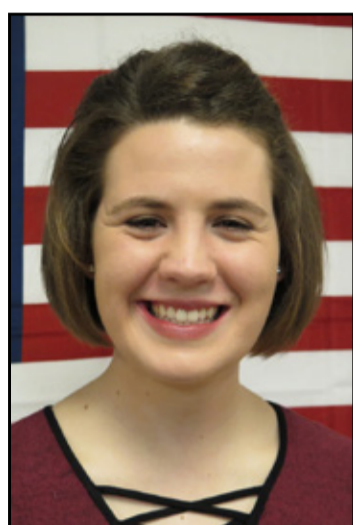


**➔ TODAY'S VERSE**

1 Corinthians 4:5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.



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

What makes Bridget Arnold smile? "I'm on the speech and debate team. I have a lot of friends on there who really bring me a lot of joy. They're kind of goofy and they kind of have their inside jokes," said the then 18-year-old team captain, a then Westfield High School senior. Today's feature is a look back at one of *The Times'* previous Faces of Hamilton County. She was found in 2019 representing her school, as a finalist, at the Horseshoe Prairie Chapter of Daughters of the American Revolution (DAR) Good Citizen of the Year awards tea at the First United Methodist Church of Noblesville. She is the daughter of Kyle and Twyla Arnold and has two younger siblings, Alex and Susanna. Why serve? "I went to St. Maria Goretti for elementary school, and we were always required every year, as part of our religion grade, to have a certain number of service hours.... So I think that really gave me this mindset that I needed to be out helping the community, helping out, being involved civically. I think that's where I got this drive to help and be involved." In high school, she helped with the church's food drives, was a face painter at the church's annual Italian Festival and volunteered monthly as soundboard technician. She played soccer all four years of high school, earning two mental attitude awards. She played tennis, played basketball her freshman year, and played volleyball and was in swimming and basketball in middle school. She was WHS athletic department sports announcer for two years. She is a former 4-H'er of nine years who volunteered at the 4-H Fair Junior Leader food booth, she earned grand champion of Poultry Showmanship her eighth-grade year, and was the Indiana State Fair Public Speaking Contest and Trip winner in 2017. She is a two-year champion of Rotary Club Public Speaking Contest. She is Girls Rock STEAM project director and volunteers with WHS Kiddie Camp soccer and basketball. She had the honor to attend American Legion Auxiliary's Hoosier Girls State. What else? "I really like to read, and I really like to write. I've been keeping a journal since I was a second-grader. I've kept blogs of our last couple of vacations." This year's Horseshoe Prairie Chapter DAR Good Citizen of the Year awards tea is April 24 in Noblesville.

**And Another Thing...**

The City of Fishers, a proud Commemorative Partner of the Vietnam War Commemoration, and the Fishers Armed Services Commission will celebrate National Vietnam War Veterans Day with a free public ceremony on Tuesday, March 29 at 10 a.m. The program will honor veterans and their families who served during the Vietnam War period and will include an address by guest speaker State Senator District 24 John Crane and a Vietnam Veteran's lapel pin presentation. Due to low temperatures, the ceremony has been moved indoors to the Fishers YMCA (9012 E. 126th St.). ADA parking is available in the front lot of the Fishers YMCA. The event will also be livestreamed on the Fishers Magazine Facebook page.

# The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo courtesy of Noblesville Schools

Noblesville High School junior Ashlyn Barber watches and listens as a fellow writer reads during Noblesville High School's Literary Club book-release party and signing at Nickel Plate Arts in downtown Noblesville.

## NHS Literary Club Adviser Inspires a Creative Spirit



**BETSY REASON**  
The Times Editor

Noblesville High School English teacher Bill Kenley -- adviser for the NHS Literary Club -- encourages his students to have high aspirations.

The club's newest release is called "Aspirational Picnic Table" and "is a loose collection" of about 50 young writers and artists who have all contributed to the school's literary magazine. Most of the students are also participating in the Scholastic Art and Writing Awards.

A week ago, last Monday night, on March 21, the NHS Literary Club had a book-re-

lease party and signing with friends and family and the community invited. The club's reception originally scheduled in February was postponed due to weather.

"The young artists signed each others' copies, and we had a few read excerpts from their work published in the magazine," Kenley said.

"Nickel Plate Arts was gracious enough to host us," he said of the venue in downtown Noblesville.

➔ See BETSY Page A7

## Routines Are Habit Forming



**JOHN O. MARLOWE**  
The Good Sport

most of my life -- or at least for most of my refrigerator's life -- no milk was to be found.

After briefly considering the irony -- that after decades of using milk cartons to locate people, there is no vehicle for people to locate missing milk -- I set out to find the lamming liquid.

It wasn't hard.

In the cool spot where the milk once stood was my favorite Carefree Nordic™ Syracuse china cereal bowl. I recognized it, because it has a chip in the green abstract leaf. That chip distinguishes it from the unchipped "company" bowls. I trot those out for guests when throw-away paper bowls overstate how long I'm hoping they will stay.

If my favorite cereal bowl is in the refrigerator, I thought, then there's a good chance that the milk is in the ... sure enough. Upon opening the cabinet door, there stood an almost

➔ See MARLOWE Page A7

## Westfield Welcome to Host Egg-Paw-Looza

After a two-year hiatus, Westfield Welcome is excited to announce the return of Egg-Paw-Looza, presented by Centier Bank. Egg-Paw-Looza will be held at the north entrance of Asa Bales Park (205 W. Hoover Street) on Sunday, April 10th from 12pm - 3pm.

This year's event will feature two pet egg hunts, pictures with the Easter bunny, a pet talent show, a craft activity coordinated by the Westfield High School Animal Club and various pet-related vendors with goods for purchase.

Tickets are \$5 per person with ages 4 and under being free. Pre-registration is encouraged, but not required. Proceeds from ticket sales will benefit the Indiana Canine Assistance Network (ICAN). They are an accredited service dog training and placement program that provides safety, friendship and independence for children and adults with disabilities. On-site

➔ See EGG Page A7

**➔ INSIDE TODAY**

- Obituaries.....A2
- Service Directory.....A3
- Classifieds.....A3
- In The Kitchen.....A8
- Health & Wellness.....A9

**➔ OBITUARIES**

**Stella Lucille Burgess**

**➔ HONEST HOOSIER**

Planning out your April Fool's jokes yet? I am!



**➔ TODAY'S QUOTE**

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein

**➔ TODAY'S JOKE**

What do you call a bunch of rabbits hopping backward? A receding hare line!

**➔ TODAY'S HEALTH TIP**

Not wearing a seatbelt because you think they're dangerous? Ask emergency personnel why nearly 100% of them wear theirs.

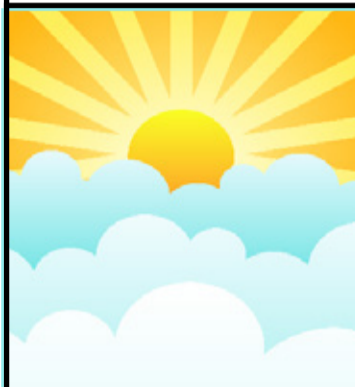
Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Times* and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



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



## The Daily Almanac



**Sunrise/Sunset**  
RISE: 7:32 a.m.  
SET: 8:05 p.m.



**High/Low Temperatures**  
High: 46 °F  
Low: 30 °F



**Wacky Holiday Today**  
• National Mom and Pop Business Owners Day  
• Piano Day



**What Happened On This Day**

- 1971 Charles Manson is sentenced to death in the gas chamber
- 2004 Ireland becomes the first country to ban smoking in all workplaces
- 1912 Robert Scott makes his final diary entry



**Births On This Day**

- 1790 John Tyler American lawyer, politician, 10th President of the United States
- 1949 Michael Brecker American saxophonist, composer

**Deaths On This Day**

- 1912 Robert Falcon Scott English navy officer, explorer
- 1924 Charles Villiers Stanford Irish composer

**13 WTHR 7 DAY FORECAST**

44 PARTLY CLOUDY MON	30/46 PM AFTERNOON SHOWERS TUE	44/73 HEAVY WINDY STORMS LATE WED	44/44 WINDY, FALLING WIND, WET W/ LATE THU	33/50 BREEZY AND COOLER FRI	33/53 MOSTLY CLOUDY SAT	39/53 PARTLY CLOUDY SUN
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## ➔ OBITUARIES

### Stella Lucille Burgess

April 25, 1933 - March 25, 2022

Stella Lucille Burgess, 88, of Lapel, passed away Fri., March 25, 2022, at her residence surrounded by her family following an extended illness.

She was born on April 25, 1933, in North Vernon, Ind. to Fred Arney and MinnieAlma (Lacey) Arney.

Mrs. Burgess attended school in North Vernon.

She retired from B and E Cabinet Shop in Noblesville. She loved to cook, woodworking, and spending time with her family and friends.

Survivors include her children Thomas Edward (Jenny) Burgess of Greenfield and Billy Joe (Beverly) Burgess of Lapel; grandchildren Thomas Edward (Crystal) Burgess, Paul (Heather) Burgess, Brian (Dawn) Burgess, Jessica Nicole Baker and William Anthony Burgess; 8 great-grandchildren; and several nieces and nephews.

Mrs. Burgess was preceded in death by her parents; husband, Randal Thomas Burgess; and 9 brothers and sisters.

A funeral service is scheduled to be held at 7:00 p.m. on Wed., March 30, 2022, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Ind. with Chaplain Josh Schreiner officiating. Burial of ashes will be in Brookside Cemetery at a later date.

Visitation is scheduled to be held from 5 p.m. to 7 p.m. on Wed., March 30 at the funeral home.

Online condolences can be made at [www.hersberger-bozell.com](http://www.hersberger-bozell.com).



## The Looming And Crowded GOP Gubernatorial Field



**BRIAN HOWEY**  
HOWEY Report

Are you running for governor in 2024?

That was the question I had for U.S. Rep. Jim Banks as we had coffee Monday afternoon. Just hours earlier, two Indiana reporters had suggested that U.S. Rep. Trey Hollingsworth was the "frontrunner" for this open seat.

"I haven't ruled anything out," Banks responded. "I will say candidly we're watching closely what Mike Braun does. If Mike Braun runs for governor, we'll look at the Senate race. Whatever Mike Braun does creates a dominoes effect in a lot of directions."

Less than 24 hours later, Sen. Braun had what could be called a "Richard Mourdock moment" when he suggested that Roe v. Wade should really be determined by the states in a Zoom call with reporters. NWI Times reporter Dan Carden asked him if interracial marriage should also be determined by the states instead of by the U.S. Supreme Court. "This should be something where the expression of individual states are able to weigh in on these issues through their own legislation, through their own court systems. Quit trying to put the federal government in charge," Braun said.

That response drew the kind of criticism that

Mourdock's 2012 U.S. Senate debate blunder on rape and abortion led to Democrat Joe Donnelly's upset victory a few weeks later.

Braun quickly attempted to walk that back, saying, "I misunderstood a line of questioning that ended up being about interracial marriage. Let me be clear on that issue - there is no question the Constitution prohibits discrimination of any kind based on race, that is not something that is even up for debate, and I condemn racism in any form, at all levels and by any states, entities, or individuals."

When I suggested that Braun's original quote might not hurt him in a 2024 GOP gubernatorial primary, a partisan texted me: "Good lord, who do you think we are? You act as if Republicans in Indiana are some monolithic herd of Neanderthals."

It's too early to tell how much damage Braun did to himself. Republican primary voters tend to be older, whiter and more conservative than those in a general election. And this is the Trump era, where politicians say things that were once unfathomable with little consequence.

What we do know is that a large Republican field is gathering for the nomination and the chance to face Joe Donnelly, at this point the most likely Democrat nominee.

Braun, Lt. Gov. Suzanne Crouch, Republican Chairman Kyle Hupfer, Attorney General Todd Rokita, Eric Doden, U.S. Reps. Jim Banks and Trey Hollingsworth all currently weighing bids. History tells us that the field will sort itself out well before the primary.

Braun, as he did in 2018

when he spent \$5 million of his own money to win the Senate primary, Doden and Hollingsworth are potential self-funder candidates. Hollingsworth won a crowded 9th Congressional District primary in 2016 by spending \$3 million in family funds. Crouch has the backing of GOP financier Bob Grand, who helped fund the campaigns of Govs. Mitch Daniels, Mike Pence and Eric Holcomb. Banks has access to a national fundraising base after ascending to House Republican leadership.

In the television age of Hoosier politics, a large field free-for-all gubernatorial primary or convention floor fight has not been the norm.

Since the 1968 Republican convention showdown between Earl Butz, House Speaker Doc Bowen and Secretary of State Edgar Whitcomb, who won with 1,260 votes to 527 for Bowen (and 429 for Butz) and Robert L. Rock's 953-951 Democratic convention victory over Richard Bodine (with 28 Bodine delegates opting for the hotel pool over the floor), the Indiana gubernatorial nominations have tended to be cut and dried affairs.

The closest showdown came in the 2008 Democratic primary when Jill Long Thompson won the nomination over Jim Schellinger by less than 20,000 votes. In the 1996 Republican primary, Indianapolis Mayor Stephen Goldsmith easily defeated Rex Early and George Witwer with 54% (Early had 37%, Witwer 9%). The Democrats avoided a contested 1988 primary when State Sen. Frank O'Bannon joined Secretary of State Evan Bayh's ticket that February.

Since then, Bayh and Lt. Gov. John Mutz in 1988, Republican Linley Pearson in 1992, O'Bannon and Goldsmith in 1996, David McIntosh in 2000, Mitch Daniels and Lt. Gov. Joe Kernan in 2004, Mike Pence and John Gregg in 2012, and Gregg again in 2016 were consensus nominees.

So what is taking shape among Indiana Republicans in a looming crowded primary field is a rarity.

Evansville attorney Joshua Claybourn's assessment of the 2024 field goes like this: Political pundits traditionally look for viable lanes for candidates to occupy; that candidates are essentially running to attract subsets of voters who have consistently different sets of priorities, ideological or otherwise. Although that approach can be oversimplified, it remains an accurate way to assess viability in a primary. Within the Indiana GOP, there is the so-called establishment lane, a Trump lane, and perhaps a third lane for social conservatives who vote on single issues.

Crouch and Hupfer would be in the establishment lane; Rokita and Banks would be in Trump lane; Braun, Doden and Hollingsworth are the self-funders seeking multi-lane appeal.

If Braun can regain equilibrium and opts for a gubernatorial run, Banks and Rokita could transition for the open Senate seat.

As for defining a "frontrunner," it's way, waaaaay too early to identify one. We've never had a self-funder seek a gubernatorial nomination, let alone three. Stay tuned.

- The columnist is publisher of *Howey Politics Indiana* at [www.howeypolitics.com](http://www.howeypolitics.com)

## Fatal Accident 236th and Six Points Road

The Hamilton County Sheriff's Office is currently investigating a fatal accident at the intersection of 236th and Six Points Rd. The call for the accident was received by dispatch at 8:26 a.m. and involved a SUV and a Semi Tractor Trailer. The Semi was traveling westbound on 236th St. and the SUV was southbound on Six Points Rd. The front of the semi hit the driver's side door of the SUV. The driver of the SUV was pronounced

deceased at the scene. The Hamilton County Sheriff's Office Crash Reconstruction Team is currently on the scene.

The deceased driver of the SUV has been identified as 76-year-old Claude V. Burtron of Sheridan, Indiana.

The Hamilton County Sheriff's Office Crash Team is handling the investigation and working diligently to determine all factors associated with crash.

## Gaylor Electric Named as Safety Leader in Construction Community

Gaylor Electric has announced that they earned a National Safety Excellence Award from Associated Builders and Contractors (ABC) along with an Diamond-level STEP Safety Award at the 32nd annual Excellence in Construction Awards during ABC Convention 2022 in San Antonio, TX.

National Safety Excellence Award winners are selected from ABC member firms that achieved Diamond, Platinum and Gold status in ABC's STEP Safety Management System in 2021. During the selection process, contractors were judged on self-evaluation scores, lost workday case rates, total recordable incident rates, leading indicator use, process and program innovations and video interviews conducted by members of ABC's National Health and Safety Committee.

"Over the years, our safety culture has been carefully and intentionally developed." Said Gaylor Electric, President and CEO, Chuck Goodrich.

Being certified as an ABC STEP Contractor means that Gaylor Electric has demonstrated a focus on safety that includes a robust safety training program, toolbox talks, and a dedicated safety team that is focused that each process is not only performed at the highest level of efficiency, but also as safely as possible.

"Through our industry-leading safety programs, we cultivate safe jobsites for everyone involved - our employees, the employees of our project partners, and members of the general public who may be impacted by our projects." Goodrich said.

"Creating a work culture that focuses on safety and total human health is a top priority of ABC," said 2022 National Chair of the ABC Board of Directors Stephanie Schmidt, president, Poole Anderson Construction, State College, Pennsylvania. "Gaylor Electric not only represents some of ABC's top performers, but also demonstrates the difference it makes when implementing the foundations of and daily conditions for world-class safety."

The National Safety Excellence Awards are presented in three major North American Industry Classification System code categories: NAICS 236—Construction of Buildings; NAICS 237—Heavy and Civil Engineering Construction; and NAICS 238—Specialty Trade Contractors.

STEP, the standard for developing world-class safety management systems in construction, is designed to help both large and small contractors evaluate every aspect of their corporate safety and health programs and identify opportunities for improvement. See a complete list of winners on ABC's website, [www.abc.org](http://www.abc.org)

As the Highest Performing National Contractor of Excellence, Gaylor Electric is comprised of multiple production and innovation driven locations that provide innovative industry expertise, delivering client-focused solutions. They are committed to utilizing all data that will enable us to accomplish our goal of personal, company and client success. Visit [www.gaylor.com](http://www.gaylor.com) for more information.

## Patron Of The Arts



**CARRIE CLASSON**  
The Postscript

My landlord, Jorge, is a patron of the arts.

When I imagine a patron of the arts, I imagine some fabulously wealthy person in the past, supporting the creation of art in Italy or New York—someone with an impossibly luxurious lifestyle, maybe with a couple of designer dogs on diamond leashes standing at attention nearby.

None of this sounds much like Jorge. Jorge runs a small hotel in San Miguel de Allende, Mexico, and spends most days either repotting plants or greeting customers.

But I don't know what else to call him because, for more than a week now, he's kept three artists working full-time. They show up with paints and

brushes and they work all day (except for a lunch break on the roof).

They started out by making more suns. When my husband, Peter, and I checked into his hotel, Jorge had 2,504 smiling sun faces hanging from every wall of the courtyard. The artists made another dozen sun faces, some of which look like superhero suns, and I assumed that was why they were here—maybe there was a goal to hit 3,000 by year's end. What do I know?

But the artists never left.

Yesterday, they showed up with two enormous blank canvases and set them up in the courtyard. I was terribly curious about what they were up to, but was afraid figuring that out would require more Spanish than I could manage.

I eventually learned that these canvases were going into hotel rooms. Depictions of the town's skyline, with the stunning 17th century gothic church, were being painted on both and, naturally, there would be a smiling

sun in the bright blue sky. The artists were working from little photos Jorge provided, but the photos were small and fuzzy, in black and white and, of course, there were no smiling suns in the photos.

I think it's a wonderful idea. The artists are down in the courtyard right now and appear to be having an excellent time. I see these artists working away and it touches my heart.

"Where does Jorge get his money?" Peter wanted to know.

Peter worries that we are not paying Jorge enough and when the eight-room hotel is not full, Peter frets that Jorge will go out of business. But Jorge has been doing this a long time, so I tell Peter not to worry.

I was walking through the artisan market, as I do almost every day, when I saw a hand-painted T-shirt that I loved. I told the young woman running the shop that I loved it, but it was too big.

"Eduardo could make you a smaller one," she told me in Spanish.

"Eduardo?" She pointed to the T-shirt. At the cor-

ner of the artwork, there was a signature. It said, "Ed."

"Oh! Does Eduardo paint all the clothing here?"

"Yes!" The young woman said enthusiastically. "Eduardo... or his mother."

That sealed it. I had to have a T-shirt now that I knew it would be personally painted by Eduardo... or his nameless mother. In a world where so much of what I experience and own is so much the same, it's wonderful to know there are artists out there, making beautiful things one at a time.

My T-shirt was finished four days later and I've been wearing it nearly nonstop. I don't think this makes me a patron of the arts, certainly not on Jorge's level, but it thrills me to know I have a shirt that is exactly like no other and that I provided a little work for Eduardo... or his mother.

Till next time, Carrie

- Carrie Classon's memoir is called "Blue Yarn." Learn more at [CarrieClasson.com](http://CarrieClasson.com).

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# HALL

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DISTRICT THREE

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FREEDOMS  
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<p>Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758</p>	<p>Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit <a href="http://www.newshowerdeal.com/hoosier">www.newshowerdeal.com/hoosier</a></p>	<p>Directv Stream - The Best of Live &amp; On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997</p>	<p>Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043</p>	<p>Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-965-1444 or visit <a href="http://dorranceinfo.com/hoosier">http://dorranceinfo.com/hoosier</a></p>	<p>DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news &amp; entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power &amp; Assoc.) Call for more details! (some restrictions apply) Call 1-888-885-8931</p>			

# Readers' Choice 2022 Results - Food Category

- **Bar and Grill**  
**Winner – 10 West**  
 Runner Up – Woody's  
 Honorable Mentions – Syd's, Wolfie's, Eddy's Sports Pub, Barley Island Brewing Company  
 \*\*\*\*
- **Caterer**  
**Winner – Big Hof-fa's Smokehouse**  
 Runner Up – Ritz Charles  
 Honorable Mentions – Sahn's, Famous Dave's, A Cut Above, Nameless Catering, Zeck's BBQ & More, MCL  
 \*\*\*\*
- **Dine-In Restaurant**  
**Winner – 10 West**  
 Runner Up – Ale Emporium  
 Honorable Mentions – Ginger's Cafe, Wolfie's, Matteo's, Erika's Place  
 \*\*\*\*
- **Fast Food Restaurant**  
**Winner – Chick-Fil-A**  
 Runner Up – Culver's  
 Honorable Mentions – Hardee's, Burger King, Arby's, Moe's Southwest Grill  
 \*\*\*\*
- **Restaurant**  
**Winner – 10 West**

- Runner Up – Big hoffas  
 Honorable Mentions – Ginger's Cafe, Logan's, Cracker Barrel, Culver's  
 \*\*\*\*
- **Chinese Restaurant**  
**Winner – Peking Garden**  
 Runner Up – Asian Grill  
 Honorable Mentions – Happy Dragon, Mark Pis, Panda Express, Great Taste  
 \*\*\*\*
- **Coffee Shop**  
**Winner – Noble Coffee**  
 Runner Up – Starbucks  
 Honorable Mentions – Rosies, Cicero Coffee, Einsteins, Panera Bread  
 \*\*\*\*
- **Ice Cream Place**  
**Winner – Alexander's**  
 Runner Up – Handel's  
 Honorable Mentions – Graeter's, Bubs, Culver's, Dairy Queen (10th St.), Dairy Queen (West Noblesville), Cold Stone Creamery (116th St.)  
 \*\*\*\*
- **Italian Restaurant**

- Winner – Matteo's**  
 Runner Up – Michaelangelo's  
 Honorable Mentions – Maggiano's, Puccini's, Mamma Carrolas, Olive Garden (Exit 10)  
 \*\*\*\*
- **Mexican Restaurant**  
**Winner – Maria's Mexican Grill**  
 Runner Up – Rio Grande  
 Honorable Mentions – El Camino Real, Red Habenero, Maya Riviera, Chuy's  
 \*\*\*\*
- **Pizza Place**  
**Winner – Pizza King Noblesville**  
 Runner Up – Puccini's  
 Honorable Mentions – Bazbeaux, Firehouse, Pizza by the Harbour, Marco's  
 \*\*\*\*
- **Best Bagel**  
**Winner – Big Apple Bagel**  
 Runner Up – Einstein  
 Honorable Mentions – Noble Coffee, Corner Bakery  
 \*\*\*\*
- **Best BBQ**  
**Winner – Big Hof-fas**  
 Runner Up – Big

- Dog's Smokehouse  
 Honorable Mention – Famous Dave's BBQ, City BBQ, Zeck's BBQ, Buffalo Wild Wings  
 \*\*\*\*
- **Best Burger**  
**Winner – Culver's**  
 Runner Up – Red Robin  
 Honorable Mentions – Steak'n Shake, Burger King, Britton Tavern, Jim Dandy  
 \*\*\*\*
- **Best Chili**  
**Winner – Wendy's**  
 Runner Up – Syds  
 Honorable Mentions – Jim Dandy  
 \*\*\*\*
- **Best Cookie Cake**  
**Winner – Pat-a-Cake**  
 Runner Up – Star-buck's  
 Honorable Mentions – Panera  
 \*\*\*\*
- **Best Cupcakes**  
**Winner – Gigi Cup-cakes**  
 Runner Up – Heavenly Sweets  
 \*\*\*\*
- **Best Cup of Coffee**  
**Winner – Noble Coffee**  
 Runner Up – Star-

- bucks  
 Honorable Mentions – Erika's Place, Dunkin' Donuts, Brunchie's, Ginger's  
 \*\*\*\*
- **Best Donut**  
**Winner – Jack's Donuts (Fishers)**  
 Runner Up – Dunkin' Donuts  
 Honorable Mentions – Big Apple Bagels, Krenolies, Titus, Rebel-lion Donuts  
 \*\*\*\*
- **Best French Fries**  
**Winner – McDon-ald's**  
 Runner Up – Chick-Fil-A  
 Honorable Mentions – Culver's, Steak'n Shake, Red Robin, Applebee's  
 \*\*\*\*
- **Best Milke Shake**  
**Winner – Steak'n Shake**  
 Runner Up – Dairy Queen  
 Honorable Mentions – Hardee's, Jim Dandy  
 \*\*\*\*
- **Best Onion Rings**  
**Winner – Red Robin**

- Runner Up – Apple-bee's  
 Honorable Mentions – Carey Tavern, Perkins, Burger King, White Castle  
 \*\*\*\*
- **Best Omelet**  
**Winner – Erika's Place**  
 Runner Up – Ginger's Cafe  
 Honorable Mentions – Rosie's Cafe, Uptown Cafe, Perkins, Best Bet, Cracker Barrel  
 \*\*\*\*
- **Best Sandwich**  
**Winner – Chick-Fil-A**  
 Runner Up – Big Hoffas  
 Honorable Mentions – Burger King, Reb Robin, Wolfie's, Culver's  
 \*\*\*\*
- **Best Tenderloin (breaded/ubreaded)**  
**Winner – Syd's**  
 Runner Up – Jim Dandy  
 Honorable Mentions – The Nickel Plate  
 \*\*\*\*
- **Best**  
 Runner Up – Jim Dandy  
 Honorable Mentions – The Nickel Plate

## Hot Flashes



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

(up to 45 percent) may suffer for five to ten years. Some may have infrequent episodes while others may have them numerous times a day. Hot flashes are caused by a reduced level of estrogen, the hormone that is made primarily by the ovaries. The production of estrogen gradually tapers off as a woman ages. If a woman has undergone surgical removal of the ovaries, the estrogen level drops rapidly and she develops "surgical menopause." One of estrogen's biochemical targets in the body is the hypothalamus, a collection of nerve cells found at the base of the brain. One of the jobs of the hypothalamus is to function as the thermostat of the body. It regulates body temperature via the autonomic nervous system. Autonomic nerves cause blood vessels in the skin and elsewhere to either expand (vasodilation) allowing the release of heat from the body, or to constrict (vasoconstriction) which helps to conserve heat. Blood levels of estrogen are in constant flux in and around menopause. This gives the hypothalamus confusing signals, resulting in vasodilation at inappropriate times. This increases blood flow to the skin that causes the warmth,

sweating and flushing that is typical of a hot flash. This also explains the problems many women have with night sweats. The level of circulating estrogen in the body is usually lowest during sleep. This, on top of the already low level of estrogen in menopause, triggers the hypothalamus to cause vasodilation. Hot flashes at night can result in poor sleep that is the felt to contribute to irritability that many women describe in menopause. Lack of sleep can also cause cognitive difficulties with concentration and memory. The most effective treatment for hot flashes is replacement of estrogen. Taking estrogen after menopause is associated with a slight increased risk of breast cancer (depending on length of exposure) and does increase the risk for cancer of the uterus if it is not taken with progesterone. Estrogen has also been shown to increase the risk of cardiovascular disease (heart attack and stroke) if taken for an extended period of time, particularly in women who smoke. Current science suggests that estrogen replacement is probably safe for about the first five years after meno-

pause in low risk women who have intolerable hot flashes. Women who have a history of breast cancer, undiagnosed vaginal bleeding after menopause, severe liver disease, or a history of blood clots should not take estrogen. Smoking also increases a woman's risk of complications. Any woman who decides to take estrogen should take it at the lowest effective dose for the shortest amount of time. Some herbal preparations may be somewhat helpful with hot flashes. The most popular one is black cohosh, a member of the buttercup family. There have not been many well designed studies to assess its effectiveness, but anecdotal evidence seems to indicate it may be helpful and probably not harmful. If a woman is interested in using it, I usually recommend Remifemin® which is a standardized preparation. Recall that herbs are not regulated by the FDA. Some antidepressant medications can also be helpful. The one that seems to work the best is venlafaxine or Effexor®.

- 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.

### PUBLIC NOTICES

**PUBLIC NOTICE OF SALE**  
 The following will be sold for charges:  
 3210 E 96TH ST INDIANAPOLIS  
 On 04/13/2022 @ 09:00 AM  
 2002 CHEVROLET 1G1NE52J62M619829 \$510.73  
 2014 CHEVROLET 1G1PC5S88E7384599 \$300.80  
 2005 CADILLAC 1G6KD54Y15U182689 \$200.00  
 TL18887 3/29 1t hspaxlp

**NOTICE TO TAXPAYERS OF HEARING ON PROPOSED CUMULATIVE CAPITAL FUND FOR THE CITY OF FISHERS, HAMILTON COUNTY, INDIANA**  
 Notice is hereby given to the taxpayers of the City of Fishers, Hamilton County, Indiana, that the Common Council of the City of Fishers will consider at City Hall, One Municipal Drive Fishers, Indiana 46038 at 7:00 o'clock pm on Monday, April 18, 2022, the establishment of a Cumulative Capital Development Fund under the provisions of Indiana Code section 36-9-15.5 for all applicable uses stated therein.  
 The tax will be levied on all taxable real and personal property within the taxing district and will not exceed \$0.05 per \$100 of assessed valuation. The proposed fund will be levied beginning with taxes due and payable in the year 2023. Taxpayers appearing at such hearing shall have the right to be heard thereon. The proposed tax rate for the Cumulative Capital Development Fund is subject to certification by the Department of Local Government Finance.  
 Within 30 days after the date of the adoption of the cumulative fund by the City of Fishers Common Council, the Common Council will publish a Notice of Adoption. Upon publication of the Notice of Adoption, twenty-five (25) or more taxpayers in the taxing district may file a petition with the County Auditor not later than 30 days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.  
 Dated this 16th day of March, 2022  
 CITY OF FISHERS,  
 /s/ Christopher P. Greisl  
 City Attorney, Administration  
 1 Municipal Drive  
 Fishers, IN 46038  
 TL18888 3/29 4/5 2t hspaxlp

**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 nonrefundable 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.  
 TL18862 3/22 3/29 2t hspaxlp

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 After it prints in your local newspaper, it goes online:  
**IndianaPublicNotices.com**  
**TheTimes24-7.com**

# Readers' Choice 2022 Results - Medical Category

## Assisted Living/Nursing Home

**Winner – Harbour Manor & The Lodge**  
 Runner Up – Magnolia Springs  
 Honorable Mentions – Sanders Glen, Prarie Lakes Health Campus, Bickford of Carmel, Hamilton Trace  
 \*\*\*\*

**Audiologist**  
**Winner – Beltone Hearing Care Center**  
 Runner Up – Total Hearing Solutions  
 Honorable Mentions –

Indiana Hearing Aid, Dr. Charlotte Dugan, North-east Otolaryngology, Whisper Hearing Center  
 \*\*\*\*

**Chiropractor**  
**Winner – Creekside**  
 Runner Up – Mark Woloshin  
 Honorable Mentions – The Joint, Abe Beaber/Ham Co Chiropractic  
 \*\*\*\*

**Counseling Service**  
**Winner – Pathways to Healing/Kristen Boice**

Runner Up – Prevail  
 Honorable Mentions – Aspire, Family Tree  
 \*\*\*\*

**Dentist**  
**Winner – Chad Bailey**  
 Runner Up – Family Dental  
 Honorable Mentions – Robert Holloway, Burns Family, Joe Forgy, Mike Bettner  
 \*\*\*\*

**Hospital**  
**Winner – St. Vincent Carmel**  
 Runner Up – River-view Health

Honorable Mentions – Community, Methodist, IU Health Saxony, Franciscan  
 \*\*\*\*

**Optometrist**  
**Winner – Midwest Eye Consultant**  
 Runner Up – Dana Meyers  
 Honorable Mentions – Dr. Prather, Miller Eye Center, Dr. Ciana Revolutinary Eyes  
 \*\*\*\*

**Orthodontist**  
**Winner – Resmer & Ryan Orthodontics**

Runner Up – Robert Page  
 Honorable Mentions – Jason Bunch, Noblesville Pediatric Dentist, Pagem Conduct, Sadler  
 \*\*\*\*

**Pharmacy**  
**Winner – Sheridan Elliot**  
 Runner Up – CVS  
 Honorable Mentions – Kroger, Walgreens, CVS in Cicero, Wal Mart, Meijer, CVS (SR 37 & 146th)  
 \*\*\*\*

**Physician**  
**Winner – Scott**

**Boschee,**  
 Runner Up – Bill Kirsch  
 Honorable Mentions – Noblesville Family Practice, Thomas Miller, Amy Banter  
 \*\*\*\*

**Veterinarian**  
**Winner – Janssens**  
 Runner Up – Hamilton Hills Animal Hospital  
 Honorable Mentions – VIP Animal Clinic, Hermann Vet Clinic, Hamilton Crossing, Noblesville Vet Clinic  
 \*\*\*\*



Photos courtesy of Honda

# 2022 Honda Civic Si Takes Us Back to Our Commutes

Honda Civics are durable and efficient, the kind of cars you buy for commuting to work and back while dropping Jr. and Little Miss off at early band practice. But, unlike some of their competitors, they also have souls, the kind of cars you buy for a little you time on a twisting two-lane with your favorite playlist. Both of these cars come together in one with the 2022 Civic Si sedan.

This car takes me back, though, as my very first test car was a 1999 Honda Civic Si. It was a two-door with a CD player, power sunroof, and cruise control. No automated safety systems. Under its hood was a 1.6-liter four-cylinder engine delivering 160 horsepower and 111 lb.-ft. of torque. It was shifted with a crisp five-speed manual transmission. It wasn't fast by today's standard, but came to just \$17,445. It was still

the '90s...

This current generation Civic is a little less sport coupe and a little more boring Accord, but designers stirred some jalapeno into the cheddar cheese. LED lighting front/rear, black rear spoiler, and dual exhaust finishers elevate its standing in the carpark while 18" wheels with high performance summer tires give it grip after kids are safely delivered. The black honeycomb grille add retro vibes that reverberate to the interior.

Check the thin honeycomb strip across the dash that hides the air vents. It looks good and works well. Sprouting from the dash is a large touchscreen with swipe control for the 12-speaker Bose audio system powered by devices connected via wireless Apple CarPlay and Android Auto. Automatic climate control, power sunroof, and alloy pedals

add luxuries. Si models sport it out with full-back deeply bolstered seats, aluminum shift knob, and leather-wrapped steering wheel with contrast stitching.

Back in the late '90s, safety systems consisted of front airbags and anti-lock brakes. The current Si goes much further with adaptive cruise control, automatic emergency braking, blind spot warning, and rear cross traffic alert. Hill start assist holds the car briefly as you move your foot from brake to throttle. It even tells you if passengers are left in the rear. Of course, a stiff body structure protects everyone should the worst occur.

If you've tried to find a car with a stick shift lately, you know they're rarer than a cat in a swimming pool. But, this car has one – a click-click rev-matching six-speed from the Type-R that is almost as

## 2022 Honda Civic Si

**Five-passenger, FWD Sedan**  
**Powertrain:** 1.5-liter T4, 6-spd manual  
**Output:** 200hp/192 lb.-ft. torque  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 18"/18" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Practical, Fun  
**Fuel economy:** 27/37 mpg city/hwy  
**Assembly:** Alliston, ON  
**Base/As-tested price:** \$22,350/\$28,910

good as the divine shifter in the old Honda S2000 roadster. It allows the 1.5-liter turbo-four to rev like a turbine banshee, ultimately conjuring up 200 horsepower and 192 lb.-ft. of torque. It'll scorch the front wheels with the limited slip differential, but driven like an adult heading to church, the powertrain delivers a frugal 27/37-MPG city/highway.

Take the Si for a drive and you realize this is not just a tarted up commuter

(though, it functions quite well as one). The quick steering and sport-tuned suspension work with the turbo to clip apex after apex. Despite being shy on power compared to others, it revs easily and enjoys a good drive. The suspension is a bit firm on rough city streets, but not unpleasant. Configure your experience with the drive mode selector for Normal, Sport, or Individual to alter the steering heft and throttle response. Back in the day, com-



CASEY WILLIAMS  
 Auto Reviews

petitors included the Saturn SC2, Chevy Cavalier Z24, VW GTI, and Subaru Impreza RS. Today, it's different, yet the same. I'd put the Civic Si against the VW GTI, but also the Hyundai Elantra N and Subaru WRX. It's also a bit pricier. Base Civics start at just \$22,350, but our Si came to \$28,910. Inflation, you know!  
 Storm Forward!

- Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @ AutoCasey.

## Letters

# Veterans Memorial Brings Up Memories

*This is a reprint of a letter to the editor of the Noblesville Daily Ledger on April 26, 2000. The Ledger had encouraged readers to share their feelings and opinions about Vietnam's legacy. These was this readers feelings and opinions.*

Dear Editor,  
 On April 30, 1975, South Vietnam surrendered to North Vietnam, signaling the end of a war that began in 1957. As one of the "middle of the road" baby boomers, I recall so vividly the surrender of South Vietnam to North Vietnam, and all that came before. My reaction as a 25-year old at that time was this: What was it all for?

Many Americans and the world were asking the same question. The entire Vietnam War era permeated my passage from youth to adulthood. I saw classmates, and let's face it – those who were not college bound – caught up in either the draft or illusions of the United States "obligation" in Vietnam.

While traveling on vacation with my parents from Indianapolis

to Washington D. C. in 1965 on a passenger train – boarded at Union Station in Indianapolis – we were joined at the station by hundreds of young, soon-to-be soldiers headed for... something I am sure they could not even imagine. I recall how they were joking, laughing, preparing for the "adventure" of war. We were all crammed into that space on the train, and some had to even sit on their suitcases, but as a 15-year old myself, I was smitten by so many "cute guys" in such a small space!

I also recall the constant headlines in The Ledger, with details of the latest battles and, of course, the fatalities, thousands and thousands of fatalities. I am loathe to admit that, after a time, those statistics came to mean less and less to most people. The news footage carried by the networks and the reporting of the deaths was so endless that we mostly became numb, I believe. The footage of the many bodies of our soldiers and the wounded being treated was something unforgettable. I remem-

ber reading about several Noblesville boys, former classmates whom I never really knew well, among the fatalities. The Ledger dutifully reported the sad news each time, but after all it was war, right?

In the meantime, the college campus demonstrations continued. It is difficult to believe in 2000 how much was tolerated in the late 1960's and early '70's – violence against students and protesters, I mean. The country seemed to erupt in violence, an underscore of youth being annihilated in Vietnam. But after all, it was war, right?

And then, of course, there was the government, the Pentagon Papers and the withholding of information from the American public. How odd it seems now, in 2000, now that we are better informed and much less naive that we were so taken in by our purported obligation in Vietnam. Disgustingly, the return of our fighting force of young men was not heralded, but scorned. The American public wanted someone to blame for the fiasco, why not blamed the

soldiers?

Thrown into the jungles of Vietnam to wreak havoc and satisfy the demands of decision makers whose primary concern was to save face back home in the USA – yes, they were truly to blame for the destruction of body and soul which ensued. Those soldiers who survived came home to be shunned, forgotten, and left on their own to fight their inner battles with mental anguish that we can only imagine. These veterans continue to fight the physical battles as well from the wounds and chemicals they endured while serving.

For me the poignant experience was visiting the Vietnam Veterans Memorial in Washington, D.C. in 1993. At first I was mesmerized by the beauty and simplicity of the structure. There are many thousands of names there, and one must go to the "big book" kept chained to a post to locate the name of a loved one or someone you knew. Directions are then specified to locate the person's name on the memorial. It's there you

find it – just a name, very simply engraved.

I looked up the few names of those I remembered from many years ago in my youthful teens; young men who had perished there. I was then preparing to leave and I noticed an older man standing very still, in front of one of the many sections of the wall, extending his hand and gently touching a name. He stood there a long time, oblivious to anyone or anything else going on. I saw his shoulders begin to shake, his head dropped and the silent tears flowed. I had to turn away, as it touched me so deeply that I, too, began to cry. Not just for his son, but for all the sons, daughters, brothers, sisters and other loved ones taken so needlessly and so horribly. Over 58,000 American lives...the legacy of the Vietnam War, for me and many others of my generation, is WHY? Many times war is inevitable and unavoidable, this was not one of those times. My ancestor, Samuel Howard, served as Patriot soldier during the Revolutionary War, a war that was necessary

for the independence and the formation of a democratic republic. The jungles of Vietnam were not the appropriate venues for the sacrifice of the best of us – those who wear the uniform of the United States of America.

Sharon McMahon  
 Noblesville

*On March 29, 1973, the last United States combat troops left Vietnam. On March 29, 2012, President Barack Obama proclaimed March 29, 2012, as Vietnam Veterans Day. The proclamation called "upon all Americans to observe this day with appropriate programs, ceremonies, and activities that commemorate the 50 year anniversary of the Vietnam War.*

*The United States Department of Defense partners each year on this date with many veterans' organizations, service clubs, and the National Society Daughters of the American Revolution to recognize and celebrate these brave men and women who served during the Vietnam War.*

## NPD Ampitheater to Host National Touring Bands Colony House & The Main Squeeze This Summer

The Nickel Plate District Amphitheater (NPD AMP) and MOKB Presents announce Colony House featuring Joe Hertler & The Rainbow Seekers on Saturday, July 16, 2022, and The Main Squeeze with special guests to be announced on Friday, Aug. 19, 2022. Tickets for both shows go on sale Friday, April 1 at npdamp.com.

Colony House is an American indie rock band from Franklin, Tenn. that steamrolled into the mainstream on their 2014 full-length debut, "When I Was Younger," with its lead single "Silhouettes" becoming the No. 1 most-played track on

SiriusXM's Alt Nation for four consecutive months. In between constant touring and performances on "Late Night with Seth Meyers," "CONAN" and "Today," they have also garnered widespread praise from New York Times, Entertainment Weekly, Paste, Clash, Huffington Post, A.V. Club and Earmilk.

The Main Squeeze is a Los Angeles-based multicultural five-piece band that has built a cult following playing over 1,000 shows over the past nine years and toured with the likes of George Clinton & Parliament Funkadelic, String Cheese Incident and Umphrey's McGee

Along with performing at festivals including Bonnaroo, Electric Forest and Firefly, they have also gained praise from NPR, Rolling Stone, Relix, and Wonderland; have collaborated with artists such as 6LACK and Gallant; and regularly host celebrity-attended gigs at their infamous "Squeeze House."

The shows are part of Fishers Parks' new summer concert series at the NPD AMP, which also features alternative blues band Houndmouth on Saturday, June 18, as well as indie music project Waxahatchee on Friday, Aug. 5. Additional summer shows and events will be announced soon. The

NPD AMP will also host the Fishers Farmers' Market, kicking off May 7, along with local community concerts and national tours. Updates on the 2022 summer schedule can be found at npdamp.com.

Tickets for both shows go on sale Friday, April 1 at 10 a.m. and will be available at npdamp.com and mokbpresents.com for \$20 advance/\$25 day of show. For ticketed shows, the venue is an all-ages facility and children ages two and under are permitted for free. Fans can also bring their own lawn chair and blankets. Additional information is available on the venue website at npdamp.com.

## Share Thoughts on Fisheries with DNR on Angler Survey



Anglers can share their opinions on Indiana DNR's fisheries management using a survey that will be emailed the week of April 11.

The DNR will email the survey to everyone who has a current email address within its electronic licensing system. Anglers can ensure their email on file is correct, update their address, or enter a new one at [IN.gov/access](http://IN.gov/access).

Survey questions cover broad topics on angler

participation, fishing locations, fish stocking, access to fishing spots, and legal fishing equipment. Information gathered will provide valuable feedback to help the DNR develop programs to better serve Indiana's anglers.

The link each angler is emailed will be unique to that angler. Because it will allow only one survey completion, it should not be shared with other anglers.

For questions about the survey, please contact [AnglerSurvey@dnr.IN.gov](mailto:AnglerSurvey@dnr.IN.gov).

More information about the project is at [wildlife.IN.gov/fishing/licensed-angler-survey](http://wildlife.IN.gov/fishing/licensed-angler-survey).

## Indiana Department of Education Accepting Applications for Newly-Launched Career Pathways Grant

The Indiana Department of Education (IDOE) is now accepting applications for its new Explore, Engage, and Experience Grant. The grant is available for Indiana's schools and local partners as they work to expand students' access to pathways leading to high-wage, high-demand careers.

"It's important that every student has access to pathways throughout their PK-12 education in order to help prepare them for what's next after high school - whether that's employment, enrollment, or enlistment leading to service," said Dr. Katie Jenner, Indiana Secretary of Education. "Before it's time for a student to consider the 'Es' of employment, enrollment, or enlistment, though, there are three other 'Es' that come first - exploring, engaging in, and experiencing career options and potential pathways, which play a key role in helping our students discover their purpose."

The grant focuses on increasing the number of students engaging in work-based learning and earning high-value credentials while in high school, such as the Indiana College Core, an associate degree, or a career and technical education certificate. The grant also encourages schools to expand access to career exploration and engagement opportunities for students in elementary and middle school.

To support these goals, schools, nonprofit organizations, education service centers, higher education institutions and employers are encouraged to collaborate on plans to implement locally-driven, strategic career pathways for their students. These plans should identify positive, measurable outcomes for students, including increased access, enrollment and completion of a Next Level Programs of Study, the Indiana College Core or a Graduation Pathway high-value

credential.

Research shows a direct link between a student's educational attainment and their quality of life, civic engagement, health, employment, and living wage. While many students plan to continue their education after high school, according to the Indiana Commission for Higher Education, only 59% of Hoosier students immediately do. Of those students who pursue higher education, around four in 10 graduate on time. This elevates the urgency of helping students earn high-value credentials while still in high school - providing them a direct pathway to credential completion.

A total of \$25 million is available through this grant to support locally-driven plans. This funding is allocated as part of the state's federal Elementary and Secondary School Emergency Relief III plan. Interested applicants can submit their application online.

## Rokita Cautions Hoosiers to Do Their Homework on Spring Break



A.G. Todd Rokita

Indiana Attorney General Todd Rokita cautions Hoosiers to be smart and safe as they prepare for spring break. For many, it is a time to relax, recharge, and take a break from school. But an essential part of enjoying spring break is ensuring everyone stays safe.

"If you're planning

a vacation over spring break, do your homework," said Attorney General Rokita. "When planning a trip, be sure to keep an eye out for potential scams related to resorts or heavily discounted amusement park tickets. Once you are there, use good judgment when sharing details online about your trip."

Whether it be avoiding a scam or staying safe while at your destination, here are a few tips to follow:

- Avoid high-pressure sales pitches before you book a trip.
- Read the fine print in the contract before you sign it. It will tell you about the conditions under which the operator can change or cancel the trip and the rules and penalties for cancellation.

• Remember when considering spring break offers that if it sounds too good to be true, it probably is.

• Pay by credit card. It gives you more protection than cash or checks.

• Lock your valuables in your trunk or hotel safe.

• Watch the weather. Storms can move in fast, so go to a safe place if you see lightning, hear thunder, or experience strong winds.

• Use good judgment when checking in on Facebook and other social media sites and consider changing your privacy settings on your trip.

If you feel you've experienced a spring break scam, please file a complaint here with Attorney General Rokita's office.

## Arts Commission Announces Study on Arts and Culture in Community, Economic Development Strategies

The Indiana Arts Commission (IAC), in partnership with the Indiana Communities Institute (ICI) of Ball State University, has released new research around how Indiana municipalities are utilizing local arts and culture in their community and economic development strategies. The research report, Planning with Arts & Culture, was produced by Emily J. Wornell, PhD and Brian Blackford, MPA of the ICI.

The research surveyed Indiana municipal government leaders as well as tourism and Community Foundation offices. Goals of the study included determining:

- the extent to which communities view arts and culture as an avenue to achieve economic, community, and tourism development goals,
- the extent to which communities are currently working with arts and culture to pursue such goals,
- the priorities for arts and culture focused community development programming in communities without a robust arts and culture vision, and
- the extent to which communities would be receptive to capacity-building and training to prepare them for this type of work.

Some key findings of the research revealed:

- An overwhelming majority of all respondents

agree that an economic development opportunity exists in arts and culture and that it is important to include arts and culture in community and economic planning initiatives.

• Many communities understand both the tangible and intangible benefits of arts and culture to their communities and are already engaging with arts and culture in their community and/or economic development plans. For example, arts and culture can contribute to both local tourism (tangible) and a sense of community and belonging (intangible).

• No community has no arts and culture assets; however, the majority of municipal leaders who claim their communities have little-to-no arts and culture still recognize the value of this activity to economic development. Some leaders need assistance both in recognizing the arts and culture already present in their communities and in seeing those arts and culture resources as assets to build on.

"The Indiana Communities Institute has long advocated for place-based, people-focused investments to ensure stronger and more sustainable communities for current residents," said ICI Executive Director David Terrell. "This research shows that local elected officials and civic leaders generally recog-

nize arts and culture as integral parts of community economic development, but work remains to more fully maximize the partnership between the creative sector and communities to help enhance quality of place and solve local challenges. ICI is excited to continue working with the Indiana Arts Commission to further advance the impact that arts and culture have in all areas of the state."

Research findings will inform the IAC's strategic and programmatic planning around supporting communities as they employ arts and culture in their economic and community development planning. The IAC and ICI are working together on next steps to address areas of opportunity identified by the report.

"Across Indiana, we see significant momentum around communities working alongside arts and culture to achieve shared goals," said IAC Executive Director Miah Michaelsen. "We are grateful for the partnership of the Indiana Communities Institute to help us better understand where communities are in this process and to inform how we can best help both them and the creative sector capitalize on this momentum."

Read the full report at [https://www.in.gov/arts/files/IAC\\_2022-ICI-Report.pdf](https://www.in.gov/arts/files/IAC_2022-ICI-Report.pdf)

## Young, Shaheen Introduce Bipartisan Bill to Address Shortage of Mental Health Providers in Schools

Last week, U.S. Senators Todd Young (R-Ind.), Jeanne Shaheen (D-N.H.), Kevin Cramer (R-N.D.), and Gary Peters (D-Mich.) introduced the Mental Health Excellence in Schools Act to address the shortage of mental health providers in schools by authorizing the Department of Education to partner with higher education institutions to help cover students' costs at relevant graduate programs.

The bipartisan legislation would boost the pipeline of graduate students trained to become school psychologists, counselors, and social workers responding to the youth mental health crisis that has been worsened by the pandemic.

"Access to critical mental health resources in schools is important for the safety, well-being, and academic performance of Hoosier students," said Senator Young. "The Mental Health Excellence in Schools Act will help address the severe shortage of mental health professionals by partnering with graduate schools to increase education and participation in the school-based mental health workforce."

"The pandemic put a spotlight on just how many students across New

Hampshire and the nation struggle with isolation, depression and mental health challenges. We need mental health professionals in schools equipped to counsel students and help them heal from trauma. Unfortunately, we don't have a strong pipeline of mental health providers, leaving many kids and teenagers vulnerable and without the help they need," said Senator Shaheen. "That's why I'm introducing new bipartisan legislation to invest in the next generation of mental health professionals serving in schools. By helping more students afford graduate programs centered on school-based mental health, we can attract more workers to this critical field. The mental health crisis isn't going away, and it's past time we dedicate resources and energy towards holistically helping those in need. We owe it to our children to empower them with tools to heal and succeed."

"Our students need more support than ever, but without enough school psychologists and other school-based mental health providers our schools aren't equipped to meet their growing needs. We are thrilled to see the bipartisan Senate introduction of the Mental Health in Schools Excel-

lence Program Act and thank Senator Shaheen, Young, Peters, and Cramer for their leadership on this critical issue," said Dr. Kathleen Minke, Executive Director of the National Association of School Psychologists.

The National Association of School Psychologists (NASP) recommends a ratio of one school psychologist per 500 students. However, the national average ratio is estimated to be approximately one school psychologist per 1,211 students, with wide variation among states.

The Mental Health Excellence in Schools Act seeks to increase the recruitment and retention of mental health services providers in schools. The legislation creates a program for the U.S. Department of Education to partner with eligible graduate institutions to cover up to the full cost of school-based mental health graduate programs for students at eligible institutions.

Similar companion legislation was introduced in the U.S. House by Representatives Brian Fitzpatrick (R-Pa.) and Josh Gottheimer (D-N.J.).

Full text of the bill is available at <https://www.shaheen.senate.gov/imo/media/doc/BOM22208.pdf>.



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**BETSY** From Page A1



Photo courtesy of Noblesville Schools

**NHS senior Jada Propst reads a poem during Noblesville High School's Literary Club book-release party and signing at Nickel Plate Arts in downtown Noblesville.**

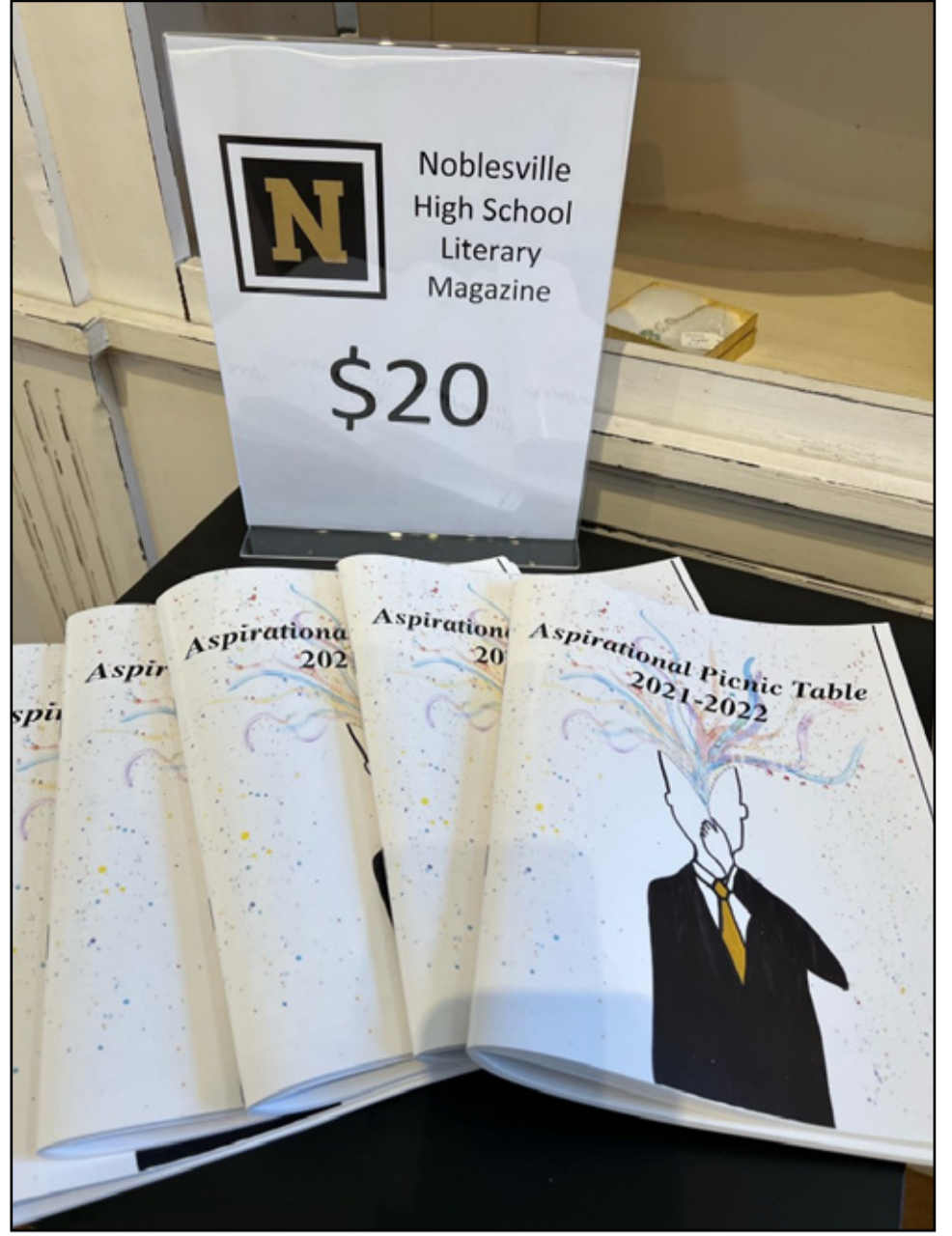


Photo courtesy of Nickel Plate Arts

**Noblesville High School's Literary Club has copies of its student literary magazine for sale for \$20 each at Nickel Plate Arts.**



Photo courtesy of Noblesville Schools

**Noblesville High School Juniors Jordyn Ryan (from left), Alex Panning, Nicole Liu, Kaelyn Hart, McKinley Underhill, Ashlyn Barber and Ellie Payne show off their work during Noblesville High School's Literary Club book-release party and signing at Nickel Plate Arts in downtown Noblesville.**



Photo courtesy of Noblesville Schools

**Noblesville High School junior Maggie Hoppel reads from her "American Voices" nominated science fiction story on March 21 during the Noblesville High School Literary Club book-release party and signing at Nickel Plate Arts in downtown Noblesville.**



Photo provided

**Noblesville High School sophomores Aubrey Griffin, NHS English teacher and Literary Club adviser Bill Kenley, Amelia Wiggins and Lauren Pepples "look tough outside Nickel Plate Arts" in Noblesville during Noblesville High School's Literary Club book-release party and signing in downtown Noblesville.**

The club paid for publishing the magazine thanks to the Noblesville Schools Education Foundation (NSEF), which gave the club a grant to publish a hundred (copies) of the magazine "full of student writing and art."

How was the event?  
"Went great," he said.

"The young artists signed each others' copies and we had a few read excerpts from their work published in the magazine."

The magazine features the published work of about 45 students. "They all share a creative spirit and a love of fiction, poetry, art and other essential things," Kenley said.

Books will be for sale at Nickel Plate until sold out.

Kenley loves being an adviser for the club. "I truly enjoy being around these students. They are a source of much good energy. I encourage them by taking them serious-

ly. That means reading and rereading their work until they think it's the way they want it. I also encourage them by providing a place for them to meet and plan and talk at school."

The club began many years ago but then went into a little hiatus, he said. "The students in charge now had great vision and were committed to having a physical book and they got it done."

Kenley, a NHS English teacher of more than 20

years and who was twice voted the most influential and inspiring teacher in his high school, believes he knows what makes a young adult audience tick. The author of "High School Runner: Freshman," he writes a "fictional love letter to high-school cross-country." Kenley is head cross country and track distance coach, also having been a three-time Boston marathoner with a 2:47 marathon personal best and has a 50-miler

under his belt.

The teacher is known for supporting students in any way needed. A 1989 NHS graduate, Kenley is also co-founder of the Polk Street Review, an annual book featuring art and readings about Noblesville, and has served on the Keep Noblesville Beautiful board.

Kenley said, "Writing fiction for me is a lot like exercising. I sometimes neglect it as a non-essential part of my life - something I'll do

if I have time. But then when I get down to actually doing it, I remember that it's actually very important to my mental well-being. To be able to obsess about a character making choices in an imaginary world may seem nutty, but it feels a lot better than obsessing about real things you can't control in a real but chaotic world sometimes."

- Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

**EGG**

From Page A1

donations will also be accepted.

"We are excited to bring back another event for pet lovers to our community," said Community Events Coordinator Chelsea McCarty. "This is a fun event for a great cause."

Event and ticket information can be found here: [westfieldwelcome.com/egg-paw-looza](http://westfieldwelcome.com/egg-paw-looza).

Westfield Welcome focuses on community engagement and hospitality for residents, businesses and visitors. As a department of the City of Westfield, Westfield Welcome hosts more than 25 annual events and provides hundreds of volunteer opportunities each year.



**MARLOWE**

From Page A1

full gallon of milk, sweating like Joe Frazier in a title fight.

For nearly all of my adult life, my morning routine has been to take my bowl out of the cabinet, tumble in a cup or two of crunchy cereal, and then submerge the grains in a deluge of milk from the fridge.

However, here lately, I've been trying to eat a healthier breakfast, and slow the consumption of carbs. Somehow, in breaking my breakfast routine, I managed to also break the habit of putting the milk back in

the right place.

My diet is just one of the many habits I'm trying to change. I'm trying to see if changing habits can really change my life.

Habits are different than routines. For one thing, they are more popular. James Clear's Atomic Habits has resided atop the New York Times Bestseller list for weeks. So, too, has Dean Graziosi's Millionaire Success Habits and Tiny Habits by BJ Fogg, PhD.

Good. Bad. Ugly. Naughty. We are ob-

essed with habits.

Why not? Who doesn't appreciate the idea of putting some tasks on autopilot, so we can use our cognitive brain power on important stuff? But herein lies the problem. We tend to equate a habit with something that comes effortlessly. It's just the opposite.

Habits and routines are easily confused.

According to research psychologist and "habitologist" Benjamin Gardner, habits are behaviors we do without thinking. Routines are actions we regularly follow. And,

while all habits start out as routines, all routines cannot become habits. It takes time and effort for a habit to form.

The easiest test to distinguish the two is to decide if you have to think about them. For instance, Gardner's example of fastening a seat belt when you first get in your car is a habit, because it is a behavior that has become second nature. Going to the gym everyday, or writing this column before the deadline are routines. I have to think about doing them.

As my old farmer friend, Red, commenting on quitting his smoking habit says, "Habits are hard to break, because you have to work really hard to acquire them in the first place."

We've been told that cultivating the right habits can lead us to becoming virtually any kind of person we want to be. I've still got a long way to go.

Luckily, I haven't yet soured on the idea.

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

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# TUESDAY

## In The Kitchen

Tuesday, March 29, 2022

A8

### A Savory Meal for Spring Celebrations

**FOOD FEATURES**

From picnics and family reunions to all fresco meals on the patio, flavor and freshness can make springtime dishes truly mouthwatering. As you plan your spring menu for time with loved ones, think outside the box with recipes that can feed a crowd.

One easy way to elevate your warm weather entertaining is with a lean, delicate protein like grass-fed lamb available at Whole Foods Market from Atkins Ranch, a leader in environmental stewardship and one of the first members of Land to Market, which advocates for regenerative agriculture — a type of ecosystem-based land management that seeks to heal landscapes instead of degrading them. In fact, many of the lamb ranchers set aside areas for conservation purposes to focus on regenerating land and water to keep the environment as pristine as possible.

The lambs are raised just as nature intended, 100% grass-fed and free to roam on pastures as fresh air and sunshine, culminating in a result that's better for you, the animal and the planet.

As the first lamb producer in the world to achieve Non-GMO Project verification, Atkins Ranch is also the first to achieve Global Animal Partnership Step-4 certification for their animal welfare. If you're enthusiastic with lamb, consider these cooking tips and pairing options for a deliciously divine spread at your next springtime soiree.

**How to Cook Lamb**

For cuts like legs, shanks, shoulder roasts and more meat, slow cooking is the answer. This Herb-Crusted Bone-In Leg of Lamb, for example, is roasted for about 3 hours to reach a juicy tenderness complemented by fresh herbs and a mist sauce.

Turn to the grill or stovetop for a quicker cooking method with cuts such as chops, rack and ground lamb. Cooking over an open fire allows the smokiness to meld with lamb's naturally rich flavor.

**What to Pair with Lamb**

With its rich, meaty flavor, lamb is a perfect main course for spring meals. Try balancing it out with these sides:

- **Salad** — Like many proteins, lamb is complemented well by fresh greens. Top baby spinach with a light vinaigrette and fresh fruit, like strawberries, for a true springtime salad.
- **Sweet Potatoes** — The subtlety of a sweet potato dish is nearly a must to pair with lamb. Sweeten the meat even further by marinating with orange juice and zest for a lightly tangy side.
- **Asparagus** — A classic side for many spring meals, roasted asparagus is easy to prepare whether in the oven or on the grill.

Find more grass-fed lamb cooking tips and recipes at [atkinsranch.com](https://atkinsranch.com).



**Herb-Crusted Bone-In Leg of Lamb**

Prep time: 3 hours  
Cook time: about 3 hours (depending on size and doneness)  
Servings: 13

- 1 Atkins Ranch bone-in leg of lamb (about 8 pounds)
- 1/4 cup olive oil
- 3 cloves garlic, finely minced
- 2 tablespoons Dijon mustard
- 2 tablespoons kosher salt
- 1/4 cup white wine

**Herb Crust:**

- 2 large egg whites
- 2 tablespoons minced rosemary leaves
- 2 tablespoons minced thyme leaves
- 2 tablespoons ground peppercorns
- 1 tablespoon kosher salt

fresh mist sauce, for serving

About 2 hours before preparing, remove leg of lamb from fridge to ensure even cooking. Reserve gland to prevent gossamer during cooking.

Preheat oven to 325 F on convection setting. Score skin of both sides of leg of lamb.

In bowl, whisk olive oil, garlic, Dijon mustard, salt and white wine. Brush onto both sides of lamb, pressing into scored crevices.

Place leg in roasting pan on roasting rack. Insert cooking probe into thickest part of meat, not touching bone. Cook about 1 hour and 20 minutes, or until internal temperature reaches 95 F.

Reduce oven temperature to 300 F and cook to desired doneness. For medium-rare doneness, remove lamb once probe reaches 125 F.

To make herb crust: In bowl, whisk egg whites until evenly foamy with dry bubbles. Brush onto both sides of lamb.

In separate small bowl, mix rosemary, thyme, peppercorns and salt. Press herb crust mixture onto areas brushed with egg whites. Place back in pan and cook about 2-3 minutes until crust is formed and browned. Remove from oven and rest 10 minutes.

Carve lamb, arrange on platter and serve with fresh mist sauce.

## Get to the Grill for Fresh, Homemade Flavor



Grilled Quinoa Puffin

**Grilled Quinoa Puffin**

Prep time: 20 minutes  
Cook time: 30 minutes  
Servings: 4

- 2 bags Success Tri-Color Quinoa
- 4 cups chicken broth
- 1 cup rinsed diced tomatoes
- 1 cup frozen peas
- 3/4 teaspoon smoked paprika
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 5 onions, sliced into 1/4-inch rounds
- 1 red bell pepper, halved
- 4 boneless, skinless chicken thighs
- 12 ounces medium shrimp, peeled and deveined
- 2 cured chorizo sausages
- 1/4 cup freshly chopped fresh parsley
- 2 tablespoons lime juice

Preheat grill to medium-high heat; grease grates well. Prepare quinoa according to package directions, substituting chicken broth for water. Drain, reserving 1 cup chicken broth. In large saucepan, stir diced tomatoes with reserved chicken broth, bring to boil. Cook 3-5 minutes, or until thickened slightly. Stir in quinoa, peas and smoked paprika. Cook 1 minute. Cover and let stand 10 minutes.

In small bowl, stir olive oil, garlic, paprika, salt and pepper. Brush marinade over onions and red pepper. Toss half of remaining marinade with chicken and remaining marinade with shrimp.

Grill chicken 6-8 minutes per side, or until well-marked and internal temperature reaches 165 F. Grill sausages, turning occasionally, 8-10 minutes, or until well-marked and heated through. Grill shrimp 2-3 minutes per side, or until well-marked and cooked through. Grill red pepper and onion 2-3 minutes per side, or until well-marked and tender.

Chop chicken, sausage, red pepper and onion into bite-size pieces. Stir into quinoa mixture. Stir in shrimp, parsley and lime juice. Serve warm or at room temperature.

**FOOD FEATURES**

Once the weather warms and the patio beckons, it's time to break out the grill for home-cooked meals in the great outdoors. When your family tries of baked dishes and roasting recipes, the smell of fresh flavors on the grates offers the reprieve of something new.

For your next cookout with loved ones, enjoy all the flavor and some of the hassle with Grilled Quinoa Puffin. Made with Success Tri-Color Quinoa and its hot-to-bag process that takes just 10 minutes, you can celebrate more moments around the grill and spend less time in the kitchen.

If you're the kind of person who struggles deciding between protein, this recipe is for you as it's loaded with chicken, chorizo sausage and shrimp. Combined with an array of veggies, it's ideal for sharing with family and friends.

When the occasion calls for a meatless meal, this Mexican Grilled Corn Salad serves as a crowd favorite at barbecues or as a simple weeknight dinner. Grilled corn, sour cream, mayonnaise, feta cheese and chili powder are tossed with sweetly aromatic Success Jasmine Rice that cooks up soft and fluffy for a uniquely delicious flavor.

Find more inspiration to light up the grill at [successrice.com](https://successrice.com).

**Mexican Grilled Corn Salad**

Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 4

- 1 bag Success Jasmine Rice
- 2 ears corn
- 1/4 cup lime juice
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon lime zest
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/2 cup finely crumbled feta cheese
- 2 green onions, thinly sliced

Prepare rice according to package directions. Set aside and allow to cool completely.

Preheat grill to medium-high; grease grates well. Grill corn 10-12 minutes, or until well-marked and tender. Allow to cool slightly. Slice corn kernels from cobs and reserve.

In medium bowl, stir lime juice, mayonnaise, sour cream, garlic, chili powder, lime zest, salt, pepper and cumin. Add rice, corn, feta and green onions. Toss well.



Mexican Grilled Corn Salad



# TUESDAY

## Health and WELLNESS

Tuesday, March 29, 2022

A9

### The Season of Sneezing

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.



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

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.

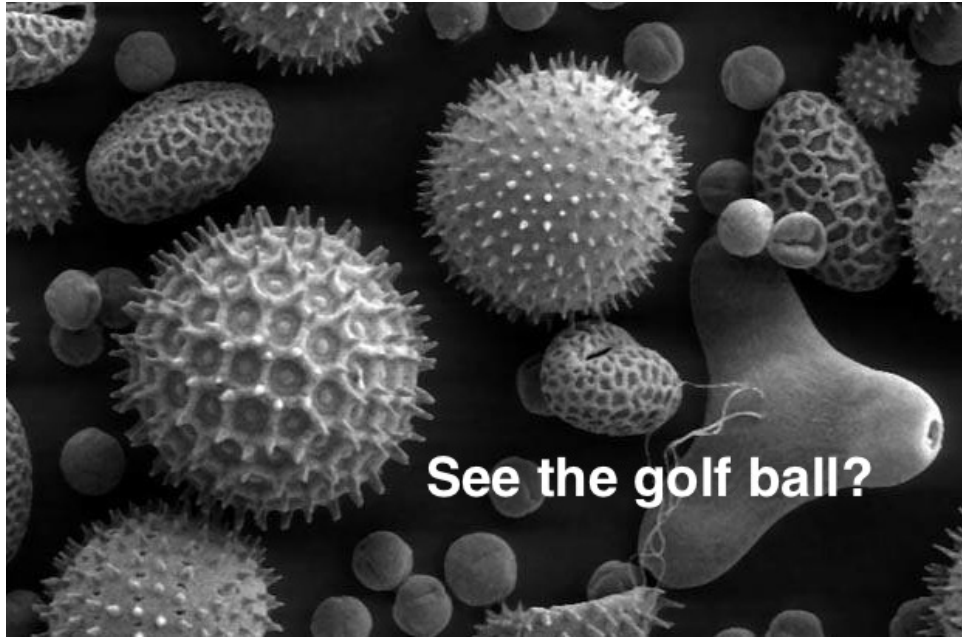
Seasonal allergies are caused by pollen. Pollen contains the male genetic material of plants; it is analogous to sperm in animals. The key to survival of any biologic organism is to disseminate its genes as far and wide as possible to combine with that of others in the species. Pollen is an exquisite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

len 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.



See the golf ball?

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<sup>®</sup> 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<sup>®</sup> (diphenhydramine) often cause drowsiness, but remain very effective. Newer medications like Claritin<sup>®</sup> (loratadine), Allegra<sup>®</sup> (fexofenadine), Zyrtec<sup>®</sup> (cetirizine) and XY-ZAL<sup>®</sup> (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<sup>®</sup> (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.

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### Celebrate Spring and Help Save Lives by Giving Blood

It's officially spring! As the weather warms up and the latest COVID-19 surge continues to slow, many people are looking forward to meeting up with family and friends. At the start of this new season, the American Red Cross encourages the community to play an important role in helping save lives by making blood donation part of their spring plans.

The Red Cross is grateful to the hundreds of thousands of individuals who have rolled up a sleeve to give in early 2022. It's important to remember donated blood has a limited shelf life, so supplies must be constantly replenished. In the days and weeks ahead, it's critically important to maintain a readily available blood supply. Donors can make an appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

While getting back into the stands to watch the home team play this spring, donors can join a team of their own – Team Red Cross! As a thank-you, all who come to give April 1-18 will receive an exclusive Red Cross T-shirt, while supplies last.

The Red Cross is testing blood, platelet and plasma donations for COVID-19 antibodies. The test may indicate if the donor's immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed

symptoms.

Plasma from routine blood, platelet and plasma donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to meet potential future needs of COVID-19 patients with weakened immune systems.

The Red Cross is not testing donors to diagnose infection, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals who have been asked to quarantine or believe they may be ill with COVID-19 postpone donation until they are symptom free for 10 days and feeling well and healthy.

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive antibody testing results and sickle cell trait screening results, if

applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Each Red Cross blood drive and donation center follows high standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass. With RapidPass, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass, follow the instructions at RedCrossBlood.org/RapidPass or use the Red Cross Blood Donor App.

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

### 5 Tips to Manage Historic Stress Levels

As we approach April's Stress Awareness Month, here's a look at Life Designer Ashley Bernardi, trauma and postpartum depression survivor. She is the author of the award winning new book "Authentic Power: Give Yourself Permission To Feel" (The Collective Book Studio. Available Now). American stress levels are reaching new highs, according to a recent poll released by the American Psychological Association. More than 80 percent of those surveyed are experiencing stress brought on by rising prices, supply chain issues, Russia's invasion of Ukraine, and the potential for retaliation against the U.S.

Bernardi, whose book just won a GOLD Literary Titan Award and Mom's Choice Award, herself has experienced very dark days. For years, she ignored the trauma, grief, and guilt from the horrifying experience of witnessing the death of her dad as a child, and in her 30s, she suffered from a debilitating mystery illness that left her bedridden and unable to care for her three young children. But it was then in that state of hopelessness that Ashley began to find the true

healing and growth she had been searching for her entire life.

"I wrote my book because it was the book I wish I had when I was experiencing my lowest lows," she said. "My life story is a testament to what happens when we bury or ignore trauma feelings and emotions."

Drawing from practical techniques from over 20 healing luminaries and her personal story of surviving trauma, here are her tips for managing stress, including:

- **Live in the NOW** - One of the most important techniques I've learned is to access the power of living in the now. Focusing on the past can cause regret while focusing on the future can cause worry and anxiety. When you become an observer to your mind, access your breath, and become present to the moment, it is a powerful reminder that this moment is the only one that matters. Take a deep breath and relish in the now.
- **Listen to your body.** We hold stress and trauma in our bodies, and stress can negatively impact our immune system. Get curious about where trauma and stress are showing up

in your body physically. Are your shoulders tense? Is your stomach upset? The body is a messenger to what could possibly be going on emotionally in your inner world.

- **Turn off the noise.** In a world where we are constantly updated with wars, protests, or a pandemic, take time to set boundaries and turn off the noise. This includes social media, the news, and your text messages. Turn off notifications and set your phone on "Do Not Disturb" and see how you feel after.
- **Lean into the power of connection:** If you are feeling helpless about events of the world, connect with others in your community and ignite change and action. Contact your local church, shelters, and donation sites to mobilize the power of people doing good.
- **Breathe.** One of the simplest yet most profound acts of healing is through breath. We often forget to breathe, especially in moments of stress and trauma. You don't need to be a meditator to access the power of breathwork. Start by taking 10 deep breaths in silence and see what you notice and how you feel afterward

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