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TODAY'S VERSE

Luke 10:19 I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.



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

What makes Bridget Arnold smile? “I’m on the speech and debate team. I have a lot of friends on there who really bring me a lot of joy. They’re kind of goofy and they kind of have their inside jokes,” said the then 18-year-old team captain, a then Westfield 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 daughter of Kyle and Twyla Arnold and has two younger siblings, Alex and Susanna. Why serve? “I went to St. Maria Goretti for elementary school, and we were always required every year, as part of our religion grade, to have a certain number of service hours.... So I think that really gave me this mindset that I needed to be out helping the community, helping out, being involved civically. I think that’s where I got this drive to help and be involved.” In high school, she helped with the church’s food drives, was a face painter at the church’s annual Italian Festival and volunteered monthly as soundboard technician. She played soccer all four years of high school, earning two mental attitude awards. She played tennis, played basketball her freshman year, and played volleyball and was in swimming and basketball in middle school. She was WHS athletic department sports announcer for two years. She is a former 4-H’er of nine years who volunteered at the 4-H Fair Junior Leader food booth, she earned grand champion of Poultry Showmanship her eighth-grade year, and was the Indiana State Fair Public Speaking Contest and Trip winner in 2017. She is a two-year champion of Rotary Club Public Speaking Contest. She is Girls Rock STEAM project director and volunteers with WHS Kiddie Camp soccer and basketball. She had the honor to attend American Legion Auxiliary’s Hoosier Girls State. What else? “I really like to read, and I really like to write. I’ve been keeping a journal since I was a second-grader. I’ve kept blogs of our last couple of vacations.” This year’s Horseshoe Prairie Chapter DAR Good Citizen of the Year awards tea is April 24 in Noblesville.

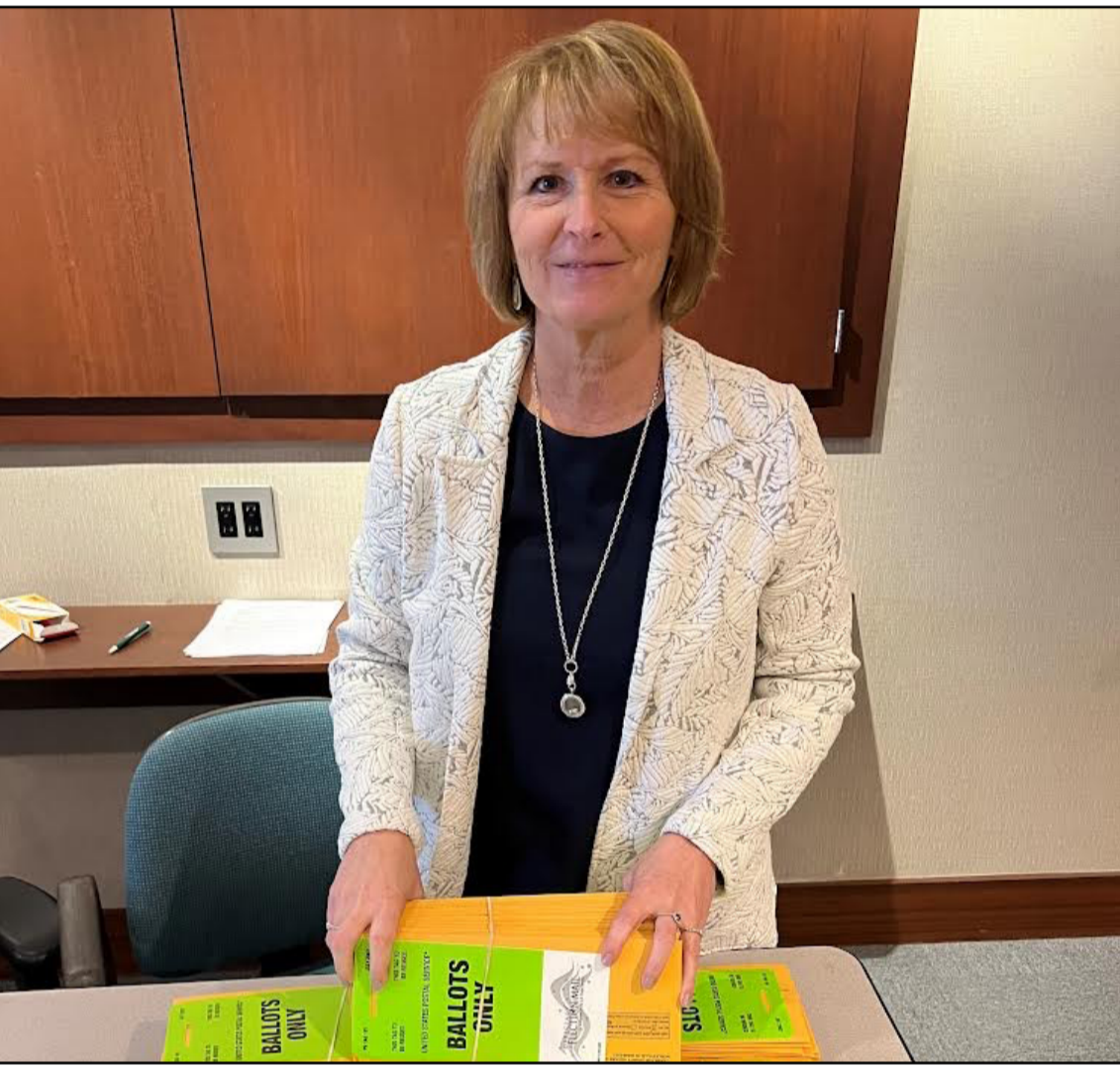
And Another Thing...
The Indianapolis International Airport (IND) has been named the Best Airport in North America by ASQ. This is the tenth year in a row – a big deal in itself – but even more incredible that we’ve continued to maintain this award-winning status through the challenges of the pandemic.
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Hamilton County Election Administrator Beth Sheller prepares the first batch of primary absentee ballots to mail out on Monday.

Absentee Ballots Go Out, Plus Interesting Tidbits about This Year’s May 3 Primary



BETSY REASON
The Times Editor

As Hamilton County Election Office on Monday mailed out the first batch of primary election absentee ballots for the May 3 Primary, candidates across the county are preparing for their respective races. I share some interesting tidbits about this year’s Primary.
It’s the first time for a race since new district lines have been drawn due to congressional redistricting.
World-renown attorney Greg Garrison, 74, Fishers, who gained national attention in 1992 as special prosecutor in the rape

case of boxer Mike Tyson and who also served as CBS News legal analyst, is running against incumbent Lee Buckingham for Hamilton County Prosecutor. Buckingham has been in office since 2011. The position in 2021 paid an annual salary of \$157,393.75 from the State of Indiana plus a \$5,000 stipend from Hamilton County, according to Gateway Indiana, an open door into local government finance.
Hamilton County Council
➔ See BETSY Page A7

It’s In The Double-Bag



JOHN O. MARLOWE
The Good Sport

“Why are you double-bagging all of your groceries,” she asks without saying hello.
“Excuse me?”
“You don’t need two plastic bags every time,” she instructs. “You’re wasting our bags!”
Busted! I openly acknowledge that I nearly always use two bags to secure my groceries, even when the weight of the contents doesn’t require double-bagging. I also acknowledge that on occasions in the past, I’ve worn a belt with suspenders.
It’s true. I do feel entitled to two bags when probably I shouldn’t.
I nearly always bring one or two shopping carts in from the parking lot, just to help out, and to ensure that I have one for

Lions Helping Out Around Community

The Noblesville Lions, long known for the generosity they have with their time and help, have been out in force these past few weekends, helping out around the community. Here’s a brief roundup of how they’ve been serving Noblesville and Hamilton county residents.
On Saturday, March 5th, the Noblesville Lions assisted Gleaners with passing out food to the needy. On the 14th, they were at Hamilton Heights High School helping in a similar fashion.
On March 9th, the Noblesville Lions hosted speakers asking for Lion help. Ron Bingham, of the Washington Township Lions Club sponsors the State Fair Corn Stand every year. This

So, I am at Walmart scanning and bagging almost \$200 worth of groceries, when the employee that “monitors” the self-service checkout lanes leaves her station, and walks over to me.

➔ See MARLOWE Page A7

➔ See LIONS Page A7

INSIDE TODAY

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HONEST HOOSIER
Three years ago today 51 people were gunned down at the Christchurch Mosque. When does all this end?

TODAY'S QUOTE
“If you’re lucky enough to be Irish, you’re lucky enough.”
- Old Irish saying

OBITUARIES
Robert Lee Anderson
Madonna L. Colip
Richard Greeson

TODAY'S HEALTH TIP
One or two sugary drinks a day can increase your risk of developing diabetes by 25 percent. Today’s health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.the-times24-7.com.

TODAY'S JOKE
In honor of St. Paddy, we’ll share some jokes for a bit that’ll have you Dublin over with laughter! What do you call a Leprechaun who’s a felon? A Lepre-Con!



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

13 WTHR 7 DAY FORECAST

62 MAINLY SUNNY, MILD	43/64 SPRINKLES EARLY	43/69 WARMING UP	47/71 BRIGHT AND BALMY	50/59 WET AND BREEZY	36/52 A.M. SHOWERS, P.M. SUN	37/60 MOSTLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN



Sunrise/Sunset
RISE: 7:55 a.m.
SET: 7:50 p.m.

High/Low Temperatures
High: 64 °F
Low: 43 °F



Wacky Holiday Today
• National Peanut Lovers Day
• Ides of March
• World Social Work Day



What Happened On This Day
• 1985 The world’s first internet domain name is registered
• 1972 Francis Ford Coppola’s The Godfather is premiered
• 1895 Enrico Caruso makes his stage debut



Births On This Day
• 1975 Eva Longoria American actress, producer
• 1979 Kevin Youkilis American baseball player

Deaths On This Day
• 1937 H. P. Lovecraft American writer
• 2001 Ann Sothern American actress

The Times SERVICE DIRECTORY

AUTOMOTIVE



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Letters

Remembering the Value and Importance of Women

Dear Editor,
In 1981 Senator Orrin Hatch (R-Utah) and Representative Barbara Mikulski (D-MD) co-sponsored the first joint Congressional Resolution proclaiming a Women's History Week. In 1987 Congress passed Pub. L. 100-9 designating the month of March as Women's History Month.

Why is it important to shine a light on the need for equal rights and recognition for women? For many years the rights of women have not been recognized equally and in this country women have been able to vote in elections for only one hundred years. The suffragists who fought long and hard to obtain that vote deserve to be an important part of history which is taught and remembered by all citizens. (Did you know – the Wyoming Territory was the first to grant women the vote!)

Women's History Month celebrates women trailblazers, legislators, leaders, and all who have contributed to making the United States a place for all young girls to strive to achieve whatever goals they set for themselves. The National Society Daughters of the American Revolution honors not only those who have descended from the patriots of the American Revolutionary War, but all women who remain

committed to the freedoms of our democracy and equal rights for all. In particular this month I remember and honor my GGG grandmother, a Cherokee woman called "Belle Ann" who gave up her two daughters for adoption when she and many families were forced to leave their homeland of North Carolina on the "Trail of Tears" – walking west for 800 miles and enduring extreme weather, disease and starvation and eventually costing thousands of lives. I don't know what ultimately became of Belle Ann, but I know that her commitment to her daughters to give them up for adoption to a white couple ensured my ability to be here today. Thank you, Belle Ann for your sacrifice; you are a wonderful example of a mother and a leader.

Happy Women's History Month!
The National Society Daughters of the American Revolution is a nonprofit, nonpolitical women's service organization dedicated to preserving the memory and spirit of the men and women who achieved American independence.

Sharon McMahan
Noblesville
Past Regent, Historian
Chair, American Indians
Committee
Horseshoe Prairie
Chapter, NSDAR

Letters

Give Them What They Need

Dear Editor,
Ukraine has done a great job of defending itself with the small arms that have been furnished to it. It needs other arms. It needed other arms at the beginning of the war.

It needs Surface to Air (SAR) missiles and Surface to Surface (SAS) missiles with battlefield radar computers to calculate point-of-origin targeting. It needs the Mig fighters offered by Poland. With these weapons, the Ukrainians practically can create a "no-fly zone" by themselves.

It would help if NATO nations actually thought of their own self interests. A fully loaded Russian Mig

could turn quickly and attack a NATO country that borders Ukraine deliberately or accidentally. There needs to be a buffer zone. NATO should declare a "no-fly zone" over much of Ukraine. If a Russian jet enters an area of a few hundred miles from the border of a NATO country, NATO should warn the Russian pilot to leave the "no-fly zone" or be targeted as a threat to a NATO country. This self-interest protective policy would benefit Ukraine and NATO countries in too many ways to describe in this message.

Woodrow Wilcox
Dyer, Indiana

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April 30, 2022 (16-18)

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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.



JOHN R. ROBERTS, M.D.
Hamilton Health

Snoring can certainly be annoying, but it doesn't always indicate a serious medical problem. However, sometimes snoring can be due to sleep apnea, a condition that can lead to significant medical issues.

Sleep apnea is a condition where people have pauses in their breathing while sleeping. Most people have pauses to some degree, but people with sleep apnea have much longer pauses, sometimes lasting up to 30 seconds. These long pauses cause the level of oxygen in the blood to drop and carbon dioxide to rise. These changes can be very hard on the body, especially the heart and lungs. It can also lead to high blood pressure.

There are two main types of sleep apnea – central and obstructive. Central sleep apnea is a problem with how the

Stop The Snoring!

brainstem sends signals to the breathing muscles. This is a less common cause of sleep apnea in adults; obstructive sleep apnea (OSA) is seen much more often.

Obstructive sleep apnea is caused by any type of obstruction to the flow of air in and out of the lungs. This usually occurs in the back of the throat when excess or loose tissue collapses into the throat when the throat muscles relax during sleep. This is why OSA is much more common in overweight individuals who can have a lot of floppy tissue in the back of their throats.

When I see people in my office who feel they may have OSA, it is usually at the request of a spouse or significant other who is either being awakened by snoring or who has actually seen the patient stop breathing during sleep. They often describe a cycle of snoring respirations, followed by long pauses, then gasping for air. The snoring results from vibrations of the tissue in the back of the throat, quite similar to the vibrations of strings on an instrument.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers are unable to fall into a deep sleep –

the apneas can wake them tens or even hundreds of times per night. This can result in excessive daytime sleepiness and an increase in falling asleep at work or school, while driving, etc. Patients frequently complain of fatigue, irritability, dry mouth, a reduced ability to concentrate and headaches. They may have hypertension or other heart or lung diseases. They often consume caffeine or other stimulants to try to stay awake during the day.

The diagnosis of sleep apnea is suggested by the history, but in order to confirm the diagnosis a sleep study or polysomnogram must be performed. These studies have historically been done in a sleep lab where patients are connected to monitoring equipment that records respirations, brain wave activity, movements via a video camera as well as sensors that measure gas exchange in and out of the lungs. Sleep studies done in the home are becoming more common, though they don't collect as much information as when the study is done in a lab.

They also should not be done in patients with particular risk factors. The sleep study data is collected during sleep then summarized or "scored." A physician who has re-

ceived special training in sleep medicine interprets the test.

There are very specific scoring criteria a patient must meet to be diagnosed with OSA. Once diagnosed, treatment usually involves a device called a CPAP (Continuous Positive Airway Pressure) machine that is connected to a mask worn on the face or plugs inserted in the nostrils. The machine blows air into the patient's airway to inflate it and prevent the tissues from collapsing when sleeping. These machines may be set at a specific air pressure, or may adjust themselves automatically to maximize air flow.

If you feel you may have sleep apnea or know someone who does, you should see a physician to discuss testing. OSA is a very serious condition that can lead to or worsen cardiovascular, lung and neurological problems. You can do a quick screen for sleep apnea here: www.stopbang.ca/osa/screening.php. For more information on sleep apnea, see bit.ly/2z6OAOx.

- 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.

'What's In Your Attic?' Program is Open to Public

What heirlooms, novelties, antiques or uniques are stashed away inside your attic or other storage spaces? Author Donna Cronk asked this question of herself when she climbed her attic's pull-down ladder during the 2020.

What she found among the old prom dresses, letters, tap shoes, and childhood toys were more than treasures—they were reminders of the people, advice, and lessons that inform her life.

The career journalist and Pendleton resident wrote about her finds, resulting in a new memoir: There's a Clydesdale in the Attic: Reflections on

Keeping and Letting Go." The book is featured at the 5:30 p.m. Wednesday, March 16 meeting of the Sheridan Public Library book club. Cronk will speak about her nonfiction book and also have copies available for purchase and signing. They are \$15 each, which includes Indiana Sales Tax.

Organizers invite the public to attend and encourage attendees to each bring a special keepsake that is special to them which they have saved. Items can be funny, unique, sentimental or come with a great story. Limit one item per attendee and one minute to tell about it.

Event organizer Loretta Sutherland says of the gathering, "This book is so timely as many of my friends are cleaning out and downsizing their own houses in preparation for retirement. This includes my basement that I have been working on for three years! Come, share your treasures and stories and listen to Donna who laughed, cried and relived many memories."

Refreshments will be served. A time for author questions will follow the program.

Cronk is a farmer's daughter at heart, and cherishes the rural roots of her youth near Liberty, Indiana. She spent

37 years as a newspaper journalist, 31 of them with the New Castle Courier-Times.

The author currently writes a column for several Indiana newspapers. She is married to Brian, a long-time Hamilton South-eastern Schools administrator and teacher. They have two grown sons. Cronk's previous books are inspirational fiction, "Sweetland of Liberty Bed & Breakfast," and "That Sweet Place: At Home in the Heartland."

Reservations are not necessary. For information, contact Kim Riley at 317-758-5201. The library is at 103 W. First St., Sheridan.

PUBLIC NOTICES

NOTICE TO TAXPAYERS OF HEARING ON PROPOSED CUMULATIVE CAPITAL FUND FOR THE CITY OF FISHERS, HAMILTON COUNTY, INDIANA

Notice is hereby given to the taxpayers of the City of Fishers, Hamilton County, Indiana, that the Common Council of the City of Fishers will consider at City Hall, One Municipal Drive Fishers, Indiana 46038 at 7:00 o'clock pm on Monday, March 21, 2022, the establishment of a Cumulative Capital Development Fund under the provisions of Indiana Code section 36-9-15.5 for all applicable uses stated therein.

The tax will be levied on all taxable real and personal property within the taxing district and will not exceed \$0.05 per \$100 of assessed valuation. The proposed fund will be levied beginning with taxes due and payable in the year 2023. Taxpayers appearing at such hearing shall have the right to be heard thereon. The proposed tax rate for the Cumulative Capital Development Fund is subject to certification by the Department of Local Government Finance.

Within 30 days after the date of the adoption of the cumulative fund by the City of Fishers Common Council, the Common Council will publish a Notice of Adoption. Upon publication of the Notice of Adoption, twenty-five (25) or more taxpayers in the taxing district may file a petition with the County Auditor not later than noon 30 days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.

Dated this 2nd day of March, 2022

CITY OF FISHERS,
/s/ Christopher P. Greisl
City Attorney
One Municipal Drive
Fishers, IN 46038
TL18812 3/8 3/15 21 hspaxlp

CITY OF FISHERS NOTICE TO BIDDERS

Owner:
City of Fishers, Indiana
Director of Engineering
One Municipal Drive
Fishers, Indiana 46038

Project:

Notice is hereby given that the City of Fishers, Indiana will receive sealed bids for the Project addressed to the Director of Engineering, City of Fishers, City Hall, One Municipal Drive, Fishers, Indiana 46038 until 10:00 am on or before March 21, 2022. Any Bid received after the designated time will be returned to the Bidder unopened. Bids will be publicly opened and read by the City of Fishers at 10:00 am in the Fishers Administration Conference Room, located on the Second Floor of Fishers City Hall. Notice of Award to be provided at 9 a.m. on March 22, 2022, in the Fishers Administration Conference Room, immediately following the BPW meeting. The Bid should be clearly marked "BID ENCLOSED S.R.37 AND 141ST ST LIFT STATION" on the outside of the envelope, and as otherwise set forth in the Bid Documents.

A Pre-Bid Conference for discussion of the Project, the bidding requirements and other important matters will be held on March 10, 2022, at 9:00 a.m. in the Fishers Administration Conference Room, Second Floor of Fishers City Hall. All prospective bidders are encouraged to attend the Pre-Bid Conference. For special accommodations required for handicapped individuals planning to attend the Pre-Bid Conference or public bid opening meeting, please call or notify the City of Fishers at (317) 595-3160 at least forty-eight (48) hours prior thereto.

In general, the Work shall be completed by INDOT and State of Indiana certified/qualified Contractors and Subcontractors for the Project and consists of: one new submersible non-clog lift station, 136 LF of 16" PVC Gravity Sewer, 112 LF of 12" Ductile Iron Force Main, 705 LF of 12" PVC Force Main with 160 LF of 24" Steel Casing via jack and bore, two 48" Sanitary Manholes, meter vault, natural gas generator, and odor control unit. The rest of the gravity sewer and force main can be installed through open cut or directional drilling. The work also includes connections to existing sanitary manholes, electrical equipment, fencing, clean-up and restoration.

Hamilton County, Fishers, Indiana, all as required by the Bidding Documents for the Project which have been assembled into a bound Project Manual, and which together with the Drawings, may be examined at City of Fishers, Department of Engineering, Fishers City Hall, (317) 595-3160. Bid Documents and Plans can be obtained digitally from the City of Fishers via link: <https://fishers.in.gov/viewpointcloud.com/categories/1079?record-types/10006533> for a fee of \$50. Bid Documents and Plans can also be obtained at the City of Fishers City Hall Service Desk, One Municipal Drive, Fishers, Indiana 46038 for the fee of \$50. Partial sets will not be sold. Copies of bid documents and plans are also available for examination in the Engineering office. All payments for Bidding Documents are non-refundable. Bidders shall assure that they have obtained complete sets of Drawings and Bidding Documents and shall assume the risk of any errors or omissions in Bids prepared in reliance on incomplete sets of Drawings and Contract Documents. Bids must be submitted on the forms contained in the Project Manual, must contain the names of every person or company interested therein, and shall be accompanied by:

- (1) State Board of Accounts Form No. 96 (Contractor's Bid for Public Work) (Revised 2013) as prescribed by the Indiana Board of Account and as required in the Instruction to Bidders, including a financial statement, a statement of experience, a proposed plan for performing the Work and the equipment the Bidder has available for the performance of the Work;
- (2) Bid Bond made payable to City of Fishers, in the amount of ten percent (10%) of the total Bid amount, including alternates with a satisfactory corporate surety or by a certified check on a solvent bank in the amount of ten percent (10%) of the amount of the total Bid. The Bid Bond or certified check shall be evidence of good faith that the successful Bidder will execute within ten (10) calendar days or such other time specified by Owner from the acceptance of the Bid, the Agreement and provision of the required Payment and Performance Bonds as included in the Project Manual.

Any Bid may be withdrawn prior to the scheduled closing time for receipt of Bids, but no Bidder shall withdraw its Bid within sixty (60) days after the actual opening of the Bids. The Bid Bonds and certified checks of unsuccessful bidders will be returned by the Owner upon selection of the successful Bidder, execution of the Agreement, and provision of the required Performance and Payment Bonds.

Wage rates on the Project shall not be less than the prevailing wage scale as determined in accordance with Ind. Code §5-16-7, et seq. and included in the Project Manual, and the Contractor must conform to the antidiscrimination provisions of Ind. Code §5-16-6 et seq.

A Performance Bond with good and sufficient surety on the form provided in the Project Manual, shall be required of the successful Bidder in an amount equal to at least one hundred percent (100%) of the Contract Price, conditioned upon the faithful performance of the Agreement. The surety of the Performance Bond may not be released until one (1) year after the Owner's final settlement with the Contractor.

The Contractor shall provide a Payment Bond to the Owner, approved by Owner and for the benefit of the Owner, in an amount equal to one hundred percent (100%) of the Contract Price. The Payment Bond is binding on the Contractor, its subcontractors, and their successors and assigns for the payment of all indebtedness to a person for labor and services performed, material furnished, or services rendered. The Payment Bond must state that it is for the benefit of the subcontractors, laborers, material suppliers, and those performing services. The surety of the Payment Bond may not be released until one (1) year after the Owner's final settlement with the Contractor.

All out-of-state bidder corporations must have a certificate of authority to do business in the State. Application forms may be obtained by contacting the Secretary of State, State of Indiana, Statehouse, Indianapolis, Indiana 46204.

The Owner reserves the right to reject and/or cancel any and all Bids, solicitations and/or offers in whole or in part as specified in the solicitation when it is not in the best interests of the Owner as determined by the purchasing agency. The Owner also reserves the right to waive irregularities in any Bid, and to accept any Bid which is deemed most favorable to the Owner.

City of Fishers
TL18810 3/5 3/12 21 hspaxlp



Photos courtesy of Kia

2022 Kia Telluride Nightfall: A Luxury Cape With An Economy Label

Last week, I drove a very nice three-row crossover with a century-old badge on the grille. It was quite lush with soft leather seats, twin-panel sunroof, captain's chairs in the rear, and an audio system to rival God's cherubs. It could tow a fairly heavy trailer too. While that one was nearly \$70,000, Kia proves it can offer a luxury cape with an economy label.

It's a wrap that looks pretty sassy in Nightfall trim that includes black grille, window surrounds, badging, and 20" wheels. The contrast between the black and white metallic paint on our vehicle lend a cool urban vibe. Lending gravitas are windowlines that simultaneously hint at center-opening coach doors on Rolls-Royces and rear upturn that echoes BMW. From the

wide hood to the L-shaped taillamps, the overall feel is of a British Range Rover or Jaguar. It's a student of the world that wears its fashion well.

Interiors continue to whisper in British with planks of realistic open pore woodgrain, sueded headliner, piano finish on the console, and flush satin silver buttons across the dash. Swipe the touchscreen to control audio, navigation, and phone while settled into soft heated/ventilated leather seats and gripping the heated steering wheel. Middle row passengers enjoy heated/ventilated captain's chairs too. The Harman Kardon audio system saturates with sound and connects devices via Bluetooth, Apple CarPlay, Android Auto, and wireless charging. Actual adults can ride

on the rear-most bench since middle row seats slide fore and aft to balance legroom. Clever USB charging ports are placed in the sides of the front seats. Safety systems match luxury automakers with forward collision alert, automatic emergency braking, lane keep assist, blind spot dash cameras, and rear cross path detection. Kia's Safe Exit Assist uses the blind spot camera to keep passengers from stepping into fast traffic. Adaptive cruise and head-up display aid drivers on trips.

The Kia and its flashy luxury counterpart are evenly matched beneath the skin. Very similar in size and performance, the Telluride harbors a 3.8-liter V6 delivering 291 horsepower and 262 lb.-ft. of torque. That's routed to the all-wheel-drive

system through an eight-speed automatic transmission with only one cog shy of the luxury wagon's. Fuel economy is also a near even match at 19/24-MPG city/highway. Tow up to 5,000 lbs. of camper, boat, or off-road machines.

The chassis is a little less sophisticated, but you'll barely miss the luxury make's suspension with real-time damping adjustments. The Telluride rides on a four-wheel-independent suspension that soaks up bumps and provides a smooth highway ride without the electronic genies. A self-leveling rear suspension rises

'22 Kia Telluride SX Nightfall

Six-passenger, AWD Crossover
 Powertrain: 3.8-liter V6, 8-spd trans
 Output: 291hp/262 lb.-ft. torque
 Suspension f/r: Ind/Ind
 Wheels f/r: 20"/20" alloy
 Brakes f/r: disc/disc
 Must-have features: Style, Safety
 Towing: 5,000 lbs.
 Fuel economy: 19/24 mpg city/hwy
 Assembly: West Point, GA
 Base/As-tested price: \$33,090/\$51,010



CASEY WILLIAMS
Auto Reviews

up when loaded with luggage, passengers, or trailer. I suspect nobody will complain about how it behaves driving alone or loaded with whomever they consider family.

You could buy an expensive luxury crossover, but I'm not I would. For about \$20k less than the pure luxury rides, you'll give up virtually nothing with the Kia Telluride - especially in SX Nightfall

trim. Think of it as the Target couture alternative to Neiman Marcus chic. A base price of \$33,090, or \$51,010 as-tested, puts the Telluride against the Buick Enclave, Ford Explorer, Jeep Grand Cherokee, and similar Hyundai Palisade. Storm Forward!

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

LARE Grants Awarded for Sediment, Logjam Removal and Aquatic Invasive Plant Control

Noblesville's Morse Reservoir is getting \$100,000 for sediment cleanup from the Indiana Department of Natural Resources. The money is part of an overall package of \$1,056,640 in grants awarded by DNR Director Daniel W. Bortner through the Lake and River Enhancement (LARE) program.

The combined total of the grants approved by the DNR is \$1,506,640. Grants totaling \$908,700 will be used in sediment or logjam removal projects and will support 13 projects in 15 counties. The other \$597,940 will be used to fight aquatic invasive plants, including 37 projects involving 57 bodies of water in 11 counties.

Funded projects include grants for both planning and removal of sediment. Removal projects help improve recreation and remove excessive nutrients near inlets. Projects to dredge lake inlets or boating access channels receive the highest priority for LARE funding.

Logjam projects include the removal of massive amounts of debris that block the stream channel. Because some woody debris in streams provides valuable habitat, removal projects focus only on large jams that block the entire stream and may cause bank erosion and cutting of new channels. The sediment and logjam removal projects are (counties are noted in parentheses):

- Buck Creek (Marion) - Logjam Removal - \$35,000
- East Fork White Lick Creek (Morgan) - Logjam Removal - \$35,000

- Muscatatuck River (Scott-Jackson) - Logjam Removal - \$70,000
- St. Joseph River (DeKalb) - Logjam Removal - \$70,000
- Goose Creek (Switzerland) - Sediment Removal Plan - \$7,500
- VanBibber Lake (Putnam) - Sediment Removal Plan - \$7,500
- Cedar Lake (Lake) - Sediment Removal - \$150,000
- Koontz Lake (Starke-Marshall) - Sediment Removal - \$100,000
- Lake Wawasee (Kosciusko) - Sediment Removal - \$30,000
- Morse Reservoir (Hamilton) - Sediment Removal - \$100,000
- St. Joseph River (St. Joseph) - Sediment Removal - \$100,000
- Waldron Lake (Noble) - Sediment Removal - \$53,700
- Witmer Lake (LaGrange) - Sediment Removal - \$150,000
- Total - \$908,700

To learn more about these projects, call Doug Nusbaum, 260-244-6805, dnusbaum@dnr.IN.gov. Aquatic invasive plant control grants help control or manage aggressive non-native species that can outcompete native species and dominate plant communities. Some examples include Eurasian watermilfoil, curly-leaf pondweed, and starry stonewort. The grants can also provide economic benefits to lake communities by improving and increasing public access opportunities for those who fish or pleasure boat. The list of aquatic vegetation management projects are (counties are noted in parentheses):

- Barbee Lakes [Ban-

- ning, Barbee, Irish, Kuhn, Little Barbee, Sawmill and Sechrist Lakes] (Kosciusko) - \$10,000
- Bass Lake (Stark) - \$9,000
- Big Long Lake (LaGrange) - \$21,000
- Big Turkey and Henry Lakes (Steuben/LaGrange) - \$26,000
- Center Lake (Kosciusko) - \$22,000
- Champan Lakes [Big Champan and Little Champan Lakes] (Kosciusko) - \$31,240
- Clear Lake (Steuben) - \$8,000
- Clear Lake (LaPorte) - \$7,600
- Crooked Lake (Steuben) - \$6,500
- Dewart Lake (Kosciusko) - \$24,800
- Fish Lakes Chain [Upper Fish, Lower Fish and Mud Lakes] (LaPorte) - \$25,440
- Flint and Long Lakes (Porter) - \$10,200
- Four Lakes area [Millpond, Kreighbaum, Cook and Holem Lakes] (Marshall) - \$22,120
- Hamilton Lake (Steuben) - \$39,000
- Hudson Lake (LaPorte) - \$24,600
- Jimmerson Lake (Steuben) - \$6,200
- Koontz Lake (Marshall and Starke) - \$27,920
- Lake Bruce (Fulton and Pulaski) - \$5,000
- Lake George (Steuben) - \$6,500
- Lake James (Steuben) - \$1,500
- Lake Manitou (Fulton) - \$1,500
- Lake Maxinkuckee (Marshall) - \$4,000
- Lake of the Woods (Marshall) - \$39,000
- Lake Pleasant (Steuben) - \$14,600
- Little Turkey Lake (LaGrange) - \$5,000

- Pike Lake (Kosciusko) - \$3,500
- Pine and Stone Lakes (LaPorte) - \$39,800
- Pretty Lake (LaGrange) - \$6,500
- Snow Lake (Steuben) - \$1,500
- Stone and Brokesha Lakes (LaGrange) - \$20,940
- Tippecanoe Lake chain [Tippecanoe, James, and Oswego Lakes] (Kosciusko) - \$40,120
- Waldron Lake and Elkhart River (Noble) - \$13,000
- Wall Lake (LaGrange) - \$4,380
- Wawasee and Syracuse Lakes (Kosciusko) - \$13,000
- Webster Lake (Kosciusko) - \$34,380
- West Otter Lake (Steuben) - \$15,600
- White River (Marion) - \$6,500
- Total - \$597,940

To learn more about these projects, call Rod Edgell, 260-244-6805, redgell@dnr.IN.gov. LARE grants are funded through the LARE fee paid by boat owners annually when they register their boats with the Bureau of Motor Vehicles. This user-funded program benefits boaters all over the state. The grants allow for the completion of projects that would be difficult for local organizations to fund on their own. Grants are awarded on a competitive basis, and local sponsors share at least 20% of the cost. Reports for all past project reports funded through LARE are at lare-reports.dnr.IN.gov and at lare-reports.dnr.IN.gov, where you can also learn more about the program. Learn more about LARE at LARE.dnr.IN.gov.

Braun, Marshall Introduce Bill to Further Research on Natural Immunity

Senator Mike Braun and Senator Roger Marshall have introduced the Apply the Science Act which would require GAO to conduct an evaluation on HHS/CDC to further research on the value of infection-acquired COVID immunity, the availability of this information and how it impacts CDC decision making, and the value of diagnostics in the COVID-19 response.

"For too long, the effects of natural immunity for COVID have been disparaged and ignored. It's due time for the federal government to Apply the Science and conduct a comprehensive study on the impact of natural immunity."—Senator Mike Braun

"The American people deserve to know how the CDC develops guidance during a public health emergency, and we must leverage the GAO's expertise and experience as a watchdog government agency. I'm proud to partner with Senator Braun on legislation that will ensure federal, state, and local governments are making decisions based on unbiased scientific facts. Only then can we really learn

to live with COVID-19 and not have it control our lives."—Senator Roger Marshall

Specifically, the legislation would require GAO to conduct an evaluation on HHS/CDC to assess:

- The current scientific understanding of the duration and effectiveness of COVID-19 immunity resulting from a prior infection, vaccination, or both, including any differences across population groups
- The extent to which the CDC makes available the information it's used to inform its policy decisions related to COVID-19 infection acquired immunity
- The extent to which select foreign countries account for scientific evidence pertaining to COVID-19 infection-acquired immunity when creating public health regulations or guidance
- The extent to which diagnostic tests that measure immune response be better utilized in a comprehensive COVID-19 response (particularly for high risk populations). GAO is required to send a report to Congress within 18 months.

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Holcomb Signs Bill to Boost Hoosier Mental Health Treatment Programs

Today Governor Eric Holcomb signed legislation into law HEA 1222 that would continue a critical grant program that has expanded access to urgently needed mental health and substance use disorder treatment services across the state of IN. The program is known as the Certified Community Behavioral Health Clinic (or CCBHC) program.

CCBHCs like Aspire Indiana Health are designed to provide a comprehensive range of mental health and substance use disorder services to vulnerable individuals, with an emphasis on the provision of 24-hour crisis care, utilization of evidence-based practices, care coordination and integration with physical health care.

In Indiana, there are currently 18 CCBHC grantees throughout the state that are recipients of federal grants designed to jumpstart the CCBHC program. Initial evaluation outcomes from Centerstone's CCBHC program have shown a 73% reduction of depression and a 93% reduction of clients hospitalized for mental health reasons. Now, HEA 1222 will build

upon these successes.

"Around the state our community providers have seen demand for services skyrocket" said Zoe Frantz, chief executive officer for the Indiana Council of Community Mental Health Centers. "That's why today's announcement of Gov. Holcomb signing the CCBHC legislation into law is such incredible news for the continued work of these programs and the people they serve every day. Ultimately, this program gives providers more tools to ensure those in need will get the help they need when they reach out."

According to the National Council for Mental Wellbeing, CCBHCs have played a transformative role in addressing workforce shortages, creating a more integrated care delivery system, and ensuring providers meet quality metrics. Providers advocating for HEA 1222 see the legislation as an opportunity to provide better access and higher quality care through the state.

"Nationwide, 2020 was the deadliest year on record for fatal overdoses. Drug overdose deaths continue to be on the rise according to a report

released in January by the CDC. In Indiana our numbers reported this past year rose by 23.4%, higher than the national increase of 15.9%." said Barbara Scott, President & CEO of Aspire Indiana Health. "On one hand we have this urgent, growing need for services – on the other hand we have less workforce to meet that demand."

"Programs such as CCBHCs give community behavioral health agencies more tools to successfully recruit and retain additional staff members as well as resources to ensure that consumers have access to critical, evidence-based services."

"The legislation, HEA 1222, that was signed into law today requires the state to develop a plan for the expansion of the CCBHC program by November 1, 2022. The behavioral health community has already seen demonstrable results from the CCBHC program and looks forward to supporting the Division of Mental Health and Addiction (DMHA) in developing a statewide infrastructure that meets the growing need for mental health services in Indiana," said Steve McCaffrey, CEO of Mental Health Amer-

ica of Indiana. "We're grateful for the leadership of Rep Cindy Ziemke, Rep Ann Vermilion, Sen. Mike Crider and the other members of the Indiana General Assembly, Department of Mental Health and Addiction, and Governor Holcomb for the passage of this critical mental health legislation."

For more information on CCBHCs, please visit the CCBHC Success Center at <https://www.thenationalcouncil.org/ccbhc-success-center/ccbhcta-overview/>.

Aspire Indiana Health is a fully integrated nonprofit health system serving central Indiana that addresses behavioral health, primary medical care, substance use disorders, infectious diseases, deaf services, veteran programs, abused/neglected children and social determinants of health such as housing and employment. Aspire is supported by a strong network of community organizations, state/federal entities and generous benefactors. Those interested in partnering with Aspire in making health and well-being a reality in central Indiana are encouraged to contact us at: info@aspireindiana.org.

Rokita Leads Data Privacy Initiatives

Attorney General Todd Rokita is leading data privacy initiatives to protect Hoosiers from would-be scammers and identity theft. He cautions Hoosiers to closely monitor their personal information.

"When it comes to protecting Hoosiers, you can count on me to do the right thing. Whether it's taking on Big Tech or investigating data breaches, my priority is to serve the people who elected me and not the companies that are putting profits over people," said Attorney General Rokita.

Since taking office just over a year ago, Attorney General Rokita has taken a strong position in defense of Hoosiers' personal information, including suing Google over location tracking. Attorney General Rokita's lawsuit aimed to penalize Google for violations of the Indiana Deceptive Consumer Sales Act and to ensure that going forward, consumers can both understand and control the ways in which their personal data is obtained and used.

In addition to this lawsuit involving data privacy, Attorney General Rokita has also pursued antitrust litigation against

Big Tech companies Facebook and Google. Further, he has battled Big Tech's censorship of Hoosier voices with investigations into Amazon, Apple, Facebook, Google, and Twitter.

Earlier this month, Attorney General Rokita announced an investigation into a massive T-Mobile data breach that impacted more than 53 million people across the country.

Attorney General Rokita cautions Hoosiers to stay especially watchful for the following types of phone/text scams about which his Consumer Protection Division has received complaints:

- Healthcare-related calls
- Real estate calls
- Credit services calls
- Phishing scams
- DirectTV/AT&T calls

If you receive an unwanted text or call, please file a complaint here with Attorney General Rokita's office.

You also want to make sure to check your credit card statements to make sure no one has stolen your information. If you notice a discrepancy, Contact our Consumer Protection Division at 1-888-834-9969.

AG Rokita Persists in Protection of Hoosiers from Unwanted Robocalls

Attorney General Todd Rokita is persisting in his efforts to protect Hoosiers from annoying robocalls that often come from scammers.

"Hoosiers are bombarded with robocalls day after day," Attorney General Rokita said.

"Many of these robocallers are scammers trying to steal money or personal information from hard-working Hoosiers. There are important steps you can take to help protect yourself."

Today, as part of National Consumer Protection Week, Attorney General Rokita is offering these tips:

- Be wary of callers who specifically ask you to pay by gift card, wire transfer or For example, the Internal Revenue Service does not accept iTunes gift cards.
- Look out for prerecorded calls from imposters posing as government agencies. Typically, neither the Internal Revenue Service nor the Social Security Administration make phone calls to individuals.
- If you suspect fraudu-

lent activity, immediately terminate the communication, and do not provide any personal information.

- Add your number to the Indiana Do Not Call List

- Contact our Consumer Protection Division at 1-888-834-9969 or donotcall@atg.in.gov.

Throughout his tenure, Attorney General Rokita has taken aggressive action against robocalls. In October 2021, Attorney General Rokita filed a first-of-its-kind lawsuit against an Indiana company that allegedly acted as a gateway into the United States for foreign robocallers. The robocallers allegedly made more than 5 million phone calls to Hoosiers.

In March 2021, Attorney General Rokita, in a coordinated multistate action, stopped a massive tefunding operation that bombarded Hoosiers with more than 12 million deceptive charitable fundraising calls.

If you receive an unwanted text or call, please file a complaint here with Attorney General Rokita's office.

Young Supports Ukraine Aid and Government Funding Package

Last night, U.S. Senator Todd Young (R-Ind.) voted in favor of H.R. 2471, the Consolidated Appropriations Act of 2022, a package that strictly adheres to the Republican framework for appropriations – parity between defense and non-defense funding, preservation of all legacy riders, and no poison pills. The bill includes \$14 billion in emergency aid for Ukraine, a nearly six percent boost in defense spending, a military pay raise, and funding for the federal government for the remainder of Fiscal Year 2022. The legislation passed the Senate 68-31 and now heads to the President's desk to be signed into law.

"This legislation provides the Ukrainian people with urgently needed lethal aid and humanitarian assistance as they fight for their freedom," said Senator Young. "The package prioritizes our national security by increasing defense spending by over five percent, provides robust funding for border security to address the crisis, and preserves important long-standing appropriations policies to protect life, including the Hyde Amendment."

Senator Young-led priorities in the bill include:

- Extended Coverage of Telehealth Services for Seniors: The legislative package includes provisions reflective of the Telehealth Extension and Evaluation Act, bipartisan legislation introduced by Senators Young and Catherine Cortez Masto (D-Nev.) to ensure seniors continue to benefit from important remote health care services. The

legislation will allow the Centers for Medicare and Medicaid Services to temporarily extend Medicare payments for a broad range of telehealth services. The bill also will commission studies on the impact of the pandemic telehealth flexibilities extended in this bill in order to better inform Congress' work to make telehealth flexibilities permanent.

- Israel Relations Normalization Act: The legislative package includes the Israel Relations Normalization Act, bipartisan legislation cosponsored by Senator Young. The bill builds upon the success of the Abraham Accords, the peace and normalization agreements between Israel and the United Arab Emirates, Bahrain, Sudan and Morocco, by stating U.S. policy is to strengthen and expand these normalization agreements while requiring coordination throughout the Administration, specifically the Department of State (State), the Department of Defense, and the U.S. Agency for International Development (USAID).

Funding for the following programs Senator Young supports was also included:

- A new Technology Directorate in the National Science Foundation and Regional Innovations Hubs, provisions that Senator Young is working to ensure become law through the U.S. Innovation and Competition Act
- KidneyX, a public-private partnership to accelerate innovation in the prevention, diagnosis, and treatment of kidney diseases

- Screening, surveillance, research, and awareness activities on congenital heart disease authorized by the Congenital Heart Futures Reauthorization Act

- Alzheimer's disease and related dementias research and the National Alzheimer's Call Center

- Comprehensive Opioid Recovery Centers, which integrate all aspects of opioid and substance use disorder treatment and recovery under one roof

- Charter Schools Program, to help support the creation, replication, and expansion of high-quality charter schools

- Title VI/Bright-Hays International Education and Foreign Language Studies programs under the Higher Education Act

- Adult Education State Grant Program funding for literacy, numeracy, and digital education programs for adults without high school degrees

- Court Appointed Special Advocates (CASA) program to ensure positive outcomes for children in child abuse and neglect cases

- Victims of Child Abuse programs for Children's Advocacy Centers that serve child victims and help law enforcement hold perpetrators accountable

- STOP School Violence Act, to help schools implement proven, evidence-based programs and technologies that stop school violence before it happens

- Peer Mentoring, Mental Health, and Wellness Pilot Programs authorized by the Law Enforcement Mental

Health and Wellness Act

- DOT's Capital Investment Grants, a grant program that has helped Indiana secure hundreds of millions for the West Lake Corridor Project and South Shore Line Double Track Project

- The Great Lakes Restoration Initiative, a results-driven program that addresses the most serious issues threatening the wellbeing of the Great Lakes basin, including toxic substances, pollution, debris, and invasive species

- Vital investments in the national defense, including:

- Procurement of Hoosier-manufactured systems and equipment that will contribute to American security today, including Abrams tanks (Allison Transmission, Indianapolis), sonobuoys (Ultra, Columbia City), AMMPS Generators (Cummins, Columbus), High Mobility Multipurpose Wheeled Vehicles (AM General, Mishawaka), and MRE rations (Ameriquel, Evansville)

- Development of technologies and capabilities that will support our military tomorrow, including research into Artificial Intelligence and Machine Learning (Purdue University and Saab, West Lafayette), advanced microelectronics (University of Notre Dame, South Bend), U.S. Navy hypersonics capabilities (Indiana Innovation Institute, Bloomington), continued development of the Army Future Vertical Lift program (Rolls-Royce, Indianapolis), and AI-supported intelligence exploitation tools (Lilt, Indianapolis)

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BETSY From Page A1

District 3 has two Republican candidates, Noblesville's Mark Hall, business owner and co-founder of FeedingTeam.org, and incumbent Steve Schwartz, owner of Schwartz's Bait & Tackle and who has held the office since being elected in 2002. The four-year position, in 2021, paid an annual salary of \$35,864.76.

Hamilton County Deputy Coroner Jeff Jellison, a Noblesville High School graduate and former newspaperman and former police officer, is running against Ned P. Masbaum, for County Coroner. The position in 2021 paid an annual salary of \$83,799.81. Masbaum is a former lieutenant commander and chief of psychiatry for the U.S. Naval Hospital and court-appointed forensic psychiatrist throughout Indiana.

Noblesville Township Board, interestingly, has the largest race with nine candidates vying for three seats: incumbents Peggy R. Pfister and Joe Arrowood, and Terry Busby, David Cox, Charlie McMillan Jr., Adrienne Rogers, Mary Sue Rowland and Perry Williams, all Republicans, and Paula Jo Gilliam, Democrat. The office is a four-year term and in 2021 paid an annual salary of \$13,500. John Davis had previously been the third township

board member and did not seek re-election.

Fall Creek Township Board has the second-largest race with eight candidates for three seats: four Republicans Brian Baehl (incumbent), Jason W. Meyer (incumbent), Tony Scott and Patricia Bratton; and four Democrats, Joe Weingarten, Rachna Greulach (incumbent), Sukriti Ssachdeva and Kimberly Passey-Strahan. Annual salary is \$5,150.

Washington Township Board has six candidates for three seats, five Republicans, Rich J. Hardcastle Jr., Danyele Easterhas (incumbent), Jim Ake, Charles E. Driver Jr. and Erica Strahm (incumbent); and one Democrat, Shelly Brown. Annual salary is \$4,700.

Wayne Township Board has six candidates for three seats, also, all Republicans, Robert Baker, Phil Belcher, Maegen Fleck, Robert Dustin Hiday (incumbent), Joy Sisson Kiskaden and Rockford V. Stites. Annual salary is \$4,000.

In Clay Township, Carmel High School graduate and Carmel Dad's Club board member, Republican Paul Hensel, is running for Clay Township Trustee after current trustee Doug Callahan did not seek re-election.

A rumor that Hensel's opponent, Republican Eric S. Morris, attempted to

file a withdrawal of candidacy after the required Feb. 11 deadline has been confirmed by Hamilton County election administrator Beth Sheller. (Morris plans to move from the district in the fall.)

Both Hensel and Morris names are printed on the primary election absentee ballot sent out in Monday's mail. The salary for the position was \$69,822 in 2021.

"The ballots have been created, and it is too late to withdraw for the Primary since he (Morris) is not 'disqualified,'" Sheller said on March 2.

There is a CAN-24 form that can be completed to withdraw from the November General Election if necessary, she said. It would have to be submitted to the county Election Office by noon July 15.

"So if he were to win the Primary, he would use a form to withdraw then, and then the ballot vacancy would be filled by a caucus," she said. If Morris doesn't win the Primary, there will need to be no action taken on his part.

On the flip side, if a candidate becomes "disqualified by law" or moves from the district, then the candidate must file a withdrawal immediately, Sheller said.

She said there was one other candidate who

attempted to withdraw but his or her name was not given.

The Election Office will spend all week, with Saturday the deadline, to mail absentee ballots to voters who have previously filed an approved application to receive an absentee ballot. The Election Office will continue to mail absentee ballots with the April 21 deadline to request delivery of an absentee ballot by mail. May 2 is the deadline for a voter to vote an absentee ballot in person.

"We have gotten the ballot ready. We are scheduling absentee mail workers and early voting workers," Sheller said earlier this month. "This has taken most of my time since we had an off year last year. Every worker has to come in and complete a background check and a couple hours of county orientation. This is a lot of work for us."

The current election information on the Hamilton County Election website has 17 pages of candidates running for office.

On that list, voters will find 12 "Challenged and Removed" candidates, who will not be on the ballots.

These 12 candidates were challenged and removed by new county Republican chairman Mario Massillamany.

"They were challenged

because they did not have Republican voting in the last two primaries they voted in," Sheller said. A new law requires Republican candidates to have voted Republican in two primaries, rather than just one, which was the previous law.

"The Election Board was consistent and removed them all because the challenges were valid," Sheller said. "They had to be challenged in the same time frame that someone could withdraw, which is the week after filing ends (one week for challenges and withdrawals). This then allows us time to get the ballot prepared."

There were also eight candidates listed as "withdrawn" from the ballots. One of those candidates was Hamilton County Council District 1 candidate Republican Fred Glynn, of Carmel, who withdrew his candidacy to instead run for the new State Representative District 32 seat, which covers portions of southern Clay and Delaware townships and a few precincts in northern Marion County. Glynn ran for mayor of Carmel in 2019 against incumbent Jim Brainard, who has been mayor since 1996.

Besides Township Board seats, elections will also be conducted for local town councils, in

Arcadia, Atlanta, Cicero and Sheridan. The most popular town council race looks like Cicero at-large, with five Republicans running for two seats: Joe Cox, Brett S. Foster, Garry A. Harling, Eric Hayden and Heidi Wilcox, with no incumbents.

This year, Democratic Precinct Committeemen will be elected, and there are 49 candidates running for 47 seats. Democratic State Convention Delegates will also be elected for five districts, and there are fewer candidates running than there are seats.

Republican State Convention Delegates are running in 16 districts, with 86 candidates running for 175 seats. The term length of state delegate is two years, and precinct committee person office is four years. Republican Precinct Committeemen will next run for office in 2024.

Typically, in a non-Presidential election year, low voter turnout is expected. But this election year, I expect voters to come to the polls or vote absentee so they can make a difference in their local elections.

Early voting will be offered Saturdays, April 23 and 30. Election Day hours are 6 a.m. to 6 p.m. May 3.

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

MARLOWE From Page A1

myself inside.

I'm also one of the rare shoppers, who takes out one of the eleven remaining good eggs in a carton -- rejected by shoppers because it has a single broken egg in it -- and adds it to another discarded carton to complete the dozen.

I've even been known to wipe up a spill or two on the floor, so no one slips and sues the company for millions.

From my standpoint, I'm entitled to walk out of the store with a free brisket every week!

"You're wasting our bags," she repeats.

It's late at night, and I'm tired. Admittedly, I found her pleas more nettlesome than I might have otherwise.

"If you don't like the way I'm bagging the groceries, please feel free to come around here and bag them for me -- you know, like employees used to before you were born," I chirped.

"That's not my job." "Okay, then I will bag my groceries my own way, if that's alright with you."

"I just don't understand why you are wasting bags. Why do you always use two?" she asks.

"Because the bags are weak, and I don't want the handles to break or the bottoms to split open."

"Well, that's because you are putting too much stuff in each bag," she explains. "If you took half of that stuff out, and put it in a different bag, then you wouldn't need to double-bag."

[Ten seconds of me just staring at her.]

"You want me to split these items in half, and put half in a different bag?" I ask. "So, that way I don't have to double-bag?"

"Exactly." "Wouldn't I be using the same number of bags to hold the same number of items?"

"No, because you are not double-bagging."

[I'm pressing two fingers into my left eye, trying to make it stop twitching.]

"Okay, so here I have a jug of milk and a bottle of juice, double-bagged,"

I say. "If I take the milk out, and remove the double-bagging, and just put the milk in this single bag, and the juice in that single bag, I'm still using two bags for two items."

"No, because you are not double-bagging them, so it's not the same number of bags."

"Is this like that Common Core math stuff I keep hearing about?" I ask.

"Never mind," she sighs. "You just don't get it."

Intimidated by the growing number of

onlookers, who were gathering I believe for the comic relief, my bag monitor returns to her station, and resumes starting into her phone.

I thought about calling the manager over, but there were times in our conversation where I thought she might actually be the manager.

"Excuse me," I beckon. "Will you show me how to ring up eleven eggs instead of a dozen?"

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

LIONS From Page A1



Photo courtesy of the Noblesville Lions

Steve Shaw, Tim Baker, Steve Morgan, and Ron Williamson helping pass out food to the needy.



Photo courtesy of the Noblesville Lions

(From left to right) Lion Ron Bigham, Lion Kim Luckey VP, and Shane Scarlett



Photo courtesy of the Noblesville Lions

Pi Day project team - (from left to right) Ed Shea, Steve Shaw, Mark Bachar, George Long, Gary Hipes, Walt Sheid, and Julia Kozicki

year they are looking for help from other clubs. Mr. Bingham detailed their needs and work schedules to the club.

Shane Scarlett, of

"Serve Noblesville", also detailed to the Noblesville Club how they could help this organization. "Serve Noblesville" does community outreach

that brings together small organizations to make eye-sores disappear. Mr. Scarlett highlighted three dates of importance; those being May 25th -

Come Together Week-end, June 18th - Fun Fest, and June 21-25th - Serve Week. He is looking for organizations to provide man-power

for the "Serve Noblesville" projects.

And this past Friday, March 11th, the Noblesville Lions delivered pies for "Pi Day", March

14th. The project team passed out ordered pies to other members for delivery to customers. Lion George Long was the project chairman.



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TUESDAY

In The Kitchen

Tuesday, March 15, 2022

A8



Photo courtesy of Culinary.net

Lucky Shamrock Cookies

Lucky Shamrock Cookies

(Culinary.net) It's your lucky day because you don't have to search for the pot of gold under the rainbow for this winning recipe. Throw out the old Irish classics and sweeten things up this year with some mint chocolate chip fun.

If you're in a crunch for St. Patrick's Day and need something glowing with green, here is a dessert that is sure to have everyone coming back for seconds (and more).

These Mint Chocolate Chip Cookies are as green as four-leaf clovers and have delicious chocolate chips mixed throughout for some extra sweet flavor. Served beside a big glass of milk, they are perfect treats for any St. Patrick's Day party or virtual gathering.

To start the recipe, whisk together flour, baking soda and salt in a large mixing bowl. In a separate bowl, add butter, sugar, eggs, green food coloring and peppermint extract for that crisp mint

flavor. Beat with a hand mixture and combine the ingredients in both bowls together.

Add chocolate chips to the mixed cookie batter. Scoop onto a baking sheet and bake at 375 F for 11-24 minutes until the edges of the cookies are light brown. Cool on a wire rack before devouring.

With so much mixing and scooping to be done, this is a great recipe for kids to get involved in the kitchen, too. One of the best parts is the eye-catching color. Watch children's smiling little faces as the batter turns from light brown to dark green for a priceless reaction.

After being perfectly baked, these cookies are bright, fun and will be the hit of any celebration. Soft in the middle, a little crisp on the edges and as green as can be. You can't ask for much more on St. Patrick's Day.

Find more recipes, celebration ideas and dessert favorites for every occasion at Culinary.net.

Mint Chocolate Chip Cookies

Servings: 24-32
2 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1 cup butter, softened
1 1/4 cups sugar
2 eggs
30 drops green food coloring

1 teaspoon peppermint extract
1 package (12 ounces) chocolate chips
Heat oven to 375 F.
In large bowl, mix flour, baking soda and salt until blended. Set aside.

In medium bowl, beat butter and sugar until combined. Add eggs, food coloring and peppermint extract; beat until combined.

Add wet ingredients to dry ingredients; beat until combined. Stir in chocolate chips. Drop spoonfuls of cookie dough onto baking sheet.

Bake 11-14 minutes, or until edges are lightly browned.
Cool on wire racks.



Photo courtesy of Culinary.net

Lucky Mint Brownie Perfection

Lucky Mint Brownie Perfection

(Culinary.net) How lucky you must be to come across this recipe just in time for St. Patrick's Day. This one is a twisted combination of mint and sweet chocolate that's sure to have almost anyone's taste buds screaming "yum." This dessert might just be the pot of gold at the end of your rainbow this year.

These Mint Brownies have three delicious layers. First, a supreme brownie on bottom. Then a fluffy, green mint layer that's full of flavor and color. Last, but definitely not least, a chocolate layer on top made with chocolate chips, butter and a little whipping cream.

All of these layers create a smooth, sweet, minty, bite-sized dessert perfect for any occasion but especially St. Patrick's Day. The green mint color really pops off the plate, giving it some extra flare and an appetizing glow.

To start, create the soft, chocolate filled brownie. Combine brownie mix, vegetable oil, one egg, water and the chocolate syrup pouch. Bake and cool completely.

Then it's time for some colorful, festive fun. Make the filling with powdered sugar, butter,

whipping cream, softened cream cheese, a splash of peppermint extract and a few drops of green food coloring. Beat and pour over the cooled brownie pan.

The last layer is simple. In a saucepan, melt whipping cream, chocolate chips and butter until smooth. When it's cooled to lukewarm, pour it over the filling for the final layer.

Refrigerate the Mint Brownies for two hours before serving. Cut them into bite-size pieces for small chunks that will melt in your mouth.

Find more seasonal dessert recipes at Culinary.net.

Mint Brownies
Servings: 9-12
Nonstick cooking spray
1 box supreme brownie mix with chocolate syrup pouch
3 tablespoons water
1/3 cup vegetable oil
1 egg

Filling:
3 1/2 cups powdered sugar
1/4 cup butter, softened
1/4 cup whipping cream
5 ounces cream cheese, softened
1/2 teaspoon peppermint extract

5 drops green food color

Topping:
1/2 cup whipping cream
1 bag (12 ounces) chocolate chips
1/2 cup butter
Heat oven to 350 F.
Spray 8-by-8-inch pan with nonstick cooking spray.

In large bowl, mix brownie mix, water, oil and egg until combined. Pour into prepared baking pan. Bake 35 minutes. Cool completely, about 1 hour.

To make filling: In large bowl, beat powdered sugar, butter, whipping cream, cream cheese, peppermint extract and food coloring. Spread over cooled brownies. Refrigerate 1 hour, or until set.

To make topping: In saucepan, melt whipping cream, chocolate chips and butter until smooth. Cool until lukewarm, about 10 minutes. Pour over filling; spread to cover. Refrigerate 2 hours, or until set.

Before serving, let brownies set 10 minutes at room temperature.

Tips: Cut brownies with wet knife for cleaner cuts. Store covered in refrigerator.



Photo courtesy of Culinary.net

A Sweet Seasonal Shake

A Sweet Seasonal Shake

(Culinary.net) St. Patrick's Day may call to mind hearty meals and pots o' gold, but that doesn't mean sweets can't be part of the equation, too. Add dessert to your celebration with this green Minty Shake, a cold, refreshing way to honor the colorful tradition.

Find more seasonal dessert recipes at Culinary.net.

Minty Shake
Serves: 1

1 cup whipping cream
1/2 teaspoon peppermint extract
2 teaspoons powdered sugar

1/2 cup milk
1 3/4 ounces Baileys Irish Cream liqueur
3 scoops mint chocolate chip ice cream
chocolate syrup
chopped sugar cookies, for garnish (optional)
pistachios, for garnish (optional)
mint chocolate candy, for garnish (optional)

Using mixer, whisk whipping cream until soft peaks form. Add peppermint extract and powdered sugar; mix until well blended. Set aside.

In blender, blend milk, liqueur and ice cream until smooth.

Drizzle chocolate syrup inside soda glass. Pour ice cream mixture into glass. Top with whipped cream and garnish with cookies, pistachios and mint chocolate candy, if desired.

St. Patrick's Day Sandwiches

Make Your St. Patrick's Day Spread Green With Envy

(Culinary.net) Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These open-faced noshes can be perfect for lunch, snack time or even as an appetizer for get-togethers with friends and family.

Layered with a smooth cream cheese and mozzarella mixture then topped with crisp cucumber and a stem of green bell pepper, these St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite.

Plus, this recipe is quick

to make. When you're in a rush to get everything on the table for the party, it's easy to throw together and get on the platter in next to no time.

The sandwiches pop off the plate with their bright, seasonal garnishes. While sure to attract attention and have your loved ones asking "Where did you get this idea?" they're also an easy way to sneak a few vegetables into your kids' diets.

For more festive recipes and ideas at Culinary.net. St. Patrick's Day Sandwiches
Yield: 8 sandwiches
8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
salt

4 English muffins
24 slices cucumber
8 thin slices green pepper
fresh cilantro leaves
lemon juice
lemon slices, for garnish (optional)

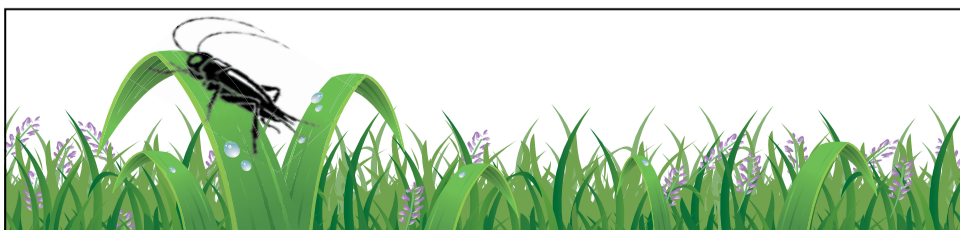
In bowl, mix cream cheese spread, mozzarella cheese and salt well. Split English muffin in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half. Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.



Photo courtesy of Culinary.net



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TUESDAY

Health and WELLNESS

Tuesday, March 15, 2022

A9

Did You Know That There Are Two Types Of Stem Cells In Humans?

I've been seeing a lot of news lately about stem cell treatments. This week I want to focus what they are, where they come from, how they might be used to treat disease and finally, the social and ethical challenges surrounding their use.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Stem cells are cells that have the potential to change into other more specialized cells in the body through a process known as differentiation. By definition, stem cells have to exhibit two properties: (1) they must be able to divide multiple times and remain unchanged and (2) they have to have "potency," the ability to differentiate into other cell types.

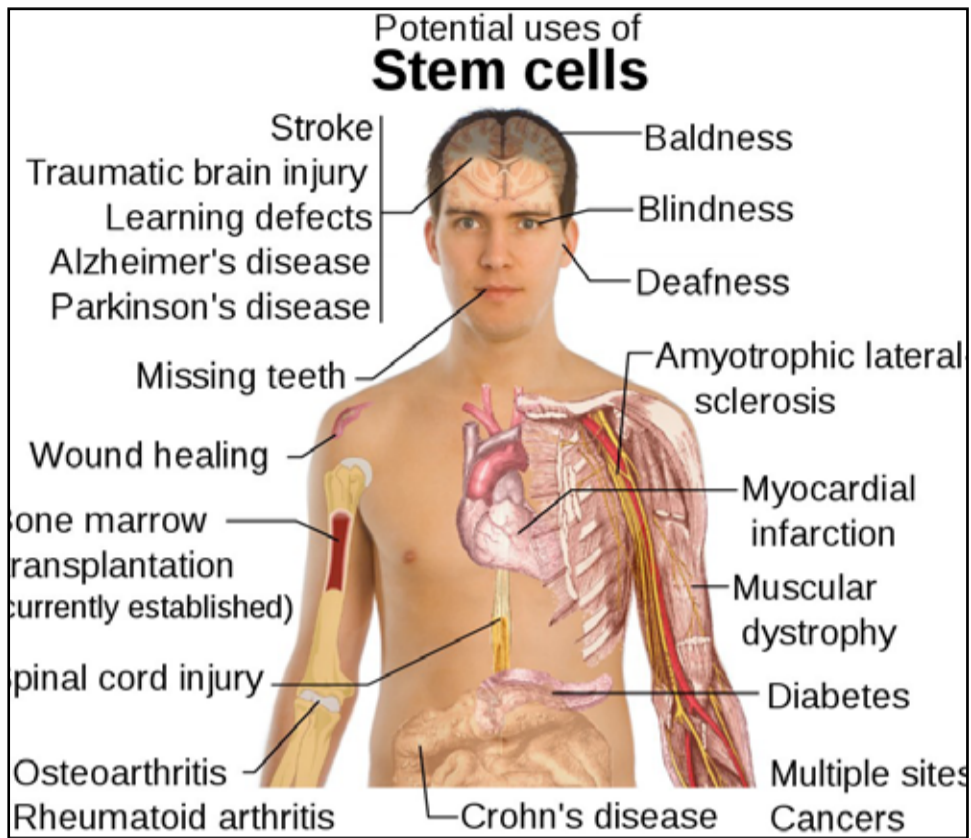
Stem cells have a hierarchy of potency that is important in determining what they are capable of doing. Totipotent cells sit at the top of the pyramid and have the capacity to differentiate into any of our 220 cell types. Pluripotent cells can differentiate into nearly all cells, and multipotent cells can become only cells of a closely related family of cells. There are additional levels of potency that produce even fewer cell types.

There are two types of stem cells in humans – embryonic and adult. Embryonic stem cells are derived from embryos

that are 4-5 days old. Embryos at this stage contain about 50 to 150 cells, some of which are pluripotent and can propagate indefinitely.

Adult stem cells are found in most tissues in the body and are multipotent. They are generally able to produce all of the cell types of the organ where they reside. They can also be found in umbilical cord blood. These cells exist to replace and repair tissues. It is also hypothesized that they may bear some responsibility for development of some cancers.

Stem cells are removed from either embryos or tissues of the body and then grown in the lab in tissue culture. This is a very tricky business, as stem cells naturally want to differentiate into other cells. The stem cells need to be kept in a very



specific biochemical soup to prevent them from differentiating. One of the most challenging facets of stem cell research is discovering the complex biochemical signaling that controls stem cell differentiation.

The excitement surrounding the use of stem cells arises from the potential they have to replace damaged or genetically defective cells and tissues in the body. Most readers are familiar with bone marrow transplantation. Currently, this is the

only medically approved treatment using adult stem cells.

There are no currently approved embryonic stem cell treatments. However, the first human study using embryonic stem cells was started a few years ago. It involved placing stem cells around damaged nerves in patients with spinal cord injuries.

There are a number of potential challenges in using embryonic stem cells. One is discovering how to program the stem cells to differentiate into

the desired cell type. Stem cells can differentiate into masses of different cell types and tissues if allowed to grow on their own. If a patient receives stem cells from another person, there is also the risk of rejection by the recipient's immune system.

Finally, embryonic stem cell research presents social and ethical challenges in regard to obtaining stem cells from human embryos. Until recently, removing the stem cells had resulted in destruction of the entire

embryo. A technique was developed in 2006 that allows the embryo to survive following removal of stem cells.

Recent research has developed a methodology to produce pluripotent stem cells from fully differentiated cells. These reverse-engineered stem cells are called induced pluripotent stem cells. Scientists have taken skin cells and added various proteins to alter DNA expression to cause the skin cells to revert to stem cells. This discovery is very exciting and has the potential to obviate the need to use embryonic stem cells.

You may run across medical clinics that claim to offer stem cell therapies. Since using stem cells for treatment of diseases is in its infancy and there is no good evidence they are to the point they are safe and effective, it is a very questionable practice. The FDA is really cracking down on stem cell clinics. Consumer Reports had an excellent review in January 2018 that you can read at goo.gl/vfZfvv.

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.

10 Doctor-Recommended Ways To Improve Your Overall Health

(StatePoint) While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health.

"It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

2. Learn your risk for type 2 diabetes by taking a simple online 2-min-

ute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control.

Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or

flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions,

store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting ama-assn.org.

For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

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.

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

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