

➤ TODAY'S VERSE

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.



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

What makes Steve Younce smile? "Definitely my wife, funny people, odd situations. I notice things that aren't really noticeable that make me laugh, things that are random," said the 66-year-old downtown Noblesville resident. He lives in an 1880 Victorian home, "which is a daily project" and has been on the Noblesville Preservation Alliance Home Tour twice. He lived in Cicero before moving to Noblesville 10 years ago when he married Anne Kenley. He recently retired from a 30-year career as an insurance adjuster. "I have found myself being way more busy than intended in retirement," said Younce, who lives a three-minute walk from the downtown Square. He has a daughter, three stepdaughters and a couple of grandkids. His passions? "Art, music, history, geography." He became an artist in his 50s, oil painting with artists Rodney Reveal and Creston Stokes. He was born and raised on Indianapolis' East Side and graduated from Warren Central High School. He went to Ball State University and after college worked a job at the Grand Canyon. He sings in the church choir at First Presbyterian Church of Noblesville. What else? "I've always wanted to be a great rock musician. That didn't happen." said Younce, who did work at Karma Records and managed record stores in Tucson, Ariz., and Austin, Texas. He owns 1,200 records and has a Facebook blog called Steve's Record Box, "about music that I love that's from my era." Also, speaking of records, check out Turntable Thursdays at Primeval Brewing in downtown Noblesville, where folks bring their favorite vinyl to play on a provided turntable at 5:30 p.m. on Thursdays. He has attended almost all of the Turntable Thursdays since they started.

And Another Thing...

On Friday afternoon, officials from Noblesville and Old Town Companies broke ground on Federal Hill Apartments. This project redevelops the land west of Federal Hill Commons, but it does not impact any green space of the park. The mixed-use development will include:
- 220 apartment units in three buildings
- 31,700 square feet commercial retail space
- 210 parking garage spaces for public use

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Spring means Easter egg hunts, including the Hamilton County Junior Leader Easter Egg Hunt on April 13.

Spring Means Sounds of the Birds, Cleaning Closets, Activities Opening



BETSY REASON
The Times Editor

Spring is here. Spring officially arrived at 11:33 a.m. Sunday. And what a welcome season it is at our house. While we enjoy every season

-- including winter and our brief opportunity to sled at Forest Park due to very little snow this year -- we are glad spring is here.

The days are longer. The weather is warmer. Trees and flowers are in bloom.

I love the fresh air. The sounds of the birds.

I just love spring. Spring also brings a list of chores. Like washing windows. Cleaning out closets. Painting exterior house trim. And having garage sales.

I remember when I was young, growing up in the countryside, and hanging up the freshly washed laundry to dry on the backyard clothesline.

While cutting the lawn isn't my favorite after several weeks

of the task in the summer, the first few weeks of spring mowing are most enjoyable.

Bird walks have already begun at Hague Road Nature Haven in Noblesville.

Forest Park and Fox Prairie golf courses opened for the season a week ago today.

Noblesville Schools' last day before spring break is this Friday.

Conner Prairie opens for the 2022 outdoor season on March 29.

Noblesville Parks shelters -- at Dillon Park, Forest Park and Finch Creek Park -- open for the season on April 1.

The Carousel in Forest Park -- which also opens on April 1 --

➤ See BETSY Page A7

A Letter To Losers



JOHN O. MARLOWE
The Good Sport

Dear Athlete,
We see you out there, young man. We see you with your head cradled low. We see you daugh-ter. We see the tears collecting in your eyes, eyes that you shield from us, so we cannot sup-pose weakness in your humanity.

We see your hand tremble, as you reach out in weedy approbation; to shake the very hand that snatched your dream from beneath your pillow.

Everything seemed so right, just one week ago. Now? Now, everything couldn't possibly be more wrong.

All that you ever envisioned, at least as far as your young eyes can see into the future, is gone in a blink, in a jot, in a second.

Time is gone.

With time, you held in your hands the power to melt mountains, to turn steel to dust, to grind hard stone to meal. However, time slipped through your fingers -- right before us. We watched intently. We are witness. We saw it happening to you, right before our eyes. Yet we still not know how.

You molded time tightly in your hands, and in utter control of it, shaped it to your needs.

But now it is no more, and you must endure watching it puff and waft gently into the ether of your youth.

Oh, it wasn't your fault -- although you want to blame yourself. Blame someone.

You don't owe us an apology. You don't owe us a thing. The debt is ours.

That's just the brutal irony of sport. Of life. All players want to play on. However, we find fairness in the integrity of the game. We honor the rule. The end comes when a whistle, a number, a clock, a buzzer -- a doctor's report -- some contrivance, obstructs the path to dreams, and says, "beyond here, you may not go".

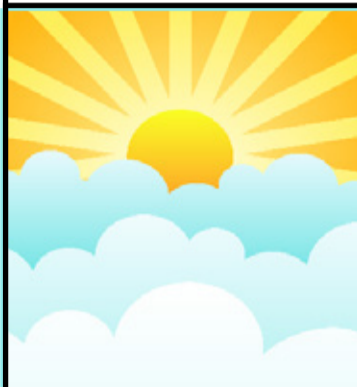
And we don't go.

We sense your pain, athlete, although we can't really feel it. Not the way you do, anyway.

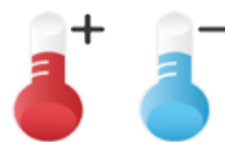
We do understand your

➤ See MARLOWE Page A7

The Daily Almanac



Sunrise/Sunset
RISE: 7:44 a.m.
SET: 7:58 p.m.



High/Low Temperatures
High: 55 °F
Low: 50 °F



Wacky Holiday Today

- National Goof-off Day
- National Agriculture Day
- As Young As You Feel Day



What Happened On This Day

- 1963 The Beatles release their first album
- 1960 The laser is patented
- 1997 Tara Lipinski becomes the youngest female figure skating world champion



Births On This Day

- 1976 Reese Witherspoon American actress, producer
- 1936 Ron Carey American union leader

Deaths On This Day

- 1820 Stephen Decatur American navy officer
- 2009 Jade Goody English nurse, author

➤ INSIDE TODAY

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➤ OBITUARIES

Pamela J. Bizila
Mary K. Pierce
Wilma J. Roberts
Rachel E. Thompson
Stephen Wayne Whitted



➤ HONEST HOOSIER

Nationally known cartoonist Bill Holman was born right here in Indiana on this day in 1903. He passed away in 1987, but some of us won't forget Smokey Stover, Spooky and Nuts and Jolts.



➤ TODAY'S QUOTE

"Without music, life would be a mistake."
- Friedrich Nietzsche

➤ TODAY'S JOKE

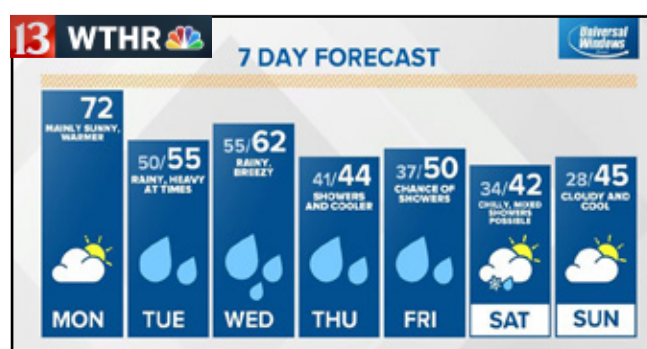
How do you get Pikachu on a bus?
Poke him on.
(Don't worry, some of us didn't get that one either!)

➤ TODAY'S HEALTH TIP

If you're on medications from multiple doctors, make sure each one knows your entire list. 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 **Jack Hess** of Noblesville for subscribing!



⇒ OBITUARIES

Pamela J. Bizila

Feb. 11, 1949 - March 17, 2022

Pamela J. Bizila, 73, a loving wife, mother and grandmother passed away on Thu., March 17, 2022.

She was born in McKeesport, Pa., on Feb. 11, 1949 to the late Robert and Theresa Dobrich.

Mrs. Bizila was a 1967 graduate of Elizabeth Forward High School in Elizabeth, Pa., where she met Mike Bizila the love of her life for 56 years. She attended Jon Lesko Beauty School where she received her Pennsylvania state cosmetology license.

After moving to Indianapolis, Mrs. Bizila attended Ivy Tech College and majored in early childhood. Her love of children touched the lives of many while working at the Ft. Benjamin Harrison child care center and the Lawrence Township School District. She and her husband were among the first members of the Saint Louis de Montfort Church in Fishers, Ind.

Throughout her life, Mrs. Bizila's highest priority was to care for her family and her greatest joy was to spend time with her children and grandchildren. She always put the needs of others ahead of her own. As an early childhood administrator, she was always prepared for anything. Mrs. Bizila's kind spirit and sense of humor will be missed.

Survivors include her loving and caring husband Mike; sons Michael (Shelley) and Nicholas (Karen); grandchildren Kate, Alex, Brooklyn and Dominic; brothers Gary Dobrich of Three Lakes, Wis. and Shawn Dobrich of Sacramento, Calif.; sisters Winona Dobrich of Elizabeth, Pa. and Diane Dobrich of West Mifflin, Pa.

In addition to her mother and father who predeceased her, she was predeceased by her brother Robert.

Visitation is scheduled to be held from 2 p.m. to 3 p.m., with service scheduled for 3 p.m. on Thu., March 24, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, Fishers, Ind.

Memorial contributions may be made to the Kids First Trust Fund of the Indiana Department of Child Services at <https://www.in.gov/ai/appfiles/kidsfirst-donations/>. Condolences can be made online at www.randalloberts.com.

Mary K. Pierce

March 6, 1931 - March 19, 2022

Mary K. Pierce, 91, of Noblesville, raised in Carmel, passed away on Sat., March 19, 2022 at Heritage Woods of Noblesville.

She was born on March 6, 1931 to Kenneth and Mary (Jackson) Whelchel in Sheridan, Ind.

Mrs. Pierce worked as an auditor for Riverview Administrations for 40 years. She was a member of the Noblesville Eastern Star and enjoyed crafts.

Survivors include her sons, William C. Pierce Jr. (Shelley) and Michael A. (Diana) Pierce; step-son, Rick Pierce; sister, Phyllis I. Harvey; grandchildren Kenneth, Katie, Jeff and Jonathon; and 5 great-grandchildren.

In addition to her parents, she was preceded in death by her husband, Bill Pierce in 2012; and her daughter-in-law, Mary A. Pierce in 2012.

Visitation is scheduled to be from 10 a.m. to 12 p.m., with services scheduled for 12 p.m., on Wed., March 23, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. The Rev. Stanley R. Sutton will officiate. Burial will be at Crownland Cemetery in Noblesville.

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

Stephen Wayne Whitted

Aug. 31, 1951 - March 17, 2022

Stephen Wayne Whitted, 70, of Noblesville, passed away on Thu., March 17, 2022 at his home, surrounded by his loving family and the care of Transitions Hospice.

He was born on Aug. 31, 1951 to Velma (Garringer) and Claude Whitted in Winchester, Ind.

Mr. Whitted was a 1970 graduate of Winchester High School in Winchester, Indiana, and a 1972 graduate of ITT Technical Institute of Fort Wayne. He married the love of his life, Phyllis Wilson on Sep. 7, 1974. He worked as an engineer for GTE/Verizon for 31 years and retired in November of 2003. One month later, following his retirement, he suffered a stroke. He was highly involved in the Boy Scouts of America for the majority of his life, as a Scout, as a Scoutmaster and then a District Commissioner. Mr. Whitted loved camping and working outdoors. He was always a huge supporter of the activities his children were involved in. He resided in Fort Wayne for 30 years and moved to Hamilton County in 2019. He loved having visitors and, most of all, loved spending time with his family and friends.

Survivors include his wife of 47 years, Phyllis Whitted; son, Jason (Amanda) Whitted; daughters Sharon (Charles) O'Haver and Karen (Emily) Meadows; grandchildren Trinity, Alyssa, Emily, Alexander, Conner, Caleb and Kenley; brother, Dennis (Sheryl) Whitted; mother-in-law, Alfreida (James) Higdon; as well as several nieces, nephews & cousins.

In addition to his parents, he was preceded in death by his brother, Byron Whitted; father-in-law, Albert Wilson; and nephew, Nathan Wilson.

Visitation is scheduled to be from 12:30 p.m. to 3:30 p.m., with services scheduled for 3:30 pm, on Mon., March 21, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. The Rev. Clayton Thompson will officiate. Graveside services are scheduled to take place at 2:30 p.m. on Tue., March 22 at Gardens of Memory, 10501 North State Road 3 in Muncie. Everyone is welcome.

The family would like to especially thank Transitions Hospice Care for their tremendous care of Mr. Whitted and treating him like family for the last 16 months.

Memorial contributions may be made to Transitions Hospice, 8435 Keystone Crossing #108, Indianapolis Ind., 46240.

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

Wilma J. Roberts

Sep. 30, 1944 - March 20, 2022

Wilma J. Roberts Sep. 30, 1944 - March 20, 2022 Wilma J. Roberts, 77, of Lapel, passed away on Sun., March 20, 2022, at Harbour Manor in Noblesville following an extended illness.

She was born on Sep. 30, 1944, in Zanesville, Ohio to Eugene Cooper and Wilma Pauline (Ruby) Cooper.

Mrs. Roberts attended Zanesville High School in Ohio. She was a homemaker her entire life. She loved to crochet, bowl, and loved to garden while taking care of her flowers. She enjoyed playing cards with her friends and family. Mrs. Roberts adored her children, grandchildren and great-grandchildren.

Survivors include her daughters Lorie Roberts of Lapel, Terrie (Doug) Huntzinger of Lapel and Mindy Roberts of Russiaville; brothers Earl (Ina) Ruby of Zanesville, Ohio and Alan (Georgianna) Cooper of Zanesville; sister, Julie (Mike) Rice of Zanesville; grandchildren Brandi (Reggie) Carder, Bryce Flowers, Danielle (Blane) Trinkle, Jake (Krista) Huntzinger, James (Jeni) Pigg and Katie Pigg; six great-grandchildren; several nieces and nephews; and a special friend, Ann Blackmond.

She was preceded in death by her parents; her husband, James Roberts; a sister, Janet Brenlish; and her grandson, Brandon Carder.

A funeral service is scheduled to be held at 1 p.m. on Fri., March 25, 2022, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Ind., with Chaplain Phil Rogers officiating. Burial will follow in Brookside Cemetery.

Visitation is scheduled to be from 11 a.m. to 1 p.m. Fri., March 25, 2022 at the funeral home.

Memorial contributions may be made to the Alzheimer's Association.

Online condolences can be made at www.hersberger-bozell.com.

Rachel E. Thompson

Feb. 7, 1933 - March 19, 2022

Rachel E. Thompson, 89, of Noblesville, passed away on Sat., March 19, 2022 at Elwood Health and Living.

She was born on Feb. 7, 1933 to Reggie and Glade (Carter) Emberton in Tompkinsville, Ky.

Mrs. Thompson married Marion J. Thompson on May 31, 1952. She worked for the Club Bar, IDI, and in elderly home health care. She loved Elvis, cooking, garage sales, and being with her family.

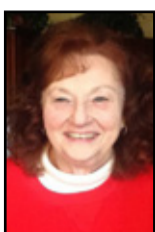
Survivors include her sons, Michael Thompson (Barbara), Maxey Thompson (Shelly Smith) and Lonnie Thompson (Debi); daughter, Tereasa Cottrell; brothers Eagle, Eugene, Robert and Billy; sisters Ravenal, Roberta and Rosemary; several grandchildren, great grandchildren, and great-great-grandchildren; and her beloved dog, Pork Chop.

In addition to her parents, she was preceded in death by her husband, Marion J. Thompson in 2005; son, William G. Thompson in 1992; and son, Marion Timothy Thompson in 2011.

Visitation is scheduled to be from 10 a.m. to 12 p.m. on Tue., March 22, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers. Graveside services are scheduled to follow at 1 p.m. at Oaklawn Memorial Gardens in Indianapolis.

Memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, Tenn. 38105-9959.

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



Super Bonito



CARRIE CLASSON

The Postscript

"Maybe I'm a little old for this dress?" I suggested tentatively as I made my way to the mirror in the little shop.

I was in the artisans' market in San Miguel de Allende, Mexico, where they sell everything imaginable—and quite a few things I had never imagined. I was wearing a dress that had been hanging on a rack outside a tiny shop in the market. It was in my favorite colors.

I've been collecting "my" colors, various shades of blue and green. It started with the bracelets. I bought a turquoise one for a few pesos and then I found another one that matched. Then another. Then another. None of them has cost more than a couple of dollars and, at this writing, I have eight bracelets around my wrist. Maybe it's a bit too much. But I get happy every time I look at my wrist, so maybe it isn't.

My husband, Peter, and I are now settled into a little apartment for the month. It is certainly not fancy. I look at the photos of friends staying in vacation resorts and they probably wouldn't think much of our lifestyle here. I am sitting at a little desk made of Formica that looks out on a sunny brick wall covered with smiling ceramic suns. I have sunflowers on my desk. Peter is keeping me supplied with coffee (as he always does) and I am writing (as I always am). I think that is why we like it here so much—we are living very much as we always do, just in a different place.

And I also think it is why I am constantly buzzing through the artisan market, dipping into

little shops along the way, looking for my colors. I'm like a bird feathering her nest. I bring back woven napkins and potholders and a bright blue apron with yellow flowers embroidered on the front. Peter is a regular at the chicken roasting shop where dozens of chickens turn on a rotisserie. When he takes too long fumbling with his pesos, the woman who roasts the chickens grabs the money out of his hand, takes what she needs, and returns the wad to him. She is not about to burn her chickens waiting for Peter.

Today is our seventh anniversary and we are celebrating it in the best way possible—by living our life the way we do every other day. Peter is going for his hike in the botanical garden. I am writing and drinking coffee. Later, we will go out for lunch at a rooftop restaurant. The view is wonderful and the weather is fine and, from our vantage point, we can see a cactus that has somehow managed to take root right on the dome of the church roof across the street. The cactus must be nearly 6 feet tall. It is amazing.

I plan to wear my new dress to lunch.

"Maybe I'm a little old for this dress?" I said to the shopkeeper, who I knew would say "no."

"No!" she said on cue.

"Bonito!" said a customer, unprepared, as I looked skeptically at the rather skimpy blue and green dress in the mirror.

"Super bonito!" the shopkeeper agreed. That is when I decided I would buy the dress. I've had pretty dresses before, but never one that was "super bonito."

Our anniversary today will be another ordinary day that will be perfect because it is not special. It will be perfect because it will be more of the same. It will be super bonito.

Till next time,
Carrie

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

FBI Announces Reward for Info Leading to Ciera Breland

FBI Atlanta is offering a reward of up to \$10,000 for information leading to the whereabouts of Ciera (Locklair) Breland who has been missing since February 24, 2022.

Ciera Breland was last known to be visiting her family in John's Creek, Georgia from Carmel, Indiana the week of February 20th with her husband, Xavier Breland, their 5-month old son, and their white labradoodle. Breland's husband reported her missing on February 26 to the Carmel Police Department in Indiana. However, there is no evidence Breland ever returned home after the family's trip to Georgia. Breland's last known location while visiting

Georgia was at 10545 Highgate Manor Ct. on Feb. 24 at 7:17 p.m. She was driving a white 2017 Volkswagen Tiguan with GA Tag RMB 5869.

The FBI is supporting the Johns Creek Police Department and the Carmel Police Department with this investigation. Law enforcement has not ruled out foul play and Breland's husband has been named as a person of interest.

If you have any information related to the disappearance of Ciera Breland, please call the Johns Creek Police Tip Line at 678-474-1610 or the Carmel Police Department at 317-571-2500. You can also call the FBI at 1-800-CALL-FBI or visit tips.fbi.gov.

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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.

MARK

HALL

FOR HAMILTON COUNTY COUNCIL
DISTRICT THREE

CONSERVATIVE QUALIFIED LEADER
FAMILY & COMMUNITY VALUES REFLECTED IN
BOARD APPOINTMENTS
I WILL PROTECT OUR INDIVIDUAL PERSONAL
FREEDOMS
PUBLIC SAFETY IS JOB ONE
DEMONSTRATED SERVANT
I STAND FOR PEOPLE OVER DONORS

"We all see it; change has arrived nationally, in Indiana, and even in our cities. Inch by inch territory has been surrendered in the name of progress. Family values and individual freedoms are under attack. We can't expect the same results for Hamilton County without fighting for the principles that made our communities so special." - Mark Hall

WWW.MARKFHALL.COM

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Photos courtesy of Lexus

2022 Lexus Nx350 Is A Small Nip Of Luxury

My friends and I are at it again. There is bourbon aging and Kentucky is not far away. How could this go unanswered, especially with a comfy little crossover at our disposal? Whether erasing Interstate, or carving up Kentucky backroads, the 2022 Lexus NX 350 is a small nip of luxury worth savoring.

When we leave Indianapolis, it is spitting snow and threatening ice. The Lexus does not look intimidated wearing its angry wall of spindle grille, slim LED headlamp strings, and bodysides swaggering with bulged fenders and creased sheetmetal over 20" alloys. LEXUS is spelled proudly across its hatchside. It's a larger NX, but also a more confrontational one.

With two and a half hours before our first stop, we slide inside... and immediately smack

the heated seat and steering wheel controls. As expected from Lexus, it's pretty lush with black open pore wood, Rioja Red leather, and color-coordinated trim on the doors, console, and dash. Mark Levinson audio saturates our ears. My rear seat mate enjoys greater legroom while an enlarged cargo hold awaits our plunder.

Thankfully, Lexus finally dispensed with its cursed infotainment mouse controller and replaced it with a 14" touchpanel featuring intuitive icons for audio, navigation, and phone. Devices connect through wireless Apple CarPlay, Android Auto, and Wi-Fi. Voice-to-text and wireless charging add conveniences.

By the time we arrive at Maker's Mark in Loretto, it's 66 degrees, sunny, with barely a cloud in the sky. We switch to venti-

lated front seats and open the panoramic sunroof. Fields of blue grass and galloping horses stream by as I crank the NX into curve after undulating curve. The steering is more direct and the suspension takes it in stride, but the brakes need encouragement. This is a Lexus, not a BMW.

My buddy dips his own bottle of Maker's Mark in red wax as we usher a flight of samples to the patio. As the driver, I barely sample any. We could linger near the rick houses all day, but Jim Beam beckons us to Clermont, near Interstate 65. Step on it!

A non-turbo four-cylinder engine and plug-in hybrid are available, but we taste the 2.4-liter turbocharged four-cylinder that delivers a peppy 275 horsepower. It routes to the all-wheel-drive system through an 8-speed automatic transmission.

Lexus claims it will scamp from 0-60 mph in just 6.8 seconds. Quick, but it achieves just 22/29-MPG city/highway and prefers top shelf petrol.

Top shelf also describes the array of safety systems that include automatic emergency braking, lane keep assist, and a 10" head-up display that provides flashing cross traffic alerts and navigation directions. Adaptive cruise and lane centering steering make the long drive less taxing for me.

We have a relaxing lunch at Jim Beam's chef-run restaurant, but time is short and we want to visit Pappy Van Win-

2022 Lexus NX 350

Five-passenger, AWD Crossover
Powertrain: 2.4-liter T4, 8-spd trans
Output: 275hp/317 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Style, Safety
0-60 mph: 6.8s
Fuel economy: 22/29 mpg city/hwy
Assembly: Japan
Base/As-tested price: \$39,925/\$53,340



CASEY WILLIAMS
Auto Reviews

kle's old haunt at Stitzel-Weller, home of Old Fitzgerald. By the time we arrive a half-hour later, temperatures drop twenty degrees as God's angry wind finds us. After a short trip through the gift shop, we blitz through downtown Louisville and back across the Ohio River - where we run into a snow storm that chases us back to Indianapolis.

By the time I swipe open the hatch and expel our haul, we are delight-

ed by this little sip of turbocharged luxury. While you can buy an extraordinary bottle of bourbon for \$60, a base NX costs a swig more at \$39,025. The NX 350 rises from \$42,125 to \$53,340 as tested. Competitors include the Cadillac XT4, Mercedes-Benz GLA, Infiniti QX50, Lincoln Corsair, and Audi Q3. Storm Forward!

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

Metzger Named NCAC Athlete of the Week

DePauw's Wyatt Metzger (Westfield, Ind.) has been named the North Coast Athletic Conference Men's Tennis Athlete of the Week for his performances in the Tigers' 8-1 win over Wittenberg University.

Metzger played number two singles and defeated the Wittenberg Tigers' John DeVito by a 6-3, 6-2 score. He was also teamed with Thomas Partridge in

doubles this weekend and with Partridge helped beat Wittenberg's Brayden Kopp and John DeVito 8-5 to complete DePauw's doubles sweep.

Founded in 1837, DePauw University is a top-ranked, 100% residential, private liberal arts university in Greencastle, Ind. Through its College of Liberal Arts and School of Music, DePauw provides highly person-

alized education in small classes, with 95% of its graduates employed or in graduate school within six months of graduation. DePauw is ranked 5th for study abroad, and 80% of students receive academic credit for off-campus study, including internships, independent projects and service work. The university is ranked in the top 20 for both graduate

salaries and internship opportunities among private institutions, 8th for Fulbright Scholars, 8th for producing top business executives, 8th for graduate salaries, and 2nd for Teach For America employees. Our graduates have a 90% acceptance rate for medical school and an 80% acceptance rate for law school, both well above the national average.

Letters

Something Smells Fishy in County Government

Dear Editor,
 Yes neighbors, election season is upon us. We have already done some of our research so we can make informed selections at the poll. We have also made several of our candidate choices and put their signs in our yard. Little did we know that this would draw the juvenile reaction of the current President of the Hamilton County Council, Steve Schwartz.

This past Friday, the 18th, during the day while my wife was home alone, she heard multiple voices outside our home from the councilperson's campaign as they decorated my property with five of their campaign signs. They had no permission to place these signs. They had no permission to be on our private property. They merely placed the

orange-colored signs in strategic locations intending to upstage, block, or sandwich our chosen candidates' signs attempting to make them ineffective. They intimidated the wrong family. That said, we choose to show them grace from prosecution for a first offense. Security cameras are a good thing. We will contact law enforcement, however, and ask them to contact Mr. Schwartz to personally retrieve his property. We did learn that we can throw these away since they were not placed with permission.

After experiencing sophomoric antics of the current councilperson first-hand, my wife and I knew that we needed to share our personal experience with the voters of Hamilton County. Voters should know what we went through. After decades in office, either

entitlement or desperation has set it for this councilperson. Regardless of which it is, we do not want Mr. Schwartz representing us in office and I believe that many of you don't either. Informed voters will boycott his fifth term.

Mr. Schwartz's behavior is not only wrong, it is revealing. Character matters in our elected officials. The gall and self-entitlement required to walk onto a homeowner's private property attempting to block other candidates campaign signs is unbelievable. This type of behavior from "We The People" servants is repugnant.

We have previously learned that under Mr. Schwartz's rein, the State Road 37 project is \$50 Million (\$50,000,000) over budget and still uncompleted. This councilperson is obviously distracted and

more interested in plopping out sign locations than he is watching over how our tax money is being spent. I expect better behavior from our elected representatives and so should you. I did not ask to be sign bombed but he chose my family to do this to.

Prior to Friday's fiasco we have supported both Sheriff Dennis Quakenbush and Mark F. Hall, both constitutionalists, something that should be important to all citizens of Hamilton County. The attitude and entitlement of Mr. Schwartz tells what we need to know about this county councilperson. I encourage you to join us in voting for Mark F. Hall for Hamilton County Council and Dennis Quakenbush for Sheriff.

Brad and Deborah Eddy
Noblesville

PUBLIC NOTICES

NOTICE OF WORK SESSION
Sheridan Town Council
 Notice is given that the Sheridan Town Council will be holding a work session on Tuesday, March 29, 2022 at 5:00 p.m. in the Sheridan Community Center, 300 East 6th Street, Sheridan, IN 46069. Following that meeting at 6:00 p.m., the Town Council will be holding a regular meeting also in the Sheridan Community Center, 300 East 6th St, Sheridan, IN 46069. The meeting scheduled for April 5, 2022 has been cancelled.
 TL18860 3/22 1t hspajlp

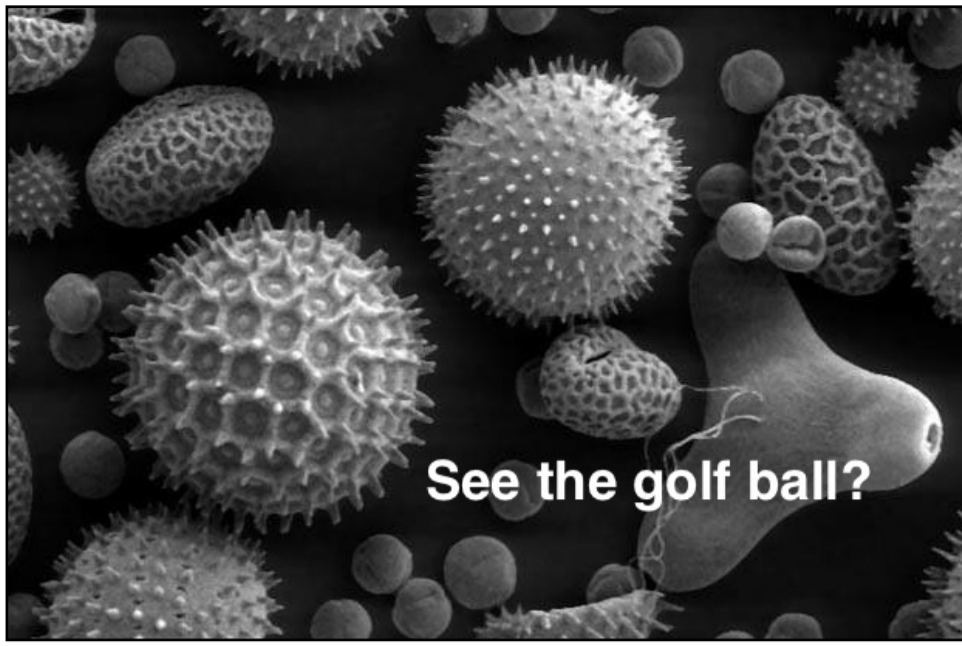
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 The following will be sold for charges:
 8280 E 216th St CICERO
 On 04/06/2022 at 09:00 AM
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 2003 CHEVROLET 1GNET1G6S136179072 \$1,350.00
 1998 OLDSMOBILE 1G3WX52K3WF400058 \$1,350.00
 2014 TOYOTA 5YFBURHE5E0P58216 \$1,475.00
 2004 CHEVROLET 2G1WF52E449263725 \$1,350.00
 2009 NISSAN 1N4AL21E79N516251 \$1,375.00
 2014 VOLKSWAGEN 1VWBP7A39E004444 \$1,380.00
 2020 TOYOTA 4T1KZ1AK4L046444 \$1,825.00
 2002 CHEVROLET 1GND513X22509834 \$1,350.00
 2009 CHEVROLET 2G1WT57N9X1316869 \$1,350.00
 2017 CHEVROLET 1GNKRFD8HJ104276 \$1,350.00
 1998 OLDSMOBILE 1G3HN52K2W4800073 \$1,350.00
 2001 PONTIAC 1G2NV52E1C235379 \$1,350.00
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ADVERTISEMENT FOR BIDS
City of Carmel (OWNER)
30 West Main Street, Suite 220
Carmel, IN 46032
 Separate sealed bids for the construction of the Ditch Road Water Main Extension Project will be received by the City of Carmel, Board of Public Works and Safety at the Carmel City Hall, located at One Civic Square, Carmel, Indiana, 46032 on Wednesday, April 6, 2022 until 10:00 am (local time); at which time and place said Bids will be publicly opened and read aloud.
 Each Bid must be submitted in a sealed envelope, addressed to:
The City of Carmel Board of Public Works and Safety
 Each sealed envelope containing a Bid must be plainly marked on the outside as a **BID ENCLOSED for the Ditch Road Water Main Extension Project, City of Carmel, Indiana** and the envelope should bear on the outside the Bidder's name, address, and license number if applicable.
 The Project consists of approximately 1.0 mile of 12" water main including fittings, valves, fire hydrants, water services and related site work between 96th Street and 106th Street.
 A pre-bid meeting is scheduled for Tuesday, March 29, 2022 at 1:30 pm (local time) at the Carmel Water Operations Office located at 3450 W. 131st Street, Carmel, Indiana 46074. Attendance of this meeting is not mandatory, but it is strongly recommended.
 All prime contractors, subcontractors, small, minority, disadvantaged and/or women business enterprises and other interested parties are invited and encouraged to submit a Bid. Contractors and subcontractors performing public works with a value of \$300,000 or greater must be certified by the Indiana Department of Administration (IDOA) in accordance with IC 4-13-6-4.
 The Bidding Documents may be examined at the following locations:
 • United Consulting, 8440 Allison Pointe Boulevard, Suite 200, Indianapolis, Indiana
 • City of Carmel, Carmel Utilities Office, 30 West Main Street, Suite 220, Carmel, Indiana 46032
 • McGraw-Hill Dodge Construction (Plan Room)
 • BX Indiana Construction League (Plan Room)
 Copies of the Bidding Documents may be obtained at the office of United Consulting, located at 8440 Allison Pointe Boulevard, Suite 200, Indianapolis, Indiana, 46250 (phone: 317-895-2585; fax: 317-895-2596), upon a non-refundable payment of \$150.00 for each set. Any questions, comments, or requests for clarification should be made to United Consulting.
 No Bid will be considered unless submitted on a copy of the printed Proposal Form in the Bidding Documents. Bidders must obtain Bidding Documents from United Consulting to be included in the project plan holders list to ensure proper notification of any Addendum. Failure to obtain Bidding Documents in this manner may be deemed as non-responsive and may result in Bid rejection.
 Each Bid must include the following completed and executed items:
 1. Proposal Form
 2. Form 96 (State Board of Accounts)
 3. Bidder's Financial Statement (if required by Form 96)
 4. Bid Bond or Certified Check (5% of Bid amount)
 5. E-Verify Affidavit
 6. Bidder's written plan for a program to test Bidder's employees for drugs in accordance with IC 4-13-18.
 Before commencing work, the Bidder to whom the work is awarded will be required to furnish performance and payment bonds in an amount equal to the total bid price, and certificates of insurance as required in the specifications. All bonds and liability insurance shall remain in effect for a period of twelve (12) months following completion and OWNER acceptance of construction.
 Failure to execute a Contract and to furnish a performance bond, payment bond, certificates of insurance or IDOA Certification, as hereinafter set out, will be cause for forfeiture to the OWNER of the amount of money represented by the certified check or Bidder's bond, as and for liquidated damages. A conditional or qualified Bid will not be accepted. No Bid may be withdrawn after the scheduled closing time for receipt of Bids for at least 60 days to allow review of Bids before announcing award of Contract.
 Bidders shall be required to meet all applicable State requirements including but not limited to those in IC 4-13-18, 4-13-6-4, 5-16-13, 22-5-1-7 and 36-1-12. The OWNER reserves the right to reject any or all Bids, or to make such combination of Bids as may seem desirable, and to waive any and all informalities in the bidding. The OWNER may award bids based upon selection of any combination of proposal line items as well as mandatory alternatives. Bids shall be awarded to the Bidder or Bidders deemed to be the lowest, responsible, and responsive by the OWNER.
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See the golf ball?

Photo courtesy of Dr. John Roberts

The Season of Sneezing



JOHN R. ROBERTS, M.D.
Hamilton Health

It's once again time to run my annual column on allergies. Some of our readers may already cursing the annual return of allergy symptoms. Tree pollen levels (Oak, Cedar/Juniper, Nettle) in Indiana have been high recently. Spring allergy symptoms can make it even more difficult to differentiate who might have lingering COVID-19 symptoms or just run of the mill allergy symptoms.

Seasonal allergies are a major problem for many people. When allergy sufferers are asked about their quality of life, they generally rate allergies as more bothersome than heart disease and sometimes even cancer. Many different things cause allergies; I want to focus on the seasonal type.

Seasonal allergies are caused by pollen. Pollen contains the male genetic material of plants; it is analogous to sperm in animals. The key to survival of any biologic organism is to disseminate its genes as far and wide as possible to combine with that of others in the species. Pollen is an exquisite vehicle to accomplish this task.

There are two main categories of pollen – anemophilous (wind-loving) and entomophilous (insect-loving). Anemophilous pollen is very lightweight which allows it to move great distances, particularly on windy days. Anemophilous pollen is produced by trees, grasses and weeds. Golf ball engineers have used biomimicry of pollen grains to design the dimples on the balls to allow them to fly farther.

Entomophilous pollen is produced primarily in plants that bear flowers. It is much heavier and stickier, allowing it to be picked up and spread by insects

such as bees. The loss of pollinating insects due to things like insecticide use and climate change is a real threat to these types of plants. Entomophilous pollens are much less likely to cause allergies since they are not typically inhaled or blown into noses by the wind.

Plants produce and release pollen at various times of the year, hence the seasonal nature of allergies. Trees in Indiana start pollinating in late February and usually end sometime in May. Each species of tree pollinates for around one to two weeks.

Grasses start pollinating in April and continue through May. Hoosiers then get a little break until about mid-August when ragweed starts up and continues until sometime in October. The allergy season has become longer over the past two decades, starting two to three weeks earlier and lasting two to three weeks longer. This is very likely due to warming from climate change.

Pollen grains contain proteins on their surfaces that attach to the tissues on the inside of the nose. In order to develop allergies, a person's immune system must be genetically programmed to recognize these proteins as foreign invaders. This occurs in about 40 percent of people.

A person's immune system reacts to these proteins by creating a specific class of antibodies called immunoglobulin E (IgE). The process of developing IgE in sufficient quantities to cause problems can take anywhere from two to ten years. This is why people often don't develop allergies until they have been exposed to an allergen for a number of years (the family dog's skin dander for instance).

When IgE is produced it attaches to the surface of specialized mast cells where it sits, waiting to do its job. When pollen finds its way to a mast cell coated with IgE programmed to react to it, it binds to the IgE and causes the cell to release various substances that cause allergy symptoms.

One of the most common molecules released by mast cells is histamine.

It causes the typical nasal symptoms of congestion and watery discharge as well as red, itchy, watery eyes, and perhaps wheezing. These physical effects are all designed to do one thing – cough, sneeze, or flood the allergen out of the body.

Diagnosing pollen allergies is fairly straightforward. The offending agent can often be determined based on the time of year a patient develops symptoms. Sometimes the services of an allergist are required to do skin or blood tests to identify the specific offender(s).

There are numerous treatments for allergies. Avoidance is the most important prevention strategy – stay indoors when possible, particularly on windy days, and run the air conditioning instead of opening windows. Saline (salt water) rinses can be very effective at rinsing pollen out of the nose.

This can be done using commercial products such as a Neti Pot or squeeze bottle such as Sinus Rinse® manufactured by NeilMed. Antihistamines are also a mainstay of treatment. These medications block the release of histamine by mast cells. There are numerous antihistamines available both off the shelf and by prescription. Older antihistamines like Benadryl® (diphenhydramine) often cause drowsiness, but remain very effective. Newer medications like Claritin® (loratadine), Allegra® (fexofenadine), Zyrtec® (cetirizine) and XYZAL® (levocetirizine) are generally less sedating but tend to be a bit more expensive.

Other treatments are also available such as nasal steroid sprays like Flonase® (fluticasone) and sprays to prevent mast cells from releasing histamine. Severe allergy sufferers, or those who fail other therapies, may need to move on to allergy injections under the skin or drops under the tongue to reduce the severity of allergy symptoms.

- 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.

War And The Press



BRIAN HOWEY
Howey Politics

The Russian invasion of Ukraine has once more brought journalists to the front lines, in Kyiv, Odesa, and even Moscow. Freelancer Brent Renaud, Fox News videographer Pierre Zakrzewski and Fox News consultant Oleksandra "Sasha" Kuvshynova were killed by snipers and shells, while Fox correspondent Benjamin Hall was injured.

And in the belly of the beast, a television producer named Marina Ovsyannikova burst onto a live broadcast Monday on the Kremlin's Channel 1, holding a sign reading "Stop the war! They're lying to you here." It was witnessed by millions of Russian viewers. She was quickly arrested, fined about \$300 after a court appearance on Tuesday, but could face 15 years in prison for this act of civil disobedience.

I got a lesson in the difference between American and Russian journalists on my 2007 trip with Sen. Richard Lugar to Moscow. He and Sam Nunn went to the Foreign Ministry Building to meet with Russian Foreign Minister Sergei Lavrov. We entered huge, heavy metal doors adorned with the Soviet-era hammer and sickle emblem and went up to the fifth floor. Down the hallway were framed portraits of Soviet era ministers – Trotsky, Molotov, Gromyko. I was warned by a U.S. State Department official not to take any photos in the hallway. Valuing my Nikon, I obeyed.

American and Russian press gathered around a large conference table where Lugar and Nunn sat face to face with Lavrov for a photo spray. After a few minutes, Lavrov clicked his thumb and fingers, and our Russian

media counterparts suddenly packed up and left on the cue. The American journalists stood in place. That moment crystallized for me the vast differences between free America and this autocratic regime that has reimposed a new Iron Curtain.

Preparing for this trip, I read Anna Politkovskaya's book, "Putin's Russia," published in 2004, with much of the focus on Russia's "dirty war" in Chechnya. We didn't understand at the time that Putin's decimation of Grozny was a preview to the destruction of cosmopolitan Kyiv and other cities we are witnessing today. Politkovskaya was murdered by Putin's henchmen two years later, one of dozens of Russian journalists to meet such a fate.

In the foreword to Politkovskaya's book, Anne Applebaum of The Atlantic observed, "At the time of her murder ... she was at the pinnacle of her influence. She was proof – and more is always needed – that there is still nothing quite so powerful as the written word."

For the past two weeks, half of the world has been watching Putin's genocidal war on cable and nightly news as well as social media. We witnessed the pregnant woman being carried from a bombed maternity hospital in Mariupol, or the Ukrainian family killed at an Irpin intersection, the work of New York Times photographer Lynsey Addario, herself dodging shells and bullets.

It prompted me to revisit the legacy of Hoosier war correspondent Ernie Pyle, who for three years documented America in World War II. Pyle was killed by a sniper a few weeks before World War II ended in August 1945.

In Fort Wayne native Dave Nichols' book "Ernie's War," legendary Chicago journalist Studs Terkel wrote in the foreword, "Ernie Pyle covered World War II the way the infantry soldier fought it: On the ground and on the move, subject to fear, filth and the capricious fates that dealt death to one man,

life to another. Pyle also explained (and decried) the moral changes the war forced upon its participants, the rapid conversion of the boy next door into a trained and enthusiastic killer."

That is what ordinary Ukrainian men and women are turning to over the past two weeks. In February, they were leading normal lives; now many are dropping their kids off at the Polish border and returning to fight for freedom and democracy.

Pyle described a fellow Hoosier named Tommy Clayton, who found himself under fire one moonlit night in the days following the D-Day invasion of Normandy. "All his experiences seemed to have no effect on this mild soldier from Indiana, except perhaps to make him even quieter than before," Pyle observed. "The worst experience of all is just the accumulated blur, and the hurting vagueness of being too long in the lines, the everlasting alertness, the noise and fear, the cell-by-cell exhaustion, the thinning of the surrounding ranks as day follows nameless day. And the constant march into eternity of one's own small quota of chances for survival.

Pyle described the "vacuum left behind" the battlefield after the war had moved on: "From all these things we could tell that the battle had been recent – from these and from the men so newly dead that they seemed to be merely asleep. An amateur who wandered into this vacuum at the rear of a battle had a terrible sense of loneliness. Everything was dead – the men, the machines, the animals – and he alone was left alive."

We are in for a riveting couple of months as Putin's war decimates Ukraine and, perhaps, his own regime, perhaps because of the brave audacity of people like Marina Ovsyannikova. There will be brave and dedicated journalists there, telling the stories of our time.

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

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Rokita Warns Hoosiers of Dangers With Rent To Own

Many Hoosiers dream of buying a home but may not have a good credit score or enough savings for a down payment to take a traditional loan. So, what if a landlord or a company offered the chance to eventually own the house you are renting? Be aware, while rent-to-own may be a feasible option, it is not always as sound as renting or buying a home. Rent-to-own deals may have more than one catch.

“Some companies may look to take advantage of individuals who don’t qualify for a traditional loan, but do not want to rent forever and want to achieve the American dream of homeownership,” Attorney General Todd Rokita said. “Our office is committed to making sure Hoosiers are aware and prepared to avoid unfair, abusive, or deceptive business prac-

tics.”

How rent to own works: You sign a lease contract that includes clauses with an option to buy, usually at the end of one to three years of leasing period. You will pay a premium on top of your monthly rent which does not count towards your down payment. A well-arranged rent to own deal provides time to build or repair your credit while you gain equity on your future home thus speeding the process to obtain ownership. However, be aware that usually you will still have to get a mortgage on the remaining balance when the lease ends.

Rent-to-own is sometimes regarded as a great chance to “stop throwing money away on rent.” But what may look like a genuine path to owning a home may end up being a financial burden down the

road—these deals can end up being scams. Consumers should do their research and due diligence before entering into a contract or rent-to-own agreement. Sometimes too late, the tenant/buyer finds out:

- The “seller” doesn’t really own the property
- Property taxes have not been paid
- The house has major issues (lead, asbestos, hidden damages) or is in terrible shape
- After the contract is signed the seller does not perform promised repairs, or
- The house is in process of foreclosure

Besides these possible risks, and even in legitimate rent-to-own transactions, the contract terms are not always clear nor convenient for the buyer—or may even be flat out tricky. Consumers

should be on the lookout for nonrefundable upfront fees, higher rent payments, “miss a payment and you lose the deal” terms, an obligation to buy the property, or being locked into paying more than what the home is worth. Also, once you opt to buy the home, not qualifying for a mortgage may force you to forfeit any monies you paid on top of your rent. If you are not sure of your ability to get financing in time, avoid rent-to-own homes.

If you believe you are victim of unfair, abusive, or fraudulent business practices, please report your encounter to the Consumer Protection Division of Indiana Attorney General Todd Rokita’s Office, which works every day to safeguard the rights of Hoosiers. Visit www.IndianaConsumer.com for more information.

Helping Schools, Students Recover from Challenges of the Pandemic

(StatePoint) Over the past two years, public schools have faced continual disruptions brought about by COVID-19. Experts say that federal relief funds have given the nation a one-time opportunity to learn from the experience and to focus recovery efforts and resources on delivering high-quality instruction and support for students in ways that will accelerate their learning and meet their social and emotional needs.

“The federal government has provided \$189 billion in resources for states and localities targeted at education recovery. If unchecked and unsupported, states risk bending to the pressure of forces more concerned with political expediency and ideology than sound policy that helps students,” says Jim Cowen, executive director of the Collaborative for Student Success. “Parents, educators, administrators and policymakers deserve credible information about effective policies and practices that are using these funds to accelerate student learning.”

According to Cowen, this is why the Collaborative for Student Success, in partnership with The Center on Reinventing Public Education (CRPE) and the Edunomics Lab at Georgetown University, launched EduRecoveryHub.org, a one-stop resource that showcases emerging practices in schools supported with Elementary and Secondary School Emergency Relief funding (ESSER) and other federal recovery funds that can be replicated nationwide.

From improving school facilities to easing teacher shortages, the site provides insights into the smart investments that best ensure schools recover stronger and every student benefits. Parents and families can use this site to advocate for their students and point to good ideas that meet specific needs as they talk to teachers, principals, and school board members. Educators and district staff can learn from their colleagues about ways in which they are overcoming the lingering challenges of the pandemic. The site

also allows policymakers to reference and compare state-by-state recovery information and access expert analysis from diverse viewpoints. A panel of national and state-based organizations and experts serving or representing parents, school and district leaders, classroom educators, and the civil rights community review and comment on specific practices they support.

“As difficult as pandemic learning has been, our research has shown many bright spots: schools and educators who have gone above and beyond by making powerful connections with students, finding creative ways to deliver personalized learning, and working with community partners to ensure students are healthy and ready to learn,” says Robin Lake, director of CRPE. “But many of these efforts are ad hoc. The unprecedented federal investment will allow school systems to implement effective approaches -- if they pay attention to what we know has worked.”

“The federal investment represents a once-in-a-generation opportunity for school districts to help students re-engage in school, get back on track in reading and math, and earn sufficient credits to graduate ready for college or a career,” says Chad Aldeman, policy director of Edunomics Lab. “In the wake of the pandemic, we are seeing districts use funds in new ways to address challenges and improve student outcomes. These savvy, nimble investments may catch on in other communities and help propel students forward.”

Interactive and easy-to-use, the EduRecoveryHub is updated frequently. Individuals or organizations can reference these evolving resources or share their own examples of innovative programs in education by visiting edurecoveryhub.org.

From innovative ways to address student mental health needs to work being done to accelerate academic learning, spotlighting education recovery efforts across America can spark progress and improvements in other communities.

Thousands of Indiana High Schoolers Earn College Credit Before Graduation

More than 7,500 Hoosier high school students over the past five years have earned the Indiana College Core or an associate degree while still in high school, continuing Indiana’s strong support of students taking early college credit with the benefit of students saving time and money toward postsecondary education and training.

Recent data show more than 1,800 students earned the Indiana College Core, and almost 500 students earned an associate degree in 2020 – all while still in high school. Created in 2012, the Indiana College Core is a 30 credit-hour block of general education college-level coursework that transfers to all Indiana public colleges and universities and some private institutions. Indiana students can earn up to a full year of college for \$750 or less when they earn the Indiana College Core while in high school.

To continue building awareness around the benefits of the Indiana College Core with high school students, the Indiana Commission for Higher Education and

Indiana Department of Education released today a comprehensive digital guide and toolkit. The materials are designed to equip educators, especially school counselors, with the information and tools needed to help students make knowledgeable decisions about earning the Indiana College Core.

“The popularity of the Indiana College Core has grown since its creation with thousands of students earning it each school year,” said Indiana Commission for Higher Education Teresa Lubbers. “Our new educator guide and toolkit will increase awareness of the Core and the benefits of earning it. Working in partnership with the Indiana Department of Education, we are making these materials available to high school educators and counselors around the state so more students can take advantage of this opportunity.”

Nearly 94 percent of Indiana College Core earners from the class of 2018 went on to attend college. Once at college, those students can focus on major-specific courses earlier than their peers and

pursue additional opportunities such as adding a minor and studying abroad. Additionally, they’re more likely to graduate on time or early and could pursue graduate school ahead of their peers who didn’t earn the Core while in high school.

Indiana College Core Logo While more students are earning the Indiana College Core, gaps remain. Far too few Indiana high schools offer the Core – the Commission estimates that it’s currently available at just one in five high schools. The educator guide serves as an informational resource for school administrators to learn how their school can become a provider. It also instructs counselors on how to assist students with earning and transferring the Core.

“It’s important that every student has access to pathways throughout their K-12 education that prepare them for what’s next after high school – whether that’s employment, enrollment or enlistment leading to service,” said Indiana Secretary of Education Dr. Katie Jenner. “Completing

the Indiana College Core while still in high school can help our students open doors by earning a degree or credential, saving them time and money. Expanding access to the Indiana College Core at all Indiana schools – rural, urban and suburban – can be a game-changer for our students while also strategically setting the foundation for increasing educational attainment in communities across our state.”

The toolkit features plug-and-play resources such as an email template, social media posts, a short informational video and website content to be used to explain the Indiana College Core to students and parents. Counselors also have access to a fillable course offering list, making it clear to students and parents which courses qualify for the Core.

The guide and toolkit are located on LearnMoreIndiana.com, along with a variety of other resources designed specifically for K-12 counselors and educators.

For more information about dual credit and credit transfer, visit TransferIN.net.

CollegeChoice 529 Plans Celebrate 25 Years of Hoosiers Saving Money

Indiana’s nationally-recognized CollegeChoice 529 Savings Plans are celebrating 25 years of Hoosiers saving for education.

The popular program launched in 1997, following passage of legislation on March 21, 1996. Today, the program boasts \$6.8 billion in assets under management in more than 417,000 accounts across three plans: CollegeChoice 529 Direct Savings Plan, CollegeChoice Advisor 529 Savings Plan, and CollegeChoice CD 529 Savings Plan.

“I am thrilled to see our program reach 25 years and to celebrate the families who have, are, and will be saving for future education. As a fellow Hoosier and former CollegeChoice Direct Account Owner, I know the positive impact saving for education has had for my own family,” said Treasurer of State Kelly Mitchell, who also serves as Board chair of the Indiana Education Saving Authority. “We are so thankful for our incredible tax credit and low plan minimums that have made saving for what’s next possible for so many Hoosiers.”

CollegeChoice 529 provides families with flexibility and choice when it comes to saving for education after high school. Funds can

be used at any eligible school or qualified apprenticeship program, both in- and out-of-state. Accounts grow tax-deferred and distributions are tax-free as long as the money is withdrawn to pay for qualified education expenses like tuition, books, computers, equipment and fees.

Indiana taxpayers may also be eligible for an annual state income tax credit of 20 percent of contributions to their CollegeChoice 529 accounts, worth up to \$1,000 each year (\$500 for married couples filing separately). Beginning in 2024, the maximum tax credit increases by 50 percent, from \$1,000 to \$1,500, for contributions made in 2023. This is the first time the tax credit has increased since it went into effect in 2007.

“You don’t reach a milestone like this without giving credit to the people who made it happen – Hoosiers,” said Marissa Rowe, executive director of the program. “Plain and simple, families are saving for future college and career training, and they are trusting CollegeChoice 529 to help them reach their goals. We’re honored to share in this important work and look forward to the next 25 years.”

For more information, visit www.collegechoicedirect.com/plans

American Express, The National Trust for Historic Preservation Bring Back \$1 Million Grant Program to Support Historic Small Restaurants

American Express (NYSE: AXP) announced the next installment of its Backing Historic Small Restaurants Grant Program, which will once again award \$40,000 grants, administered by the National Trust for Historic Preservation, to 25 historic small restaurants across the country.

The past year has continued to pose challenges for restaurant owners as they navigate the impacts of the pandemic, including the ebb and flow of foot traffic as new coronavirus variants emerged. According to the National Restaurant Association’s 2022 State of the Restaurant Industry, more than half of restaurant operators surveyed have indicated that it would be a year or more before business conditions return to normal. Further, 96% of restaurant operators surveyed have experienced supply delays or shortages of key food or beverage items in 2021, and these challenges will likely continue in 2022.

To address these challenges, American Express is again working with the National Trust for Historic Preservation to bring back the Backing Historic Small Restaurant Grant Program, first launched in February of 2021, to help small restaurants that have contributed to the fabric of their communities so they can better serve their cus-

tomers, financially recover, and grow their businesses. The focus of the program will be on historic small restaurants that have been disproportionately impacted by the pandemic.

“Historic restaurants have long been some of the most important establishments in our communities,” said Jennifer Skyler, Chief Corporate Affairs Officer at American Express. “They are places where families and friends gather, build relationships, share meals, and celebrate. While their future looks bright, many of these restaurants are still carrying the weight of the pandemic, and we are here to support them through this next phase of recovery.”

“American entrepreneurship is a defining aspect of our nation’s heritage, and historic commercial landmarks are essential to community identity and economic vitality,” said Katherine Malone-France, Chief Preservation Officer for the National Trust for Historic Preservation. “This initiative acknowledges that legacy restaurants are not only welcoming spaces where people share their traditions and foodways, but also gathering places where history is made in meaningful ways, small and large, over and over again.”

One 2021 grantee, Neir’s Tavern, located in Queens, NY, said of their grant,

“Learning that we were a recipient of a Backing Historic Small Restaurants grant during this bleak time gave us hope, and played a big role in our pandemic recovery. It allowed us to move forward with the much-needed outdoor renovations, including new signage and an awning. We also purchased new tables and chairs. Neir’s Tavern and the entire community are incredibly grateful for this generous grant.”

Now in its second year, this program builds on American Express’ ongoing Backing Small initiative to provide economically vulnerable small businesses with financial support and other resources to address their critical needs and challenges, which include Small Business Saturday and grant programs like the Coalition to Back Black Businesses and the recent Services That Back Us program.

Independent small restaurants that have been in business for over 25 years and that operate in historic buildings or neighborhoods are eligible to apply for grants. Restaurant owners can learn more and apply for the grant program here.1 Additionally, restaurant enthusiasts can nominate their favorite establishments that fit the criteria for consideration. Formal applications and public nominations will be accepted beginning at

10 a.m. ET on March 21, 2022, through 11:59 p.m. ET on April 4, 2022.

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The National Trust for Historic Preservation, a privately funded nonprofit organization, works to save America’s historic places.

Through the grant program, 25 small historic restaurant owners will receive a grant in the amount of \$40,000, with at least 50% used to support capital improvements; up to 25% used to cover costs associated with project management and administration of grant-funded work; and up to 25% to support general operating costs.

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March Is National Social Work Month

With as many lives as have been changed by COVID-19 over the past two years, the 2022 “National Social Work Month” theme for March of “The Time is Right for Social Work” is quite fitting.

Led by the National Association of Social Workers, the theme underscores the contributions social workers have made to this nation for more than a century and how the services they provide are needed more than ever as the nation addresses issues such as economic inequality, systemic racism, the need for improved health and mental health care and COVID-19.

The highlight of the special month is “National Social Workers Day” on March 15.

Emily Owens, LCSW, is the Deputy Chief Clinical Officer at Hamilton Center Inc. (HCI) and thinks the special month is important to help people better understand the

contributions made by social workers.

“Your general lay person doesn't know everything that social workers do,” Owens said. “A lot of times, they hear the term ‘social work’ and immediately think of child protection. They might have even a negative connotation with that. It's important for people to be aware that most social service agencies and even some bigger corporations now hire social workers to assist employees with their everyday stressors and to help route them to treatment possibilities if needed.”

In 1984, the White House officially recognized National Social Work Month. Since then, each year has had its own theme and goal to bring more understanding to what social workers do.

Past themes have focused on societal issues like AIDS/HIV, hate crimes, violence prevention, children in poverty

and homelessness. In the late 1990s and early 2000s, the themes for this month were geared more toward awareness on how social workers can help their communities.

William Andrews, MSW, is a therapist at HCI's Hendricks County office. He entered the social work field based upon the hierarchy of his household as a youngster.

“I'm the oldest of six children and I've always been the people-helper type,” he said. “I got an undergraduate degree in psychology because I had never heard about social work. I got a job working with teenagers, but I found that my skills weren't strong enough at the time to meet their needs.”

Andrews admits he didn't want to follow the psychology program through to the doctorate level, but still wanted to provide direct service.

“I started looking

around and I found out about the Master of Social Work (MSW) program,” he added. “I got my MSW and have been in the field ever since.”

Andrews has experienced many positive outcomes during his career.

Among them are:

- Helping a mother deal with her child's suicide;
- Assisting clients with addiction issues to become alcohol/drug free, find good jobs, experience healthy relationships and become active parents in their children's lives;
- Assisting clients break off abusive relationships and become independent; and
- Helping a combat vet deal with PTSD.

Like many industries in today's world, attracting new hires as social workers is becoming more and more difficult.

Owens said the additional career options for

social work graduates makes it more difficult for community mental health facilities like Hamilton Center.

“There's just so many more opportunities now for social workers,” she said. “Lots of colleges, large corporations and hospital systems need social workers. Right now, there's just not even enough people going into the field. Even though we've seen an increase over the years, it's still not enough to meet the need.”

Owens added that other opportunities exist to generate more interest in the field. She noted that student loan forgiveness for social workers, especially in those rural counties where the need is great, could be helpful.

She points to HCI's internship program as a successful way for the organization to attract more candidates. “Being able to provide internship possibilities for those

students that are in social work programs and other related human services fields gives them a good opportunity to gain experience and see all the wonderful things the organization can offer,” Owens said.

Hopefully they'll want to either stay with Hamilton Center or stay within the field in the communities where they went to school or areas of great need.”

Hamilton Center, Inc. is a regional behavioral health system in Central and West Central Indiana with corporate offices located in Terre Haute, IN. Services are provided to children, adults, and families, with specialized programs for expectant mothers, infants, and people who may be struggling with stress, life changes, or relationship issues, as well as more serious problems such as depression, anxiety disorders, and serious mental illnesses.

BETSY From Page A1



Photo courtesy of Hamilton County Parks

Spring means Hamilton County Parks' bird hikes will be coming soon at Cool Creek Park (above) in Westfield.

will celebrate its 100th birthday that day with a special deal -- buy one ride, get the second ride for 25 cents.

Forest Park's Miniature Golf opens on April 1.

Also, in the spring, there are lots of Easter egg hunts for kids, including the Noblesville Parks Easter egg hunt,

this year set for the morning of April 9 at Forest Park, and the Hamilton County Junior Leader Easter Egg Hunt at 6 p.m. April 13 at the 4-H Fairgrounds in Noblesville.

Spring also means Tri Kappa is making and selling their peanut butter-filled chocolate Easter

eggs, and although they usually make about 1,500 eggs, they usually sell out before Easter, which this year is April 17. (By the way, sales of the eggs started Monday, for \$6 each (peanut butter, vanilla creme, maple creme and cherry creme flavors, plus chocolate-dipped pretzel rods are \$2, from

any Tri Kappa, also available at Discount Copies in Noblesville.)

I also enjoy strolling or riding my bicycle on the Riverwalk along White River in downtown Noblesville. And I look forward to seeing what's expected to be a beautiful Bridge of Flowers on the Logan Street Bridge this season.

Walking trails is another enjoyment. Blatchley Nature Study Club will celebrate 100 years during a Spring Wildflower Walk and Centennial Celebration the afternoons of April 16 and 30 at 125 Boulder Drive in Noblesville near Potter's Bridge. (I mention the address so it's easier to find.)

Spring also means Fairyville April 19-23 at Nickel Plate Arts and Hamilton County Artists' Association Birdie Gallery in downtown Noblesville.

Plus this spring, for the first time, Hamilton County Parks will have its inaugural Spring Sensation fundraiser on April 20 at Coxhall Mansion in Carmel with professional decorators, florists

and others who design and display spectacular tablescapes and décor that will provide inspiration when playing host to your own spring and summer events.

Saturday morning Bird Migration Hikes begin April 20 and run through May at Cool Creek Park's north parking lot in Westfield, plus a wildflower hike will be led on April 23.

Spring means annual neighborhood garage sales. South Harbour garage sales, for instance, are April 21-23, although the Thursday is usually just for residents. Look for announcements and signage of other neighborhood sales.

Spring means cleaning up our yards, raking leaves that are still remaining from the winter and getting the flower and vegetable gardens ready for planting.

We always know there will be thousands of plants each spring at the Hamilton County Master Gardener Plant Sale, in its 23rd year, on May 21 at the Hamilton County 4-H Fairgrounds in Noblesville. But I encourage

shoppers to make their lists ahead of time, take their own wagon and get there early for the best selections.

Spring also means tree trimming and doing house maintenance, like replacing a roof, jobs that most people might hire out.

Also, spring is a time to clean out your old paperwork, box it up and take it to the free Community Shred Days, April 9 at Hamilton County Household Hazardous Waste Center in Noblesville, and April 23 at The Farmers Bank in Noblesville and May 21 at the bank in Fishers.

Spring also means it's almost time for the local farmers markets to open in May.

And, don't forget to put on your calendar Wayne-Fall Lions Club's annual Palm Sunday All-You-Can-Eat Pancake Breakfast, April 10, for a goodwill donation, at the Wayne-Fall Lions Club on East 191st Street in Noblesville.

Not enough to do this spring? I beg to differ.

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

MARLOWE From Page A1

frustration. We saw what your opponent did to you. We saw their shadow cast upon you. We watched things happen to you that wouldn't happen again in a month of Sundays, or in a Blue Moon, rarely, and almost never. Your adversary strode unrelentingly, as if escorted by an entourage of divine hands, brushing you

aside. Are they better? Or blessed?

That, too, hardly matters. Time is up.

Your opponent is respected, but we cannot love them. That's for others to do. We allow ourselves only to marvel. We only admit to our shock, not awe.

We saw what they did to you. To us. Often, we saw

it coming even before you did, and therein lies the woe. That's the original sin of being your fan. We are not allowed to act on your behalf. We are only allowed watch. And talk. And talk we surely will.

Hopefully, we will talk with fondness, although that's not guaranteed. We will rely on the human brain, programmed to

recall good times more quickly than the bad. There were plenty of good times. And there will be more. For you and for us.

We will move on. We will likely move on even faster than you.

That's because we feel no shame in letting you hold onto the baggage of what might have been, to let it reign over the realm

of “what if's” in our lifetimes.

As fans, we will satisfy our own longings again through others. We will claim our share of an other family's son or daughter for another term. We will exhaust them, just as we did you. Did generations before.

We will latch on again. We will let them do all

the work, like we let you. All the study. We will let them put in the extra shots, the laps, the sprints, the drills, like we did you.

We are parasites. And as such, we are grateful you took us along for the ride.

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

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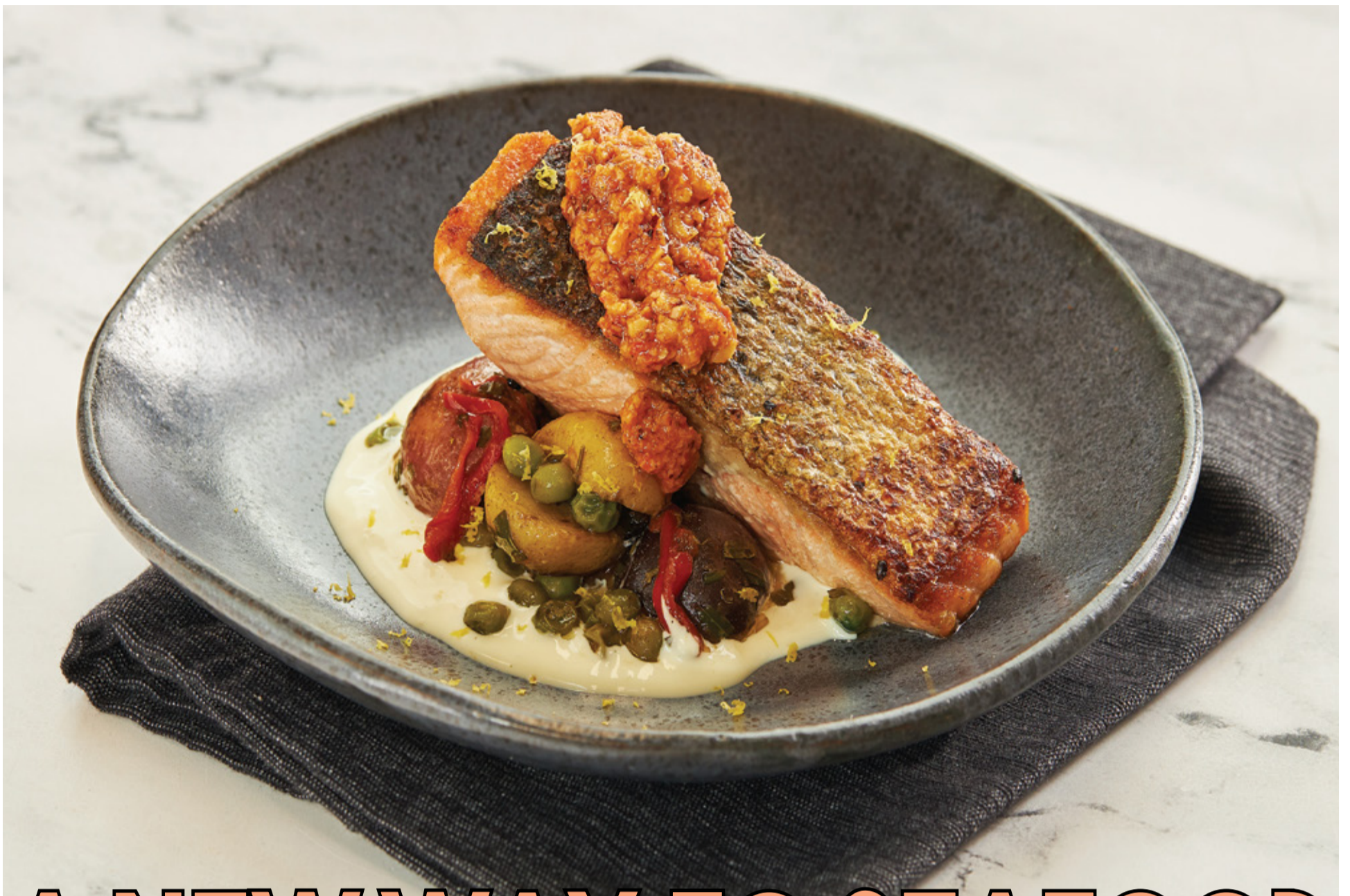
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TUESDAY

In The Kitchen

Tuesday, March 22, 2022

A8



A NEW WAY TO SEAFOOD

Royal Salmon with Romesco Sauce and Aioli

FAMILY FEATURES

Whether you're celebrating a weekend meal with loved ones or simply looking for a way to bring your family to the table at the same time, seafood night can make dinnertime a special treat. Next time you plan to make fish the focus of your menu, it's possible you'll be enjoying the benefits of aquaculture, also known as seafood farming.

Fast becoming a leading source of seafood worldwide, aquaculture is similar to typical agriculture but with fish, shellfish and seaweeds. Farmed seafood can be raised and harvested in either fresh or seawater, where natural conditions are recreated.

Today, half of all seafood Americans eat annually is farm raised and the appetite is only growing. There are many reasons for this, but one is due to overfishing and destructive practices. About 33% of wild fish stocks have reached their biological limit and aquaculture helps meet the increasing demand for seafood.

However, not all seafood you find in the grocery aisles is the same. Despite industry advances, aquaculture still faces challenges with fraud, mislabeling and questionable conditions. That's why it's important to look for responsible seafood products that are labeled by a trusted certification process.

For example, the Aquaculture Stewardship Council is a non-profit certification program that has created and enforced the world's strictest and highest standards for seafood farming since 2010. Today, it is transforming the seafood industry with a new level of certification for farmed seafood. This "new way to seafood" includes:

- Seafood that can be traced all the way from the farm to the store, ensuring the seafood you buy is what it claims to be
- The strictest combination of requirements to protect the environment, workers and communities on the farms where seafood is raised
- Improving farmed seafood quality and safety, so you can enjoy the flavor of recipes like One-Pan Japanese Salmon with Sweet Potato, Salmon and Shrimp Coconut Curry and Royal Salmon with Romesco Sauce and Aioli

To find more information about the certification process, visit NewWaytoSeafood.com.

Salmon and Shrimp Coconut Curry

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce

- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.



Salmon and Shrimp Coconut Curry

Royal Salmon with Romesco Sauce and Aioli

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

- 2 tablespoons olive oil, divided
- 2 Atlantic Salmon MOWI Royal portions salt, to taste
- pepper, to taste
- 1 red pepper, cut into long strips
- 2 cups small potatoes, cooked and cut in half
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup garden peas
- 1 tablespoon chopped tarragon

Romesco Sauce:

- 1/2 cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1/4 cup slivered almonds, toasted
- 1/4 cup hazelnuts
- 1 slice white bread, crust removed
- 1 large roasted red pepper
- 1/4 cup tomato puree
- 1 teaspoon sherry vinegar
- salt
- black pepper

Aioli Sauce:

- 1 cup mayonnaise
- 1-2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1 lemon, zest and juice
- salt
- white pepper
- lemon wedges, for garnish

Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.



One-Pan Japanese Salmon with Sweet Potato

One-Pan Japanese Salmon with Sweet Potato

Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey
- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini

- 2 salmon fillets (4 ounces each)
- brown rice, for serving

Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seeds and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice.

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Health and WELLNESS

Tuesday, March 22, 2022

A9

Stop The Snoring!

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



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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 received 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 neurologic 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/2z6OAXq.

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.

A Night & Day Difference: Circadian Clock May Protect Aging Eyes

While bright light helps us see better, our eyes need darkness for better vision. Light breaks down the sensitive machinery of our eyes every day, and during the darkness of night, key pieces are rebuilt. The clock of our circadian rhythms runs this process, and researchers have found that if the clock is disrupted, our eyes may be at greater risk of retinal degeneration as we age.

"Imagine if we could slow or prevent vision loss from retinal degeneration," said Vikki Weake, associate professor of biochemistry in Purdue University's College of Agriculture, who led the study. "To do this, we need to understand the molecular mechanisms that drive age-associated changes and the external and internal factors that influence them. In this study, we discovered the circadian clock plays a surprisingly significant role in age-related changes in the retina. This internal clock may be critical in advanced age to prevent retinal degeneration and maintain eye health."

The team studied the eyes of *Drosophila* flies, a common model for the human eye. However, the study was uncommon in its use of multiple time points during aging, focus on photoreceptor neurons and new data analysis approaches. The findings are detailed in a paper in *PLOS Genetics*.

"In our earlier stud-

ies, just focusing on gene expression, we were missing part of the story," Weake said. "By looking at changes in chromatin that alter access to the underlying DNA during aging, we were able to identify some of the transcription factors that drive these gene expression changes in the aging eye."

Weake acknowledges doctoral student Juan "Jupa" Jauregui-Lozano for the idea for and application of the bioinformatics technique used.

"I came across a powerful bioinformatics technique that can identify changes in transcription factor activity, helping us to understand gene regulation," Jauregui-Lozano said. "The results revealed that the transcription factors Clock and Cycle – known for their role in circadian rhythm – showed progressive changes in activity with age. This fits with what we know about eye biology, and this unbiased approach led us to identify Clock and Cycle as interesting targets to study."

The technique, called diffTF, looks at changes in DNA accessibility in chromatin between different conditions. It generates a panel of potential candidates to pursue, as opposed to a research team beginning with a target gene in mind.

"Clock and Cycle were known for being master regulators of circadian rhythms, but we saw they also regulate nearly all of the genes involved in sensing light in the retina," Jauregui-Lozano said. "When the Clock:Cycle complex is disrupted, flies are susceptible to light-dependent retinal degeneration, and light-independent increase of oxidative stress. In humans, disruption of circadian rhythms has been associated with the onset of several age-related eye diseases. This is another piece of the puzzle."

Regulating the time at which these proteins are made is important to protect the light-sensing neurons and retain vision, Weake said.

"The proteins involved in sensing light are delicate and degrade during the day when they are exposed to light," she said. "If the circadian clock is off and these proteins aren't made at the right time, it's a problem."

The study found this complex controlled gene expression of nearly 20% of the active genes in *Drosophila* photoreceptors. The study also found the complex was responsible for maintaining global levels of chromatin accessibility in photoreceptors, a critical step in transcription of genes.

Co-author Hana Hall, research assistant professor

of biochemistry at Purdue, performed light and dark experiments to see the effect on gene transcription when she was a researcher in Weake's lab.

Unlike most cells in the human body, neurons don't divide and replicate. The death of neurons lead to degenerative disease, Hall said. Because of this the cellular processes involved in repairing and regulating them are especially important. Proteins achieve this, and genes control which proteins are produced.

"Aging is the main risk factor for neurodegenerative disease," Hall said. "If we can understand the mechanics of how things get off track or become misregulated in our later years, we may be able to prevent or slow down the progression of these diseases. Vision loss affects a person's lifespan, independence and quality of life. Even delaying onset by five years could make a tremendous difference. We have ideas, and we are going to seek the answers."

The research team also included doctoral student Sarah Stanhope and undergraduate students Kimaya Bakhle and Makayla M. Marlin.

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Could It Be That 'Senior Moments' Are The Result Of Too Much Knowledge Rattling Around In Your Brain?

by **John Grimaldi**

Dementia is not an inevitable part of growing old. On the other hand memory issues are, indeed, a part of the aging process.

A new study published in the journal, *Trends in Cognitive Science*, reveals that perhaps forgetfulness is a result of an overabundance of information we have stored in our brains, according to the authors of the review, Tarek Amer at Columbia and Harvard Universities and Jordana Wynn at Harvard. Their assessment asserts that: "Healthy aging is accompanied by declines in control of attention. These reductions in the control of attention result in older adults processing too much information, creating cluttered memory representations. Cluttered representations can impair memory by interfering with the retrieval of target information but can also provide an advantage on tasks that benefit from extensive knowledge."

In other words, the older you are the more information you have stored in your brain – so much information that it can interfere with your ability to remember. However, as someone once explained, it is normal to forget where

you left your glasses, it is not normal to forget that you wear glasses. The Centers for Disease Control [CDC] says that forgetting things that can disrupt your life is not part of growing old.

The CDC says the risk factors for dementia include smoking, high blood pressure, not getting enough exercise, being overweight, trouble sleeping, isolation and blood sugar levels and cites the British medical journal, *The Lancet*, which suggests that dealing with these risk factors can "prevent or delay" 40% of dementia cases.

There is a distinct difference between being absent-minded every so often and serious cognitive problems, according to the National Institutes of Health [NIH]. The NIH notes that "It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home."

One can only report on the differences between "senior moments," normal occasions of forgetfulness, and the potential of dementia. So, if you are having too many forgetful moments, you should consult your health care provider.

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