crucial that ingredients are present in the right amount. Too little may have no effect on your health, while too much may be harmful.

- **Purity:** Unwanted ingredients can have a negative effect on health. Examples may include heavy metals, mold or mildew, and chemicals from pesticides.

- **Performance:** A pill or tablet must properly dissolve, or else ingredients cannot be absorbed by the body. In that case, it is more likely to pass through your system without any effect on your health.

Another example is saw palmetto extract, a supplement commonly used to support prostate

health and help to reduce frequent urination. Studies indicate that not all saw palmetto products are the same. Differences in purity, potency and quality among the various available saw palmetto products are thought to affect the usefulness of these supplements.

"As with any supplement, a consumer should look for the most reliable option," said Ed Wyszumiala, head of the Dietary Supplement Verification Program at U.S. Pharmacopeia (USP). "Only consistent and quality saw palmetto extracts have been shown to be effective based on clinical research. Therefore, consumers seeking

a quality dietary supplement can feel confident choosing products with third-party verification, such as Flomument, the only saw palmetto extract supplement that has been independently verified by USP."

How to Make Supplements Part of a Healthy Daily Routine

Following a few simple guidelines can make it easy to include supplements as part of your daily routine.

1. Talk with your doctor or pharmacist before taking any supplements, as they may interact with your prescription medications.

2. Do your homework on the manufacturer to make sure it is a reputa-

ble company that adheres to good manufacturing practices and does not appear to be the subject of frequent consumer complaints.

3. Avoid companies making questionable claims about curing diseases and do your research on the science behind the products.

4. Carefully follow the directions on the labels, so you take the supplement exactly as intended.

Tests by an independent third party can confirm that what is on the label is in the bottle. Learn more about quality supplements and check whether your products are USP Verified at Quality-Supplements.org/Verified-Products.

Take Charge Of The Risk Factors Impacting Heart Health

(Family Features) Cholesterol - a waxy substance created by the liver or consumed from meat, poultry and dairy products - isn't inherently "bad" for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much "bad" LDL cholesterol, or not enough "good" HDL cholesterol, can pose problems.

High cholesterol is one of the major controllable risk factors for heart disease and stroke. Because it typically has no symptoms, you may not know you have high cholesterol until it's causing problems.

Knowing key health numbers like blood sugar, blood pressure and cholesterol, and working

closely with your doctor to manage them, are keys to preventing heart disease and stroke.

Those who have already experienced a heart attack or stroke or have family history of cardiovascular disease, chronic inflammatory disease or kidney disease may need to have their cholesterol and other risk factors checked more often and may need medication to manage their conditions to prevent another event. According to the American Heart Association, as many as 1 in 4 survivors will have another heart attack or stroke.

Along with taking medication as prescribed, some lifestyle habits can help manage your risk and help you live a longer,

healthier life like watching what you eat, getting more exercise and managing stress.

Make Healthy Menu Choices

A healthy eating plan is a well-rounded diet with plenty of fruits and vegetables (at least 4-5 servings each day). In fact, researchers at the University of Columbia found each daily serving of fruits or vegetables was associated with a 4% lower risk of coronary heart disease and a 5% lower risk of stroke.

Other smart choices for your menu include nuts and seeds, whole grains, lean proteins and fish. Limit sweets, sugar-sweetened beverages, saturated fat, trans fat, sodium and fatty or processed meats. **Get Moving**

You likely know exercise is good for you, but an Oxford University study revealed simply swapping 30 minutes of sitting with low-intensity physical activity can reduce your risk of death by 17%. Mortality aside, in its Physical Activity Guidelines for Americans, the U.S. Department of Health and Human Services noted physical activity offers numerous benefits to improve health, including a lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.

The greatest impacts come from getting the recommended amount of activity: at least 150 minutes of moderate activity,

75 minutes of vigorous activity or a combination of those activities per week. Be sure to discuss with your doctor which activities may be best for you.

Reduce Stress

Constant or chronic stress can have real consequences on both emotional and physical health. In fact, research shows chronic stressors like long work hours, financial stress and work-life conflict may be as risky for health as secondhand smoke, according to a report by the Behavior Science and Policy Association.

Aside from the toll on your body - including elevated risk for heart disease and stroke from high blood pressure, depression

or anxiety - stress can lead to unhealthy habits like overeating, physical inactivity and smoking.

Exercise is an effective way to keep your body healthy and release stress. You might also consider incorporating meditation and mindfulness practices into your day to allow yourself a few minutes to distance yourself from daily stress.

Research compiled by the American Heart Association suggests meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.

Learn more about managing your cholesterol and habits to protect your heart health at heart.org/cholesterol.



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Rokita Assists Hoosiers Victimized By Hackers Following Donations To Canadian Truckers



Attorney General Todd Rokita

Attorney General Todd Rokita is helping protect Hoosiers impacted by hackers who infiltrated a crowdfunding website that was facilitating donations to the Freedom Convoy. Hackers broke into the GiveSendGo website earlier this month and obtained records of online donations to the Freedom Convoy — a group of truckers and other pro-liberty individuals protesting COVID-19 vaccine mandates and other restrictions. The demonstrators have rallied at several U.S.-Canada border crossings and elsewhere.

A database containing donors’ names, zip codes and emails became publicly available as a result of the hack.

“Our data privacy team sprang into action and identified Hoosier victims,” Attorney General Rokita said. “We are emailing them to put them on notice and advise them on steps they should take at this juncture to protect themselves — and we are standing ready to assist them further however we can.”

Of approximately 92,000 donors, Attorney

General Rokita’s team has identified 519 Indiana residents who donated a total of \$27,524.

Most demonstrators affiliated with the Freedom Convoy have simply participated in the time-honored tradition of peaceful protest, Attorney General Rokita said.

“The hackers’ primary objective is to squelch free speech through their harassment and intimidation of the protesters,” Attorney General Rokita said. “But Hoosiers will not be silenced from speaking out in defense of their liberties, whether

through direct participation in rallies or through contributing resources to fellow patriots staging the demonstrations.”

Attorney General Rokita’s team continues to investigate this breach and the subsequent use of the data. A Canadian hacker has claimed responsibility for this incident.

Anyone who believes their personal information has been compromised — through any type of breach or scam — should file a complaint at indianaconsumer.com or call Attorney General Rokita at 1-800-382-5516.

HHSC From Page A1



Photo courtesy of Jen Kauffman

Hamilton Heights’ cast and crew of Charlie and the Chocolate Factory are ready to entertain audiences for three straight nights, Fri., Feb. 25 @ 7 p.m., Sat., Feb. 26 @ 7 p.m., and Sun., Feb. 27 @ 2:30 p.m.

and middle school students will offer up delicious fun and antics at Willy Wonka's Chocolate Factory for three special performances on Friday, Saturday, and Sunday, February 25, 26, and 27. Tickets are \$5 and available online at <https://www.hhschuskies.org>

beginning Friday, February 18. Tickets can also be purchased at the door. All proceeds benefit the High School Drama Department. Hamilton Heights High School is located at 25802 State Road 19 in Arcadia.

Meet the **CAST**:

Wonka.....James Jones
Narrators.....Tessa Hartwick, Brinley Flaherty, Leah Vanderwall, Annabeth Naylor
Augustus Gloop.....Anna Kauffman
Mrs. Gloop.....Amber Lane
Veruca Salt.....Victoria Chambers
Mrs. Salt.....Jacob Hartman
Mr. Salt.....Elianna Watson
Violet Beauregarde.....Hannah Beechler
Mrs. Beauregarde.....Kenna Potts
Mike Teavee.....Luke Steffen
Mrs. Teavee.....Caroline Stone
Mr. Teavee.....Casper Wanczyk
Charlie Bucket.....Tanner Orton
Grandpa Joe.....Ben Wolfgang
Mrs. Bucket.....Isabella Koss
Mr. Bucket.....Lu Hubbell
Grandma Josephine.....Abbie Lennis
Grandma Georgina.....Jessa Steffen
Grandpa George.....Ash Hall
Oompa Loompas: Morgan Beatty, Chloe Westerfield, Lillie Hooper, Sierra Force, Adeline Allen, Bonnie Brock, Kylie Hilton, Kiera Rinas, Colten Richards, Sam Vanhook, Seth Vanhook, Anna Monnin, Adelynn Culp, Gabriella Kauffman, Stella Hartwick

Meet the **CREW**:

Stage Manager.....Mataya Watson
Asst. Stage Manager.....Jules Stewart
Sound.....Andrea Ward
Lights.....Shamar Stapleton
Choreographers....Victoria Chambers, Anna Beth Naylor, Tessa Hartwick
Backstage Crew..... Sarah Stapleton, Joseph Morris, Edward Morris. Mayson Leonard, Owen Martin

MARLOWE From Page A1

used, and makes any repairs himself. The last piece of new equipment he purchased was a 1990 Holland haybine, and the only reason he bought that new was because it was the only model that fit the power takeoff of his forty-year-old 1979 John Deere 4440.

In this age of high-tech agribusiness, the most sophisticated piece of technology he owns is his smart phone. He owned a flip phone until 2019, when his wife made him upgrade, because the hinges on the phone broke off, causing him to “pocket dial” her accidentally throughout the day.

He goes to church every Sunday.

He is generous with his treasure. I personally have seen him seek out a local landlord in order to pay — anonymously, of course — the back rent for a single mother of two. He had heard she was having trouble paying her rent, running the risk of eviction. Heck, he even loaned me a sizable chunk of money long ago, of which I’m making payments — once a decade or so. He never says a word about it

when I see him.

He does let a curse word fly every once in awhile, when he cracks his knuckles on something he’s working on, but even then it seems appropriate for the occasion. The last time he blurted one out in public, his 96-year-old mother, who still lives with the Farmers, sent him to bed without supper.

By all accounts, he is the salt of the earth he farms ... and the IRS hates him.

Seven months ago, out of the blue, he received a letter from the IRS, demanding that he pay \$23,129, because — they claimed — he failed to pay his taxes in 2019. He had ten days to make good ... or else.

Now, you have to understand that the last time Mr. Farmer was so much as late with a tax payment was when President Nixon resigned office in 1974. Mr. Farmer believed there was a good chance that the government might not even exist by the time his check got there.

Sure enough, a quick examination of his personal records, revealed that all was paid. He even had the canceled checks, en-

dorsed by the IRS proving receipt. Problem solved, he thought.

He called the toll free IRS number listed on the demand notice for appeals and disputes, and the automated phone system explained that “because of significant staffing shortages” his call would be answered in **FOUR HOURS!**

Well, since \$23,129 divided by four hours is still a considerably large sum of money, Mr. Farmer stuck it out. He was assigned a case number and a case manager — Mrs. Sims — beginning a relationship outlasting many marriages.

Mrs. Sims, evidently unaware that some people do pay their taxes on time, had difficulty understanding Mr. Farmer’s complaint. Finally, Mrs. Sims grasped the issue.

“Yes, now I do see that you made the payment, Mr. Farmer,” she assured him. “I will take care of that here. We are always here to help you.”

Two weeks later, Mr. Farmer received notice in the mailbox that if he didn’t pay \$23,129 in ten days the IRS has the

authority to remove the amount from his bank account without announcement or further indication.

For Mr. Farmer, few things are more immoral than touching another man’s money. He was quickly on the phone, enduring another four hour wait to talk to Mrs. Sims.

“Don’t forget, we are always here to help you,” she said. This time she directed Mr. Farmer to send copies of the canceled checks to an IRS address, and that would solve the issue for good.

Two weeks later, Mr. Farmer received notice that his account was paid. However, the letter explained, he was still responsible for the \$5,344 he owed in interest and penalties — on taxes he didn’t owe!

Mr. Farmer was furious, and was on the horn again to Mrs. Sims. This time the wait was seven hours, but if he liked, he could call when the IRS opened in the morning at 7:30 AM.

At 7:33 AM Mr. Farmer called, and the automated phone system explained that there were only

multitude of lymphoma types.

Non-Hodgkin lymphomas account for about 4% of all cancers and we expect to see about 80,500 cases in 2022. These lymphomas are about one and a half times more likely in men than women. NHL caused about 20,000 deaths last year. It is more common in Caucasians, and is usually diagnosed after age 50. The five-year survival of patients with NHL is about 73%.

Interestingly, specific types of NHL are more common in certain geographic areas around the world. A person’s lifetime risk of developing NHL currently is a little over 2%. However, the risk has been increasing about 3% a year over the last 40 years. This rise is likely due to improvements in diagnostic testing and new classification systems that include people who were previously felt to have benign disease. Our aging population, use of immunosuppressive drugs, transplant medicine and HIV infections have also been implicated in the increasing number of cases.

Most NHL is caused by the physical rearrangement of various parts of our chromosomes that contain our DNA. Certain occupations carry an increased risk of developing NHL. These include farming, pesticide application, flour milling, meat processing, painting, and those who work with rubber, plastics and other synthetics. Exposure to herbicides, solvents, petroleum prod-

ucts and organic chemicals like benzene & carbon tetrachloride (dry cleaning fluid) also increase one’s risk.

Symptoms of NHL can be highly variable. The most concerning, and those that often carry a poorer prognosis, include fevers, drenching night sweats, and weight loss. These are all termed “B symptoms.” Swollen lymph nodes (including the liver and spleen) are another ominous sign. Some people present with shortness of breath, chest pain, cough, and abdominal or bone pain.

The diagnosis of NHL usually involves blood tests, various radiologic imaging procedures (X-rays, CT scans, MRI, PET scans) and biopsies of suspicious lesions. It may also include examination of the bone marrow. Diagnosis and classification involves a lot of testing to identify the genetic signature to nail down the specific type of NHL. This makes NHL one of the leading examples of how genetic testing is being used in modern day cancer treatment. This is the future of medicine – determining the genetic makeup of cancer cells to try and determine what chemotherapy or biologic treatments will offer the best chance at remission or cure.

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356,345 callers ahead of him in the phone queue!

Two hours later, Mrs. Sims — who Mr. Farmer describes in his notes documenting his calls as “stupid, with a willingness to help” — confirmed that the canceled checks were indeed received and in the system. She assured Mr. Farmer that she would personally transfer monies manually, thereby crediting his account properly.

“We are always here to help you,” she echoed.

Two weeks later, Mr. Farmer received another IRS notice in the mail. This time the letter demanded that he pay \$32,493, because he failed to pay his 2020 taxes! Somehow, Mr. Farmer figures, in discharging his

2019 taxes, the IRS transferred monies assigned to his 2020 taxes.

Wednesday, Mr. Farmer called the Taxpayer Advocate Service. The independent unit of the IRS was established by Congress in 1979 to advocate for taxpayers who run afoul of the IRS bureaucracy. Mr. Farmer didn’t like playing tough, but this was getting ridiculous.

After waiting two hours on the phone, a familiar voice came on the line. “This is Mrs. Sims. I’m away from my desk, and won’t be back until Monday. We are always here to help you.”

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

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