

TODAY'S VERSE

Acts 2:38 Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.



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

What makes Bryce McNew smile? "Baseball," said the then 13-year-old Noblesville resident and baseball player on *The Times* newspaper-sponsored 2021 Noblesville Babe Ruth Baseball team. "It's fun and it's a very team sport," said the then Noblesville West Middle School eighth-grader, whose favorite school subject was math. He has been playing baseball since kindergarten. He was found in 2021 at the opening of Noblesville Babe Ruth Baseball at Forest Park in Noblesville. It was the same date that Noblesville Babe Ruth dedicated the Jane Beaver Memorial Diamonds with the ribbon cutting of the new landmark at the gate and also ribbon cutting of the updated fields and new scoreboard, thanks to Beaver Materials. Noblesville Babe Ruth also celebrated its 10th anniversary world series team with a reunion and memories shared by team manager Mike Concannon that night. The NBRB is always seeking sponsors and donations and most recently received a much-needed golf cart, thanks to Carol Meyers, for people who need a ride to the field. Today's feature is a look back at one of *The Times'* previous Faces of Hamilton County. It was Bryce's second year to be on the team. "I like hanging out and talking to friends," said the son of Brad and Laura McNew and who played first base and pitcher for his *Times* team. This year's Noblesville Babe Ruth Baseball season starts April 18 and runs through June 21. What's the best part of playing Noblesville Babe Ruth Baseball? "I just like bonding with my friends."

And Another Thing...

Yesterday, Lt. Gov. Suzanne Crouch and the Indiana Broadband Office announced that Jefferson County is now designated as an official Broadband Ready Community. The Broadband Ready Communities Program was created as a tool to encourage broadband development throughout Indiana. The Broadband Ready Community certification sends a signal to the telecommunication industry that a community has taken steps to reduce barriers to broadband infrastructure investment.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Courtesy Photo

The life of Hamilton County Sheriff's Office Deputy and Humane Law Enforcement Officer Doug Sanford will be celebrated on Saturday afternoon at Noblesville First United Methodist Church. Among his survivors is his loyal hunting dog, Deke.

Life of Sheriff's Deputy to Be Celebrated Saturday



BETSY REASON
The Times Editor

By now, most of our *Times* newspaper readers have likely learned about the passing of Hamilton County Sheriff's Office Deputy Doug Sanford.

Since 2015, he was the Sheriff's department's Humane Law Enforcement Officer, and was also the vice president of Hoosier Animal Law Officers (HALO). Before that, he was a community service officer for Carmel Police Department.

Sanford, a Grand Rapids, Mich.-native (born May 4, 1973) who lived in Sheridan, died on March 29. He was 48.

His Celebration of Life will be Saturday at Noblesville First United Methodist Church with visitation beginning at 1 p.m., with a memorial service at 3 p.m.

The Sheriff's Office posted the news of Sanford's passing on March 30, during our Noblesville Schools' two-week spring break. Some folks may have missed the news due to being on break. However, thousands of condolence messages were posted by people from

➔ See BETSY Page A7

Noblesville Schools Launches Community Feedback Survey

Noblesville Schools announced yesterday that they are seeking input from Noblesville residents through an online community survey. The survey, which launched on April 11, is the first time the district has gathered comprehensive feedback in this manner since 2015.

The online survey takes approximately 10 minutes to complete and measures Nobles-

ville Schools on several different factors including academics, leadership, safety, communication, finances and more.

"These survey results will provide important guidance to school leaders going forward and we invite all residents, even those without children currently in school, to participate," said

➔ See SURVEY Page A7

Wrapping Up Readers' Choice 2022

Readers' Choice is wrapped up for another year, and once again, The Paper's annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Paper brought Montgomery County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our

Want MORE?

Please turn to page A3 for the winners, runner ups, and honorable mentions in the **MERCHANDISE** category and **GOVERNMENT** categories.

readers, the opportunity to vote for your favorites. We often

➔ See CHOICE Page A7

Exploring John's 'In-Continents'



JOHN O. MARLOWE
The Good Sport

One thing that that the hot war between Russia and Ukraine has reminded me — aside from the stupidity and savagery of human destruction, and the utter hubris of tyrants — is of my less than ideal knowledge of world geography.

Now, I'm no Vasco da Gama, but I've always been

able to hold my own when finding my way 'round a world map or globe.

For my younger readers, a globe is like Google™ Maps, glued to a cardboard sphere, suspended by a metal frame at the Earth's axes. We could spin the globe to locate countries, much like you scroll up and down your smart phone. It was stationary, and primarily used in the classroom, because for some reason the popularity of the pocket globe never took off.

Anyway, when Russia invaded Ukraine, I became curious. I was wondering if this might be the first time Asians invaded Europe since the Huns made their run in 370 AD.

Little did I know when I asked myself this question that I would be upsetting my entire world view worldview.

You see, for my entire life, I thought of Russia as

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INSIDE TODAY

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OBITUARIES

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- Matthew Joseph Kirkendall
- Roxanne (Warner) Mullins
- Beverly Madonna Tiller
- Marilyn Reid Williams

HONEST HOOSIER

Mowing the lawn, doing dishes, asking for extra chores . . . back in the day that was our version of *gofundme!*



TODAY'S QUOTE

"The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us."
- Bill Watterson

TODAY'S HEALTH TIP

Eating 100 less calories a day will prevent yearly weight gain in most people.

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



TODAY'S JOKE

What do you call two monkeys that share an Amazon account?
Prime mates.



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



13 WTHR 7 DAY FORECAST

66 SHOWERS AND STORMS LIKELY	45/68 STRAY SHOWERS	61/72 SCUD SYSTEMS WORK SERVICE	42/58 WINDY AND COOLER	40/62 MAINLY BUNNY	43/60 PARTLY CLOUDY	40/54 PARTLY CLOUDY
MON	TUE	WED	THU	FRI	SAT	SUN

➔ OBITUARIES

Nancy Harger Ten Cate

March 1, 1937 - April 8, 2022

Nancy Harger Ten Cate, age 85, of Noblesville, passed away on Fri., April 8, 2022 in Noblesville.

She was born on March 1, 1937 to the late William and Isabelle (Haverstick) Harger in Noblesville, Ind.

Mrs. Tate graduated from Noblesville High School in 1955 and Indiana University in 1959 with a degree in Elementary Education. She taught school for many years in Noblesville, and later worked at Harger Farms with her father and brother as their bookkeeper. Throughout her life, she was an active member of Noblesville First United Methodist Church. Mrs. Cate was also a member of Delta Delta Delta Sorority at Indiana University, Tri Kappa, Daughters of the American Revolution (DAR), and Riverview Health Foundation.

Survivors include her children, Debra Ten Cate Ballard, Sarah Ten Cate and John (Karen) Ten Cate, all of Noblesville; grandchildren Theodore and Wesley Ballard of Ill. and Joshua Ten Cate of Ind.

Visitation are scheduled to be held from 5 p.m. to 8 p.m. on Mon, April 18, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Funeral services are scheduled to be held at 11 a.m. on Tue, April 19, 2022 at Noblesville First United Methodist Church, 2051 Monument Street in Noblesville. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Noblesville First United Methodist Church, 2051 Monument Street, Noblesville, Ind. 46060; Riverview Health Foundation, 395 Westfield Road, Noblesville, Ind. 46060; or the charity of your choice.

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

Matthew Joseph Kirkendall

Jan. 27, 1976 - March 30, 2022

Matthew Joseph Kirkendall, 46, of Fishers, passed away unexpectedly on Wed., March 30, 2022.

Matt was born on Jan. 27, 1976 to Valerie Etherington and Norvin Kirkendall.

Mr. Kirkendall, a certified surgical technologist, worked as a travelling technician. He graduated from Hamilton Southeastern High School and earned an associate's degree from Ivy Tech. He proudly served his country in the United States Marine Corps.

Throughout his life, Mr. Kirkendall was involved in many athletic activities and was an excellent all-around athlete. Baseball, basketball, Soccer, swimming, football, wrestling, and his true love, rugby. In 2009, he coached the Hamilton Southeastern High School rugby team that won the state 2009 championship.

If athletics was not enough, Mr. Kirkendall loved the outdoors, hunting, fishing, and camping with his best friend, Chris Watts and Chris's father, Allen, who he considered his 'second' dad.

Mr. Kirkendall had a tremendous love of life. His social life surrounded many get-togethers with friends and family, especially around his swimming pool.

Survivors include his son, Joseph David Kirkendall Banuelos; mother Valerie; father Norvin; brother Kevin; and most of all his lifetime partner and best friend, Jolinda (JoJo) Sears.

He will be missed by his 'adopted' family: sister Brooke Wilson; brother Chad Wilkening; and their mother, Joyce Kirkendall.

A Celebration of life is scheduled to be held Sat., April 16, 2022, at the Fishers United Methodist Church, 9691 E. 116th Street, Fishers, Ind. 46037. The gathering is scheduled to start at 2 p.m., and last until 4 p.m. Afterward, a Memorial service is scheduled to be held.

Those who would like to 'share' stories are encouraged to attend the meal after the service. This will give friends and family a more relaxed setting.

The family requests that memorial contributions be given to the Fishers Methodist Church food bank.

Roxanna (Wariner) Mullins

July 9, 1963 - April 8, 2022

Roxanna (Wariner) Mullins, 58, of Noblesville, passed away on Fri, April 8, 2022, at IU Health University Hospital in Indianapolis surrounded by her loving family.

She was born on July 9, 1963, to Lowell and Carolyn (Castor) Wariner in Noblesville.

Ms. Mullins attended Noblesville Schools and worked alongside her mother in her mother's cleaning business for many years. She greeted everyone with a smile and never met a stranger. She was warm, caring, and full of love for everyone. Ms. Mullins always put others before herself and had a great love for her family. Her daughters were her pride and joy.

Survivors include her mother, Carolyn S. Wariner; daughters Roxanna Renee (Kyle) Clinard and Angel Dawn Mullins; siblings Linda (Dale) Artman, Jerry Glover, Dennis Wariner, Jeff (Jessica) Wariner, Joseph (Jennifer) Wariner and Carla (Bill) Learned; grandchildren Olivia, Adrian, Noah and Kendall; great-grandchild Kenzie; grand dogs Jax and Bella; and several nieces and nephews who loved her dearly and referred to her as their favorite aunt.

She was preceded in death by her father, Lowell A. Wariner, whom she loved and adored.

Her surviving family is comforted in knowing that they are now reunited in Heaven.

Visitation is scheduled to be held from 11 a.m. to 2 p.m., with services scheduled for 2 p.m., on Thu, April 14, 2022, at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville. The Rev. Stanley R. Sutton will officiate. Burial will follow at Crownland Cemetery in Noblesville.

Condolences can be made online www.randallroberts.com.

Beverly Madonna Tiller

Jan. 8, 1966 - April 9, 2022

Beverly Madonna Tiller, 56, of Fishers, passed away on Sat., April 9, 2022 at her home.

She was born on Jan. 8, 1966 to James and Charlotte (Trick) Tiller in Dayton, Ohio.

Mrs. Tiller was a member of St. Louis de Montfort Catholic Church. She enjoyed gardening, working out, cooking, watching HGTV, and volunteering at her church. She also enjoyed taking nature hikes and walking her dog, Wesley.

Survivors include her daughter Becca (Nik) Parkison; son Douglas Berger; mother Charlotte Tiller; brother Wade (Jill) Tiller; nephews Samuel & Benjamin Tiller; niece Caroline Tiller; and her dog Wesley.

She was preceded in death by her father, James Tiller.

Services are scheduled to be held at 11 a.m. on Wed., April 13, 2022 at St. Louis de Montfort Catholic Church, 11441 Hague Road in Fishers.

Memorial contributions may be made to Humane Society for Hamilton County, 10501 Hague Road, Fishers, Ind. 46038 (www.hamiltonhumane.com) or to National Pancreatic Cancer Foundation, NPCF, PO Box 1848, Longmont, Colo. 80502 (www.npcf.us).

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

Marilyn Reid Williams

Oct. 3, 1931 - April 8, 2022

Marilyn Reid Williams, 90, of Noblesville, passed away on Fri., April 8, 2022.

She was born on Oct. 3, 1931 to Melvin C. and Anna Reid in Cedar Rapids, Iowa.

After graduating from Roosevelt High School in 1949 in Cedar Rapids, Mrs. Williams went to Anderson College to study Christian Education. There she met her future husband, Loren R. Williams. They were married Jan. 5, 1951 and had been married for 71 years at the time of her death. The couple were blessed with three children, Deborah F. Smith (Don) and Susan Kline (John), and a son, James Allen Williams.

During her lifetime, Mrs. Williams was an active member of Noblesville First United Methodist Church, where she sang in the Chancel Choir, played handbells in the Chancel Ringers, and loved participating in Elderberries activities with her husband.

Survivors include her husband, Loren R. Williams; daughters Deborah F. (Don) Smith and Susan (John) Kline; brother, Dan (Kathy) Reid; and three nieces and one nephew, all living in Oregon.

She was predeceased by her son, James Allen Williams; and sister Shirley Lerch.

Memorial visitation is scheduled to be held from 4 p.m. to 7 p.m. on Thu, April 14, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. A Celebration of Life will take place at a later time.

Memorial contributions may be made to Noblesville First United Methodist Church Music Ministry, 2051 Monument Street, Noblesville, Ind. 46060.

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

IWU Communications Student Receives \$5K Broadcast Scholarship

The Indiana Broadcasters Association (IBA) Foundation awarded Indiana Wesleyan University junior Donovan Edwards a \$5,000 scholarship on March 26 at a special award luncheon in Carmel, Indiana.

The scholarship is part of IBA's 2022 College Scholarship Program, which awarded a total of \$50,000 to students at Indiana colleges and universities. Awardees had to be actively participating in a college broadcast facility or be working for a commercial/public broadcast facility.

Edwards, who is studying Multimedia Communications with an emphasis in Sports Broadcasting, is heavily involved in broadcasting initiatives on campus. He started a basketball halftime interview show called "On the Court with Donovan Edwards" and hosts a weekly athletics wrap-up and interview podcast called "Wildcat Week." He also is an experienced play-by-play announcer of IWU men's and women's basketball, men's and women's soccer, plus baseball and

softball. Edwards has also been a sideline reporter for IWU football and local Marion high school football games.

"Donovan's involvement in our student media from his very first semester has been exemplary", said Dr. Mark Perry, chair, Division of Communication & Theatre. "I have no doubt Donovan will have a rewarding and fruitful career in sports broadcasting. This scholarship is affirmation he is moving in the right direction."

After graduating from IWU in Spring 2023, Edwards hopes to grow in the sports broadcasting field in the areas of golf, football or basketball. Ultimately, he would love a career traveling around the world to cover major sporting events.

"This scholarship has encouraged me by showing me if I keep showing hard work, I can keep finding more opportunities for myself," said Edwards. "Also, that nothing is given to you in the broadcasting world, and how hard you truly must work to accomplish these goals."

My Grouchy Friends



CARRIE CLASSON
The Postscript

I have a weakness for grouchy people.

I have a couple of friends I would describe as perpetually grouchy, and I'm not quite sure why, but I think they are good for me.

To clarify, I'm not fond of being around people who are in the habit of deliberately messing up their lives. I think everyone has known at least one person like this, and it's hard to watch. I see the train coming down the tracks. I hope my friend will alter course. I try not to be too bossy as I suggest it might be a good idea to get off the tracks. I nervously watch the train barreling straight for them. "Um, don't you think it might be a good idea to, maybe, do something a little different? Because a train will come down these tracks sooner or later, and when it does..."

My ideas are always rebuffed: There is no time. There is no energy. There is no need.

Then I have to watch the crash, extend my sympathies, and listen to long explanations about how none of this was preventable and how life is terribly unfair. That is no fun.

But being grouchy is different.

My grouchy friends tell me that I am crazy for always believing things will work out. Grouchy people assure me that there is something within them—their DNA, their upbringing, their carefully cultivated beliefs about how the world works—that justifies their pessimism.

For some reason, this is like catnip to me. I've been trying to understand why.

My husband, Peter, tells me I should steer clear of people who are not positive. Peter would like me to be around people who, if they are not quite as upbeat as me, at least have

a sunny view of the world. But I keep looking at folks who are surrounded by storm clouds and wanting to keep them company.

Maybe I am some sort of competitive optimist, trying to conquer the most challenging pessimist to earn another notch in my optimist's belt.

Maybe it gets tiresome always hearing from people who believe as I do: that we are generally as happy as we make up our minds to be. Maybe I like hearing the opposing view to assure myself that, yes, I really do believe this stuff.

Or maybe (and I worry this might be the case) optimism is like one of those religions where, in order to believe, you have to convince others to give it a try.

I think it might be a little of all of the above. It might also be that I am genuinely curious. What would happen if I expected the worst? Would anything change?

Because being optimistic invites injury. Plans fail. People disappoint. Not everything works out as I hope. To be optimistic is to be vulnerable. And I don't actually think I started out as an optimistic person. I just allowed myself to be hopeful and discovered that things worked out, even when—especially when—it didn't look as if they would. And so I kept on hoping. Becoming optimistic was like building a muscle. Hope resulted in more things to be hopeful about.

My grouchy friends guard against injury by keeping their hopes low. Their pessimism protects them from disappointment. I try to explain that pessimism is an indiscriminate herbicide—it kills both the crops and the weeds. But, so far, my attempts to convert my grouchy friends to optimism have failed.

It doesn't matter. I know I'm right. I couldn't be an optimist and think otherwise.

Till next time,
Carrie

- Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.

Hamilton County Student Wins AIC Essay Contest

The Association of Indiana Counties (AIC) and Financial Solutions Group, Inc. have named a local fourth grader as the National County Government Week essay contest winner for the AIC's East Central District.

Levi Meyer's essay was chosen over entries from other fourth graders across the district. Meyer, a student at Cherry Tree Elementary, received \$100 for winning the contest. One winner was chosen in each of the AIC's six

districts.

This year's theme was "Celebrate your County's History." Essays were judged on how well students focused on a person, event or thing that is related to their county's history.

Meyer was awarded the prize this month during the AIC Northeast District Meeting in Shelby County. The meeting also included a synopsis of the 2022 Indiana Legislative Session by AIC legislative staff.

The Times

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Readers' Choice Results - Merchandise and Government Category

Merchandise

• Clothing Store
Winner - Kohl's!
 Runner Up - Little Gypsy Boutique
 Honorable Mentions - Karisma, Pac Sun, Cato, Stein Mart

• Electronics Company

Winner - Best Buy
 Runner Up - Fryes

• Fire Arms Store
Winner - Bare Arms
 Runner Up - Larson & Sons Target Sports
 Honorable Mentions - Cabela's, Hoosier Armory

• Flower Shop
Winner - Adriene's Flowers & Gifts
 Runner Up - Mc-Namara
 Honorable Mentions: Greene Florist, Kristi Greene Designs, Add Love Flowers

• Furniture Store
Winner - Goodby Home Furnishings
 Runner Up - Cost Plus World Market
 Honorable Mentions - Decor 4 Kids, Long's Mattress, Below Market Furniture, Elwood Furniture, Kittle's Express

• Gift Shop
Winner - Living Truth
 Runner Up - Linden Tree
 Honorable Mentions - Logan Village Mall, Adriene's Flowers & Gift, Gallery 116, Mercantile on Main

Government

• Fire Department
Winner - Noblesville
 Runner Up - Sheridan
 Honorable Mentions - Carmel, Fishers, White River Township, Wayne Township

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Thanks for jumping in the water with us!

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Thanks for reading **The Times, Hamilton County!**

All About the Thyroid



JOHN R. ROBERTS, M.D.
Hamilton Health

Jill wants to know, “what’s a thyroid and what does it do?” We take care of a lot of problems in family medicine practices. For those like Jill who don’t know what the thyroid gland is or does, read on!

a balanced internal environment. Biochemical systems that maintain homeostasis are extremely elegant. Some work like a furnace thermostat that turns the furnace on or off based on the temperature in the room. Instead of using wires and electricity to communicate, the body uses the circulatory system and hormones as chemical messengers.

The hypothalamus, found near the bottom of the brain, serves as the thermostat in our body that interacts with the thyroid. When the hypothalamus detects the body is cold or requires more energy production, it will release

are two main problems that can develop with the thyroid. The first is HYPOTHYROIDISM, a “low” thyroid state where too little T3 and T4 are produced. The other is HYPERTHYROIDISM a “high” thyroid state where too much hormone is released. Either one of these conditions can be very serious since homeostasis is knocked out of balance.

Hypothyroidism can result when there is an interruption in any step of the complex hypothalamic – pituitary – thyroid pathway. The hypothalamus may not detect the body is cold or in need of energy and/or may not produce or release TRH to stimulate the pituitary to secrete TSH. The pituitary may not respond to TRH or may not make or release TSH. Finally, the thyroid gland itself may not respond to TSH or make T3 or T4.

Common symptoms of hypothyroidism include fatigue, weight gain, water retention, intolerance to cold, brittle hair and nails, dry skin, muscle cramps, joint aches, thyroid enlargement (goiter), low heart rate and constipation.

Hypothyroidism may result from a number of conditions involving the endocrine glands controlling the thyroid as well as the thyroid’s ability to make T3 & T4. The most sensitive way to diagnose hypothyroidism is by checking the level of TSH in the blood. Levels will be high in the blood because the pituitary is sensing the low levels of thyroid hormone and is trying to stimulate the thyroid to make more T3 and T4. Depending on the situation, blood tests for T3 and T4 may be checked in addition to TSH.

Treatment of hypothyroidism usually involves taking synthetic thyroid hormone pills. Monitoring is performed by checking blood levels of thyroid hormones on a periodic basis and adjusting the replacement medication dose accordingly.

Hyperthyroidism is caused by problems with excess thyroid hormone production. The most common cause, Hashimoto’s thyroiditis, results from a

person’s immune system producing antibodies that mimic TSH that keep the thyroid in a constant “on” state. Other problems like thyroid tumors can also cause production of excess hormone.

Symptoms of hyperthyroidism include weight loss, anxiety, tremor, intolerance to heat, rapid heartbeat or palpitations, thyroid enlargement, apathy or depression, and sometimes bulging eyeballs.

Like hypothyroidism,

hyperthyroidism is confirmed with lab testing. Usually the level of TSH is low since the pituitary sees plenty of thyroid hormone in the blood. The thyroid hormones T3 & T4 are usually elevated. Additional testing may include ultrasound or nuclear imaging of the thyroid to look for growths or other abnormalities.

The treatment of hyperthyroidism varies based on the cause. It may require taking medication to suppress

hormone production or taking radioactive iodine to destroy overactive thyroid tissue. Surgery is sometimes performed. Over-treating hyperthyroidism sometimes results in hypothyroidism with the need to take thyroid hormone pills.

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

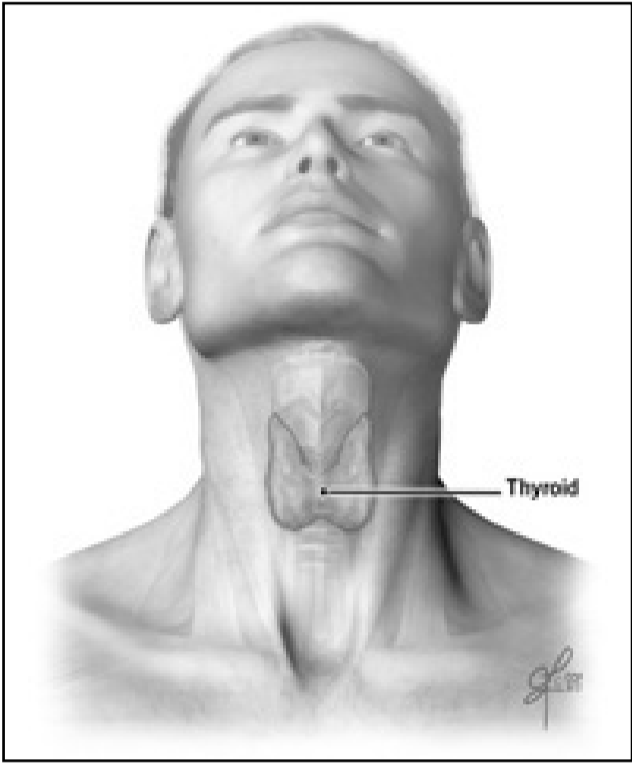


Photo courtesy of Dr. John Roberts

The thyroid is an endocrine gland found in the front part of the neck below and to the sides of the larynx or Adam’s apple. Endocrine glands make hormones that are secreted into the bloodstream and travel around the body where they interact with cells in different tissues signaling them to perform particular functions.

The primary job of the thyroid gland is to control metabolism (energy use) in our cells. It does this by producing two hormones, T4 (thyroxine) and T3 (triiodothyronin). Both of these hormones contain iodine which is why iodine is so important in our diets.

Our cells have hormone receptors protruding from their cell membranes that act as sensors to constantly monitor body functions and tweak them to maintain “homeostasis.”

the hormone TRH (Thyrotropin Releasing Hormone). This hormone travels to the pituitary gland, another endocrine gland just below the hypothalamus, where it stimulates the pituitary to secrete TSH (Thyroid Stimulating Hormone) into the bloodstream. The TSH then stimulates the thyroid gland to release T4 and T3.

Once the hypothalamus turns on the thyroid “furnace” via TRH and TSH, how does the system get shut off? The hypothalamus and pituitary also monitor the levels of T4 and T3 in the bloodstream via a feedback loop; when the hormones reach a certain level in the blood they suppress the production of TRH and TSH.

Now that you know the physiology of the thyroid, hopefully it will make it easier to understand how things can go haywire. There

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Photos courtesy of Hyundai

2022 Hyundai Santa Cruz Answers the Right Questions

You may think the 2022 Hyundai Santa Cruz answers questions nobody asked, but if that's true, somebody should have asked. A car-based pickup is not a new idea. Chevrolet and Ford offered the El Camino and Ranchero over sixty years ago, Subaru had the Baja two decades hence, and Ford currently offers the sold-out Escape-based Maverick. I think most people will decide the Santa Cruz answers all the right questions.

Nothing looks like it, with its angry multi-faceted dark chrome mask sporting driving lights embedded vertically and squinty LED headlights integrated horizontally. As with the Tucson crossover on which it's based, the Santa Cruz could have suffered from a conglomeration of creases and bumps, but didn't. It's both beautiful and muscular, planted on 20" alloy wheels. The composite bed harbors an integrated

tonneau cover, adjustable rail system for tie-downs, under bed and sidewall storage, 115v power outlet, and LED lighting for nighttime escapades.

As much as I like the exterior, stylists did their best work inside where smart integration of technology provides a modern traveling environment. Drivers are confronted with flatscreen instruments and grip a perfectly sized heated leather-wrapped steering wheel. Another flatscreen controls audio and navigation. I prefer actual knobs for volume and tuning, but the screens are vivid and lend a contemporary sheen to the cabin.

Devices easily connect to the Bose audio system through Apple CarPlay and Android Auto. Wireless charging keeps them humming. Heated and ventilated front seats, dual-zone auto climate control, and power sunroof add unexpected luxuries. Details like cloth strips across the

dash/doors, rear air vents, and 60/40 flip-up rear seats with hidden storage should delight owners.

There's an incredible amount of safety technology, too. Automatic emergency braking, lane keep assist, and blind spot warning are a start. There's also rear cross traffic alert with braking, adaptive cruise control, lane following steering, and surround vision cameras. Adaptive cruise keeps a safe distance from other vehicles. A rear occupant alert keeps kids from being left behind while safe exit assist uses the blind spot assist to prevent you from stepping into traffic.

Step in and move out. Base models come with a 191 horsepower four-cylinder, but ours conjures more attitude with the turbocharged 2.5-liter four-cylinder that shoves 281 horsepower and 311 lb.-ft. of torque through an eight-speed automatic transmission – paddle

2022 Hyundai Santa Cruz Limited

Five-passenger, AWD Pickup

Powertrain: 2.5-liter T4, 8-spd trans

Output: 281hp/311 lb.-ft. torque

Suspension f/r: Ind/Ind

Wheels f/r: 20"/20" alloy

Brakes f/r: disc/disc

Must-have features: Style, Capability

Towing: 5,000 lbs.

Fuel economy: 19/27 mpg city/hwy

Assembly: Montgomery, AL

Base/As-tested price: \$24,140/\$41,100

shifted, if you please. Front-drive is standard, but we went with all-wheel-drive to handle slick winter roads and muddy off-road trails. As equipped, our truck achieves 19/27-MPG city/highway and can tow a robust 5,000 lbs. of boat, motorcycles, or RV.

Given that capability, it's no toy. But, it goes further with a self-leveling rear suspension and drive mode selector to configure the throttle and shift points for sportier or calmer behavior. The

Tucson was already a very nice-driving crossover, but reinforcements to the platform for truck duty create a vehicle that feels more robust. Even over rough pavement, it is solid as an ingot of iron. You would never guess it foregoes a full frame as on-pavement performance is impressive.

People will undoubtedly compare the Santa Cruz to the Ford Maverick and Subaru Baja. In concept, that makes sense, but the Hyundai is much more. It has unique EV-age style, full suite of technology,



CASEY WILLIAMS
Auto Reviews

and feels very well developed whether taking it to work or utilizing its bed for hauling mulch or toys for a weekend away. A base price of just \$24,140 reached \$41,100 with every imaginable option. Beyond those already mentioned, competitors include the Chevy Colorado, Nissan Frontier, Honda Ridgeline, and Toyota Tacoma.

Storm Forward!

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

Veto Override on May 24, But June 18 Could Be GOP Reckoning



BRIAN HOWEY
The Howey Report

Word out across the Hoosier prairie these days is that many House Republicans are angered about Gov. Eric Holcomb's veto of the transgender athletic bill last month.

That was demonstrated not only by critical statements of legislators, but also three members of the Indiana congressional delegation as well as Attorney General Todd Rokita.

"Girls' sports should be for girls, and allowing biological males to compete with them robs female athletes of a chance to compete and win," said Sen. Mike Braun, who is considering a run for governor in 2024. "I'm disappointed Gov. Holcomb vetoed a bill to make this law in Indiana, and I

support a veto override to protect women's athletics.

Another potential candidate, Rep. Jim Banks, added, "I'm disappointed with Gov. Holcomb's veto of a common sense bill that frankly doesn't go far enough to save women's sports. My hope is that the Indiana General Assembly will meet soon to override the veto and send a message to the rest of the nation that Indiana values women."

The General Assembly's super majority Republican caucuses are expected to easily override that veto during technical corrections day on May 24. But the more telling day on where the GOP stands could be June 18 at the Indiana Farmers Coliseum in Indianapolis when the Republican Party State Convention convenes.

And look no further than the Indiana secretary of state race where Holcomb's appointed incumbent Holli Sullivan attempts to fend off Diego Morales and Knox County Clerk David Shelton.

Sullivan quickly said she would support the veto override. "Generations of

women have fought for equal rights in this country. HEA1041 is designed to protect those rights and the integrity of female sports," Sullivan said in a statement.

Shelton is seeking the nomination on election issues. "Call me old fashioned, but elections are sacred," Shelton told IndyPolitics. "I believe the state's top election official should be have actual hands-on election experience. If you can't have faith in election officials then how can you have faith in elections themselves?"

Shelton did not bring up the transgender veto.

Since 2008, GOP conventions have lashed out at even popular governors. In 2016, Gov. Holcomb and Chairman Kyle Hupfer pushed a new "Strong Families" family plank that recognized non-traditional families following the 2014 U.S. Supreme Court Obergefel ruling that legalized gay marriage.

It was overwhelmingly voted down on a voice vote by delegates in Evansville. A few days prior, Holcomb said, "The

Indiana Republican Party is big and diverse, with many different perspectives on issues we all care about. The debate over the past week regarding this year's party platform only reinforces that fact. Ultimately, though, the process of adopting a platform will end the way it always ends, with the delegates who attend and participate making the final decision."

The social conservatives' Victory Committee rallied to a packed conference room on the eve of the convention, drawing Senate nominee Braun, then-Attorney General Curtis Hill and U.S. Reps. Rokita and Banks. There were rumblings in the convention hallways of a potential Hill challenge to Holcomb in 2020. Sexual harassment allegations against Hill made later in June 2018 ended any notion of such a challenge.

At the 2008 GOP convention, Gov. Mitch Daniels backed Valparaiso Mayor Jon Costas for attorney general. But when the votes were counted, Greg Zoeller won the nomination by more than

300 votes. The Daniels hierarchy (including deputy chief of staff Eric Holcomb), retreated to the Columbia Club, angry and chastened by the defeat, perhaps fearing the wrath of the boss himself at such a loss, Howey Politics Indiana reported.

Daniels said, "If we had won, they would have said we were power crazy and if we lost, they'd say the opposite. I was just expressing a point of view."

HPI observed in the June 5, 2008, edition: Indeed, most party leaders and delegates HPI talked to thought it was a one- or two-day news cycle story. Yes, there probably were some township assessors and sheriffs looking for a little paycheck (for the Kernan-Shepard Commission). Yes, they wondered why the governor decided to enter a battle he need not fight. No, he didn't spend hours seeking out delegate votes for Costas, who had defended the governor on Major Moves two years ago. Many said that Zoeller had the experience, as Marion County Prosecutor Carl Brizzi emphasized, and

is one of the more likable served as Attorney General Steve Carter's deputy for seven years after enduring his own defeat at the 2000 convention.

But the fact is, delegates were willing (and able) to confront a popular governor and mete out retribution to an ally.

In addition to his transgender veto, Holcomb has also taken GOP hits on the way he conducted the pandemic shutdowns in 2020. Holcomb won reelection in landslide fashion in November 2020, so he's on stable ground with most voters, but not with the GOP's social conservative wing.

So when Hoosier Republicans gather at the Indiana State Fair Grounds in June, it will be about much more than November's mid-term elections. The coming veto override will still be fresh in the minds of many delegates. It will begin the big sort-out of who will be running for governor and U.S. Senate in 2024.

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

MARK

HALL

FOR HAMILTON COUNTY COUNCIL
DISTRICT THREE

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FREEDOMS
PUBLIC SAFETY IS JOB ONE
DEMONSTRATED SERVANT
I STAND FOR PEOPLE OVER DONORS

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

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PAID FOR BY FRIENDS OF MARK HALL



County Housing Study, Strategies to be Unveiled at HAND's Annual Suburban Housing Conference

Hamilton County housing is becoming less affordable to more people, and without some real changes, businesses here will find it increasingly difficult to find and keep employees.

These findings and more from Greenstreet, Ltd., will be released at HAND's 2022 Suburban Housing Conference on Wednesday, May 4, beginning at 8 a.m. The daylong event, presented by the Hamilton County Community Foundation, will be held at the Embassy Suites Hotel and Conference Center in Noblesville.

This year's conference will unveil the results of a Hamilton County housing study commissioned by the Hamilton County Housing Collaborative (HCHC). For example, the data shows that 18,735 low- and moderate-income households

here are spending more than the recommended 30 percent of their income on housing, reducing funds available for other necessities. And rising housing costs also impact households earning more than the area median income. A family earning \$97,920 annually, for example, can afford just 28 percent of new homes here and only 12 percent of current listings.

In addition to being the first to see study results, conference attendees will hear from local developers and urban planners about efforts to create a housing continuum in Hamilton County, and they'll explore some specific strategies during interactive afternoon workshops.

"The Housing Collaborative believes that Hamilton County should have a full range of housing attainable for

anyone who wants to call Hamilton County home—during every stage of their lives," said Andrea Davis, HAND's executive director. "Without a diverse housing inventory, the county risks its ability to expand its workforce, attract young adults looking for a place to settle, and keep seniors in their community of choice."

At the conference, more than a dozen local leaders in the housing and economic development fields will dig into specific parts of the study. Every participant will leave the day understanding the need for more diverse and attainable housing, as well as actions they can take.

"Housing is one of the keys to the county's economic well-being," Davis said.

For the full conference agenda, cost, and spon-

sorship information, and to register, visit <https://www.handincorporated.org/events/2022-housing-conference/>.

Founded in 1993, HAND Inc. invests in neighborhoods, provides housing solutions, and builds partnerships to improve the lives and build community in Hamilton County. HAND owns eight affordable apartment communities with a total of 137 units in Hamilton and Boone counties. It also is the staffing organization for the Hamilton County Housing Collaborative (HCHC), a group of 40 organizations improving housing options for all. Aspire, Family Promise of Hamilton County, HAND, Noblesville Housing Authority, and Westfield Washington Township are the founding organizations of HCHC.

4.01k Race for Financial Fitness to Run June 12



RACE FOR FINANCIAL FITNESS™

The fourth annual 4.01k Race for Financial Fitness is back in person! Pledging to raise money to improve financial literacy for school-aged kids across the country, the 4.01k Race for Financial Fitness™ will kick off at the Monon Rail Trail at Big Lug Canteen with a post-race Well-a-Bration on Sunday, June 12th. Hosted by ProCourse Fiduciary Advisors, local race proceeds will benefit Junior Achievement of Central Indiana to promote students' financial literacy.

Run, jog, or walk at your own pace on the Monon Rail Trail. Bring

your friends, family, and pets to join in the fun! Don't forget to post your accomplishment to your social media and hashtag #Indy401k.

Junior Achievement hopes to hit a home run with our annual fundraising event. This event needs your support now more than ever as we help students transition from learning at school to preparing for the next stage in life from home. Please take a few minutes to consider the lives you will impact!

For more information about the race, visit <https://indy401krace.com>.

Meeting Notes

Carmel Plan Commission

Tuesday, April 19, 2022 | Meeting Agenda

Location: Council Chambers

Time: 6 p.m.

Carmel City Hall, 2nd Floor (Doors open at 5:30 Pm)

One Civic Square, Carmel, Ind. 46032

How to view electronically:

- AT&T Cable Ch. 99
- Digital Ch. 64.45
- Metronet Ch. 33
- Spectrum Cable Ch. 340

• Facebook.com/Cityof-Carmel

• YouTube.com/Cityof-Carmel

• <http://carmelin.newswagit.com/views/1>

Agenda:

- Call Meeting to Order
- Pledge of Allegiance
- Roll Call
- Declaration of Quorum

E. Approval of Minutes

F. Communications, Bills, Expenditures, & Legal Counsel Report

1. Plan Commission Resolution PC-04-19-22-a: CRC Res. 2022-3 created a new "Michigan Road Economic Development Area" and Allocation Area and approved an Economic Development Plan for the area.

2. Plan Commission Resolution PC-04-19-22-b: CRC Res. 2022-4 created a new "Flora Economic Development Area" and Allocation Area and approved an Economic Development Plan for the area.

3. Plan Commission Resolution PC-04-19-22-c: CRC Res. 2022-5 created a new "Concourse Allocation Area" within the existing Old Town Economic Development Area and adopted a supplement to the plan for the area.

4. Plan Commission

Resolution PC-04-19-22-d: CRC Res. 2022-6 created a new "ERS Old Meridian and Main Allocation Area" within the existing Old Meridian Economic Development Area and adopted a supplement to the plan for the area.

G. Reports, Announcements & Department Concerns

1. Outcome of Projects at Committees:

a. Commercial:
i. Docket No. PZ-2021-00205 DP/ADLS: 11335 N. Michigan Rd. Apartments – 3-0 favorable recommendation to the full Plan Commission.

ii. Docket No. PZ-2021-00139 DP/ADLS: Oberweis – That Burger Joint – Woodgrain Pizzeria – 3-0 favorable recommendation to the full Plan Commission.

iii. Docket No. PZ-2022-00001 DP/ADLS: Culver's – discussed, then continued to May 5 Com-

mercial Committee.

b. Residential: Cancelled due to no items to review.

H. Public Hearings

1. Docket No. PZ-2022-00025 PPA: Five-Ten Subdivision Amendment.

2. Docket No. PZ-2022-00053 SW: Five-Ten Subdivision Street Frontage Waiver - UDO Sec. 7.17.A: Lots shall have direct access to a public street, Access from an alley and an access easement requested. The applicant seeks primary plat amendment approval to reconfigure 2 lots and 2 blocks into 3 lots on 1.95 acres. The applicant also seeks a design standards waiver to allow to 2 new lots to be created that front on the Monon Trail instead of a street. The site is located at 510 1st Avenue NW and is zoned R2/Residence within the Old Town Overlay Zone and Monon Overlay. Filed

by Tom Lazzara of Custom Living USA.

I. Old Business

1. Docket No. PZ-2021-00247 V: The Steadman Apartment Community at The Bridges Variance from Bridges PUD Z-550-11 Sec. 13.9.D: Right-in/Right-out access only onto 111th St., Full Access onto 111th St. Requested. The applicant seeks site plan and design approval and a variance for a new apartment community consisting of 260 units in 5 buildings. The site is located at the northeast corner of Springmill Road and 111th Street, on about 12.5 acres. It is zoned The Bridges PUD, Ordinance Z-550-11. Filed by Jim Shinaver and Jon Dobosiewicz of Nelson & Frankenberger on behalf of Cityscape Residential, LLC.

2. Docket No. PZ-2021-00139 DP/ADLS: Oberweis – That Burg-

er Joint – Woodgrain Pizzeria. The applicant seeks site plan and design approval for a restaurant on a 1.15 acre vacant parcel. The site is located at 10920 N. Michigan Road, which is the SW corner of Weston Pointe Blvd. and Michigan Rd./US 421. It is zoned B-3/Business and is located in the US 421 Overlay Zone. Filed by Joe Oberweis, owner.

3. Docket No. PZ-2021-00205 DP/ADLS: 11335 N. Michigan Rd. Apartments. The applicant seeks site plan and design approval for a new development with 4 future outlots and an apartment complex (244 units). The site is located at 11335 N. Michigan Road. It is zoned B-3/Business & Residential and is located within the US 421 Overlay zone. Filed by Ryan Wells of REI Real Estate Services, LLC.

J. New Business
K. Adjournment

Braun, Walorski and Banks Introduce Legislation to Promote Investment in American Workers, Industry

Senator Mike Braun, Congresswoman Jackie Walorski (IN-02) and Congressman Jim Banks (IN-03) have introduced the Renewing Investment in American Workers and Supply Chains Act to allow accelerated depreciation for non-residential and residential property and make tax code more efficient.

"We must do everything we can to invest in American workers and industry. That starts with commonsense, pro-growth legislation like the Renewing Investment in American Workers and Supply Chains Act I am leading in the Senate to level the playing field for businesses and grow our economy in Indiana and throughout the country."—Senator Mike Braun

"Investing in American workers and industry, including the vital manufacturers in Northern Indiana, will create jobs, make our supply chains more resilient, and strengthen our

economy. The Renewing Investment in American Workers and Supply Chains Act would take bold action to level the playing field, incentivize growth here at home, and equip America to thrive in the 21st century. I thank Senator Braun for leading this legislative effort in the Senate as we seek to deliver results for hardworking Hoosiers and Americans across the country."—Congresswoman Walorski, lead sponsor of the House bill.

"Northeast Indiana is one of America's greatest innovation and manufacturing hubs. This commonsense legislation would roll back the flawed policies that discourage investment at home and that have already sent millions of jobs overseas. I was proud to introduce the House companion to the Renewing Investment in American Workers and Supply Chains Act with Rep. Walorski and am glad to see my friend and fellow Hoosier taking the

lead in the Senate."—

Congressman Jim Banks

The Renewing Investment in American Workers and Supply Chains Act would:

- Reduce the depreciation schedule for all non-residential and residential property to 20 years. Currently, both nonresidential and residential property are subject to extremely long recovery periods.

- Allow companies to apply a neutral cost recovery adjustment to deductions to account for inflation and the time value of money.

According to the Tax Foundation, moving to a 20-year depreciation schedule for structures would increase long-term economic output by 1.2 percent, capital stock by 2.3 percent, increase wages by 1.0 percent and create the equivalent of 231,000 full time jobs.

Read the full text of the bill at <https://www.braun.senate.gov/sites/default/files/2022-04/MCG22175.pdf>.

Attorney General Rokita Invites Hoosiers to Visit IndianaUnclaimed.Gov to Look for 'Easter Eggs'



AG Todd Rokita

Attorney General Todd Rokita invites Hoosiers to head on over to IndianaUnclaimed.gov and see what "egg-cellent" surprises you might find. You never know what the Easter bunny might bring to spice up your holiday.

"My office is committed to returning unclaimed property to Hoosiers," Attorney General Rokita said. "This Easter holiday is a perfect time to hop

online and start searching for something every bunny will love."

While all states administer unclaimed property programs, Indiana is the only one where the attorney general oversees this function.

Last year, Attorney General Rokita's Unclaimed Property Division returned \$48 million to Hoosiers, and you could be next.

Some property owners in the Unclaimed Property Division's database include such holiday-appropriate first or last names of Bunny, Basket, Candy, Easter, Spring, and Bonnet. Whatever your name, you might stumble upon a golden egg.

Don't worry, be hoppy — and check out some of the things that might fund your Easter basket:

- Closed bank accounts
- Court deposits
- Insurance checks

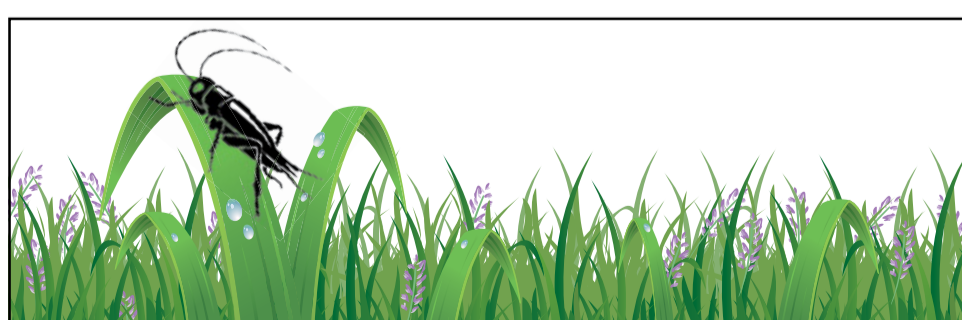
- Utility refunds
- Old paychecks
- Closed estates

Once unclaimed property is in its custody, the Unclaimed Property Division conducts an outreach effort to locate the rightful owners or heirs.

Individuals and/or businesses have 25 years in which to claim money once it is reported to the Unclaimed Property Division.

Just this year we've already returned over \$15 million to Hoosiers, with over \$700 million just waiting to be claimed — and you could be next.

So be sure to check IndianaUnclaimed.gov or text CLAIM to 46220 to search your name, family or business and have an egg-s-tra special Easter. You can also contact the Unclaimed Property Division at 1-866-462-5246 or updmal@atg.in.gov.



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BETSY From Page A1



The Times photo by Betsy Reason

Memorial wreaths decorate Hamilton County Sheriff's Deputy Doug Sanford's animal control truck in front of the Sheriff's Office on Cumberland Road in Noblesville. He died on March 29. A Celebration of Life is Saturday.

near and far. Also, passersby have likely noticed the memorial wreath placed on Sanford's animal control truck in his honor displayed in front of the Sheriff's Office on Cumberland Road in Noblesville.

"It is with a very heavy

heart that the Hamilton County Sheriff's Office announces the passing of Deputy Doug Sanford. After a long, hard-fought battle with illness, Doug is now at rest," the county Sheriff's Office posted on its Facebook page.

"...Please keep Deputy

Sanford's family in your thoughts and prayers during this time of great loss ... He has been a staple in this community since his (2015) swearing in and has done a fantastic job working with the citizens of this county, several animal organiza-

tions, assisting other law enforcement agencies, and educating the public on animal laws and ordinances. We thank you for your service and we will miss you dearly."

Sheriff Dennis Quakenbush released a statement: "My prayers are with the Sanford family and with everyone who knew and loved Doug. As an expert in his field, he did so much to look out for animals in the community and to advance 'Humane Law Enforcement.' He was a great husband, father, personal friend and a servant leader and will be sorely missed."

Sanford was a mentor to many in animal and law enforcement. He was an animal lover, evident from the many smiling photos of him holding an array of small animals.

For instance, in 2016, the Sheriff's Department posted the story of how Sgt. Miller of Carmel Police Department witnessed a mother duck get hit by a car at 146th and Hazel Dell Road. The six ducklings with her subsequently fell into a storm drain. Miller

summoned Carmel CSO Webb who then called County Animal Control Officer Doug Sanborn for assistance. Webb and Deputy Sanford were able to secure all the ducklings and release them back into the wild with another mother duck for safety.

"Doug was a very good man and great asset to the department," said Joe Faucett, a retired Carmel city employee.

Sanford had sadly been hospitalized with COVID-19 since Dec. 5.

Just a week before Sanford passed, Blue Bond, in partnership with the National Police Wives Association, announced a community fundraising Trivia Night set for at 6 p.m. April 23 at Wyndham Westfield Hotel in Westfield. The event is still on. All proceeds -- \$40 per ticket or \$280 per table -- will be donated to the Sanford family to support their financial needs. Tickets are available at <https://bit.ly/3xmIRJh>.

The family requests memorial donations be sent to the Hamilton

County Sheriff's Office Community Foundation, 18100 Cumberland Road, Noblesville, IN 46060, or go online at <https://www.hcsccommunityfoundation.com/donate>. Those who would like to donate to the family of Deputy Doug Sanford, through the Indiana Fallen Heroes Foundation, may visit <https://www.paypal.com/donate/?https://bit.ly/37CFXnF>.

In his free time, the NRA member enjoyed shooting guns and pheasant and deer hunting with his friends. He also enjoyed spending time on Bois Blanc Island with his family, sitting in his recliner, drinking watered-down Kool-Aid and watching YouTube.

Sanford is survived by his wife, Heather (Wright) Sanford; son, Holdan (Erlmae); daughter, Brittney (Earl); mother, Sharon (Collins) Sanford; sister, Janero (Steve) Babcock; best friend/brother, Jon Stollings; and his loyal hunting dog, Deke.

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

SURVEY From Page A1

Marnie Cooke, director of communications for the district.

The survey is being administered by Practical Insights and Schlesinger Associates, independent research firms bound to a code of conduct that main-

tains neutrality on issues and protects respondents' confidentiality.

The online survey will be available at nobsurvey.com until May 13, 2022. The district plans to summarize and share results with the community this summer.

CHOICE From Page A1

joke that this is like Chicago politics and encourage you to vote early and vote often.

You see, this has never been about the rigidity of the process. Instead, it is designed to be an absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded! We annually see ballots that number in the hundreds of thousands - so many in fact that we had to find a way to automatic the counting process.

This year, rather than unveil all the winners at

one time like we have in the past, we are revealing several categories a day. Today's categories can be found inside and a quick list is also provided here. When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on our website for the entire year.

Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.

MARLOWE From Page A1

Russians. This split personality makes Russia one of only two truly transcontinental nations ... depending on who you ask.

The other transcontinental nation is Turkey. Remember from grade school? Turkey was called the "Bride to Asia". It's even more true, today, since the nation just opened a new multi-billion dollar actual "mega bridge" crossing the Turkish Strait, the southern continental dividing line.

My confusion lies in the fact that boundaries between continents are somewhat a matter of geographical convention, and not by means of scientific measurement.

For instance, some consider the United States to be a transcontinental nation. To my knowledge, aside from an alien abduction in 2008, I've

never been off of the North American continent. Yet, some believe that, although the USA's largest land mass resides in North America, tiny Hawaii belongs to the geographical sub-region of Oceania.

Oceania is a sub-region because you need a submarine to get there easily. Oceania consist of Australia, New Zealand, New Caledonia, Hawaii, and the -nesia sisters "Mela," "Micro," and "Poly".

French Polynesia is why some consider France to be a transcontinental nation. France also claims French Guiana (Africa), Guadeloupe and Martinique (North America), and Indian Ocean islands Mayotte and Réunion (Africa).

Easter Island (Oceania) belongs to Chile. Panama (North and South America) makes sense. Even China is claiming

holdings in Antarctica. Sixteen other nations are considered transcontinental by borders or treaties.

Plus, there are the subcontinents like Greenland and India, and the geopolitical regions, such as the Middle East or the Caucasus.

I'm telling you, I'm becoming quite lost. The other day, on a cooking show, the host wanted to explain to us after the commercial, where we get Bulgar wheat. "That's easy," I said. "We get it from Ramen-ia!"

For the curious, I count seven invasions of Europe by Asians: Persians (492 BC), Huns (370 AD), Avars (562 AD), Alans (600 AD), Bulgars (700 AD), Magyars (892 AD), Mongolians (1220 AD).

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

Thanks for reading The Times, Hamilton County!

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TUESDAY

In The Kitchen

Tuesday, April 12, 2022

A8



Photo courtesy of Family Features

Easter Dip Goodness

Easter Dip Goodness

(Culinary.net) Easter is about coming together with loved ones, enjoying beautiful spring weather and eating your family's favorite foods. The kids will be playing, adults will be chatting and all will be patiently waiting for the table to be set.

If you're visiting and making memories with family and friends you haven't seen in a while, there are few things better than diving into a marvelous Easter spread.

While eyeing the table, you notice all the colors popping off the dishes. Fruits and veggies make the feast come to life, but a warm Easter dip paired with rolls for dipping is a perfect way to start the festivities.

These Easter Bunny Rolls with Spinach Dip are as eye-catching as they are delicious. Not only will the kids love its shape, but the layers of taste will wow your Easter crowd.

To make this recipe, start by combining a 16-ounce package of frozen spinach, cream cheese and garlic in a skillet. Once heated, add mayonnaise, salt, onion powder, chili powder and Italian seasoning.

Add in Parmesan and mozzarella cheeses then stir until combined.

Next, roll out crescent rolls. Stretch the dough then cut into 24 rolls.

Form the bunny shape and scoop your spinach dip mixture into the center of the bunny and its ears. Sprinkle the spinach dip with mozzarella cheese before baking at 375 F for 18 minutes.

This dish is made for a crowd, served warm and full of cheesy goodness. You can watch as your family dips into the spinach and one-by-one, before you know it, the rolls will have disappeared and the dip will

be devoured.

Find more Easter recipes at Culinary.net.

Easter Bunny Rolls with Spinach Dip

Serves: 24

16 ounces frozen spinach, thawed
8 ounces cream cheese
2 cloves garlic, minced
1/2 cup mayonnaise
1/2 teaspoon salt
1/2 teaspoon onion powder
1/4 teaspoon chili powder

1/4 teaspoon pepper
1 teaspoon Italian seasoning
1 cup shredded Parmesan cheese

1 1/2 cups shredded mozzarella cheese, divided
2 crescent roll tubes (8 ounces each)

Heat oven to 375 F.

In skillet, over medium heat, cook spinach, cream cheese and garlic 3-4 minutes until cream cheese is melted. Stir in mayonnaise, salt, onion powder, chili powder, pepper and Italian seasoning. Stir in Parmesan cheese and 1/2 cup mozzarella cheese. Cook until cheese is melted. Keep skillet on burner over low heat.

Remove dough from tubes. Leaving dough intact, roll and stretch into 18-inch ropes. Cut each rope into 12 pieces for 24 total.

On baking sheet with parchment paper, form bunny head by placing one piece of dough in middle then surrounding it with six more pieces. Use 13 pieces to form round body. Use remaining pieces to form ears on top of head.

Scoop hot spinach dip into center. Spoon small portions on each ear. Sprinkle ears and belly with remaining mozzarella cheese.

Bake 18 minutes, or until crescent dough is golden brown and thoroughly cooked.



Photo courtesy of Family Features

A Hoppy Easter Cake

A Hoppy Easter Cake For The Whole Family

(Culinary.net) Warmer days at the start of spring mean Easter is almost here, and the big bunny himself will be hopping around in no time delivering goodies.

This Easter, celebrate with your loved ones with a delicious and colorful Easter Bunny Butt Cake. It can bring smiles and laughter while putting everyone in a light, joyful mood.

This cake is fun and bright with a fluffy, moist interior. Complete with chocolate candy eggs, shredded coconut and chocolate chips for little bunny toes, this recipe goes all out to paint a picture of the Easter bunny.

Start by combining whole eggs, egg whites, cream of coconut, crushed pineapple, coconut extract and vanilla extract.

In a food processor, pulse flour, sugar, baking powder and salt. Then add butter gradually, 6 tablespoons at a time, for a total of 12 tablespoons.

Add dry mixture to a mixing bowl then add egg mixture half at a time. Beat until cake batter is formed.

Fill muffin tins 2/3 full and bake 18-20 minutes. The remaining batter goes into an oven-safe bowl to bake for 1 hour, 40 minutes.

The buttercream frosting is made with powdered sugar, butter, milk, vanilla extract and coconut extract.

Assemble the cake

using pretzel sticks to blend it together to make the bunny butt shape.

Frost the cake and spread shredded coconut over it to create a textured appearance. Stick chocolate chips on the bunny's feet to create toes. Place your favorite Easter or bunny candies around the cake for extra garnish.

This cake is worth every step. It's delicious and as cute as can be, plus it's perfect for dessert after a big Easter dinner.

Find more creative and scrumptious holiday recipes at Culinary.net.

Easter Bunny Butt Cake

Servings: 10-12

Nonstick cooking spray

2 eggs, plus 4 egg whites, at room temperature

3/4 cup cream of coconut

1/2cup crushed pineapple, drained

2teaspoons coconut extract

1teaspoon vanilla extract

2 1/4 cups flour

1cup sugar

2teaspoons baking powder

1/2teaspoon salt

12tablespoons unsalted butter, at room temperature

Buttercream Frosting:

3 cups powdered sugar

2 sticks unsalted butter, softened

3 tablespoons milk

1 teaspoon vanilla extract

1/2 teaspoon coconut

extract

4 thin pretzel sticks

1 bag (10 ounces) sweetened shredded coconut

8 drops green food coloring

2 large round chocolate candy melts

6 chocolate chips

mini candy-coated chocolate eggs, for garnish

Heat oven to 325 F.

Line muffin pan with four paper liners. Spray oven-safe glass bowl with nonstick cooking spray.

In large bowl, whisk eggs, egg whites, cream of coconut, pineapple, coconut extract and vanilla extract until combined.

In food processor, pulse flour, sugar, baking powder and salt until combined. Add 6 tablespoons butter. Pulse until coarse meal forms.

In large mixing bowl, add coarse flour butter meal. Add half of egg mixture. Beat 1-2 minutes. Add remaining egg mixture; beat until combined.

Fill each muffin cup 2/3 full. Bake 18-20 minutes, or until done. Cool completely.

Pour remaining batter into prepared oven-safe bowl. Bake 1 hour, 40 minutes, or until done. Cool completely.

To make buttercream frosting: In large bowl, add powdered sugar and butter; beat until fluffy.

Add milk, vanilla extract and coconut extract; beat

until creamy.

Turn bowl upside-down on cake stand until cake removes from bowl. If cake needs leveled, turn cake over and trim to flatten. Frost cake.

Remove wrappers from cupcakes. Using two pretzel sticks, press into base of cupcakes and chocolate eggs, for bunny feet. Frost feet.

Take third cupcake and cut muffin top off. Cut muffin top in half. Using one pretzel stick, anchor one muffin top half at bottom of full cupcake to form toes. Repeat with second muffin top half for other foot. Frost toes.

Attach final cupcake with remaining pretzel stick to butt area of cake to make tail. Frost tail.

Apply 1 1/2 cups shredded coconut all over cake. Press chocolate candy melts into bottoms of bunny feet to resemble foot pads. Add chocolate chips to resemble pads for toes.

Place remaining coconut in plastic bag. Add green food coloring. Toss in bag until coconut is colored. Spread around base of cake for grass. Decorate grass with chocolate eggs.

Tips: Spoon flour into dry measuring cup and level off excess. Scooping directly from bag compacts flour, resulting in dry baked goods. Add 1 tablespoon additional milk if frosting is too stiff. Keep adding until desired consistency.

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TUESDAY

Health and WELLNESS

Tuesday, April 12, 2022

A9

Don't Believe Everything You That Hear!

We are definitely living in a post-truth world. It's not just in the political sphere that we have to be careful of facts and "alternative facts"; it also extends to the scientific and medical worlds as well. The public is being constantly bombarded with scientific information via mainstream media, social media and other internet sources. How is a non-scientist supposed to filter through all this information and figure out what to believe? I want to give you some tips to use when evaluating what you see or hear.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

The most important thing to look for when reading about a scientific or medical topic is whether the author or source is credible. Does the author have the proper credentials and experience? Is the person addressing a subject on which he or she has extensive training

and knowledge? A lay-person doing research on the internet is NOT the same as someone who has the knowledge base and skills to critically assess a given topic.

Does the author have a degree from a well-recognized accredited institution or simply a member of an organization that has little or no credibility in the scientific community? Just because someone has an advanced degree,

it does not mean he/she has the expertise to comment on the subject at hand – it may be completely out of his/her area of expertise.

There are a number of other things to watch for in scientific articles. The first, that should raise a huge red flag, is if the article is trying to sell or promote something. It is exceedingly rare for scientific sources to disseminate information for the sole purpose of selling a product or service directly to the public (i.e. over the internet). Credible scientific sources generally dedicate their lives to scientific inquiry for the betterment of mankind. Unfortunately, like all humans, some fall into the trap of promoting treatments or procedures that benefit them financially.

There are some logical fallacies you need to watch out for when reading scientific articles.

The "argument from authority" is frequently used when trying to peddle a bogus product or treatment. This follows the flawed logic that since the author is an educated person with a degree, what he/she says must be true. While this may be true, you must realize that it isn't always (except for this column of course).

Authors may also use the argument from authority to reference another professional as having done research or said something that supports the author's position. The problem occurs when the supporting professional's findings or quotes are taken completely out of context and have absolutely no relevance whatsoever to the content of the article.

When someone reads that a Nobel Laureate in Medicine made a statement at some point in time that has some

similar language to the point the author is trying to make, they assume the Nobel Prize winner must support the author's point as well. Don't fall for this slight of hand.

Another common tactic to watch out for is an author who fails to provide a detailed citation to a study supporting his or her claim. The study may be named or alluded to, but using only vague references. This would not stand up in a peer-reviewed scientific publication.

If an author is going to use a study to support his or her position, the citation should include, at a minimum, the author(s) and where it was published. This allows the reader to go to the original primary source to see if the findings do indeed lend support and that the author did not make an improper association.

Two final things to look

out for are anecdotes and testimonials. If an author is making a scientific conclusion about something, it must be based on rigorous scientific methodology and peer review, not word of mouth support. If the author refuses to produce the scientific evidence to back his or her position that should raise immediate concern that you should take any conclusions with a huge grain of salt.

I highly recommend *The Skeptics' Guide to the Universe: How to Know What's Really Real in a World Increasingly Full of Fake*, by Dr. Steven Novella, as a source on how to navigate our post-truth world.

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.

Protecting Your Lungs Can Start With A Simple Scan

(Family Features) Not too long ago, smoking used to be everywhere. In fact, many people remember the days before there were even smoking and non-smoking sections in restaurants. People who smoked and others who didn't mingled in the same dining room. They sat side-by-side on a plane. Some rode in the backseat of a smoke-filled car, and no one gave it a further thought.

Today, things are done differently. However, those memories can be an important indicator for those who smoked back then to advocate for their health with a lung screening.

Importance of Early Detection

Lung cancer has the highest mortality rate among cancers, killing men and women more than any other type. If found in its earliest stage, however, lung cancer is more likely to be successfully treated, according to the American Cancer Society. In fact, detecting lung cancer in its early stages can make the survival rate as high as 90%. "Unfortunately, lung

cancer symptoms typically don't show up until the disease has advanced and when they do appear, they can be similar to common respiratory illnesses with cough, shortness of breath or pain in the chest, back or shoulders" said Dr. Ella Kazerooni, professor of radiology and internal medicine at the University of Michigan and chair of the American Cancer Society National Lung Cancer Roundtable. "Screening detects lung cancer when there are no symptoms. That's why it's important for people at high risk of lung cancer to get annual lung scans to help increase the likelihood of catching cancer early when it's most treatable. A lung cancer screening is a painless evaluation that usually takes minutes to complete.

However, according to a study published in the "Journal of the National Cancer Institute," the national average of at-risk individuals getting screened is only 5%.

In 2021, the U.S. Preventive Services Task Force (USPSTF), a panel

of national experts in disease prevention and evidence-based medicine, updated guidelines for who is eligible and recommended for annual lung screening. However, the Epic Health Research Network reported 87% of at-risk individuals eligible for screening based on the USPSTF guidelines didn't receive an annual screening despite it being covered by insurance.

What is a Lung Cancer Screening?

A lung cancer screening is a preventive health check, like a mammogram or colonoscopy. It checks the lungs and looks for any changes from year to year. If there's something unusual in the lungs, a screening can help detect it at an early stage.

A low-dose computed tomography (LDCT) scan is the only method recommended for lung cancer screening in high-risk patients. A LDCT machine takes a 3D picture of the lungs. This type of scan uses 75% less radiation than a regular CT scan and doesn't require the use of needles. Often, there are no

symptoms of lung cancer. A LDCT scan can find something before patients know it's there because the symptoms are easy to mistake or don't appear until the cancer is well advanced.

Who's Eligible for Screening?

Lung cancer can affect anyone. A family history of lung cancer, a personal history of lung disease, lifestyle or environmental factors can put a person at elevated risk. Most importantly, a person's age and smoking habits can be an indicator of whether he or she should consider screening.

More people now qualify for yearly LDCT scans, according to the updated guidelines published by the USPSTF. The guidelines lowered the eligibility threshold based on a person's age and smoking habits. An annual LDCT screening is recommended for people who meet this criteria:

- ▣ 50-80 years old
- ▣ Actively smoke or have a history of smoking within the last 15 years
- ▣ Heavily smoke or used to heavily smoke

(people who have smoked for 20 "pack years" or more)

Pack years are determined by the number of cigarette packs smoked per day by the number of years a person has smoked. For example, smoking one package per day for 20 years equals 20 pack years.

If you're concerned about your risk, have a history of smoking and lived through the time when smoking was everywhere, don't wait for symptoms to bring up the subject with your doctor. Talk to your health care provider to discuss the benefits and risks of screening and find out if a scan is right for you.

Learn more about how you can take control of your lung health and support loved ones who may be at high-risk for lung cancer by visiting screenyourlungs.org.

Questions to Ask Your Doctor About a Lung Cancer Screening

If you're concerned about your risk, have a history of smoking and lived through the time when smoking was everywhere, don't wait for

symptoms to bring up the subject with your doctor. Schedule an appointment to talk to a provider and see if you qualify for a scan or could benefit from annual screenings.

Many organizations, including the American Cancer Society, recommend lung screening as an opportunity to identify lung cancer in its early stages, but screening isn't for everyone. A low-dose computed tomography (LDCT) scan is the only method recommended for lung cancer screening in high-risk patients.

When discussing yearly lung cancer screenings with your health care provider, it may be helpful to take notes during your appointment, or you may want to have someone with you to listen and ask questions. Consider asking questions such as:

- ▣ Is lung cancer screening recommended for me?
- ▣ How do I know if my insurance covers LDCT screening?
- ▣ What are the benefits and risks of LDCT screening?
- ▣ How will I get the results of my LDCT scan?

Take Steps Toward A Healthier Lifestyle With These Tips

(Family Features) There isn't a better time than now to start getting fit with health information and products so easily accessible. Simply incorporate the basics into your daily routine – good nutrition, adequate exercise and a daily supplement – and start down the path toward better health.

Plan a Nutritious Diet

The Dietary Guidelines for Americans describes

a healthy diet as one that emphasizes fruits, vegetables, lean meats, poultry, fish, beans, eggs, nuts, whole grains and fat-free or low-fat milk products. It should be low in saturated fat, trans fat, cholesterol, salt and added sugar.

• Warm weather makes fresh produce more easily accessible. Eat more fruits and vegetables by setting freshly washed and prepared produce on

the kitchen counter or at eye level in the fridge. At every meal, make sure half your plate is made up of fruit and vegetable servings.

• One-fourth of your plate at every meal should be made up of grains, such as wheat, rice, oats, cornmeal or barley. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

• The remaining one-fourth of your plate should be lean or low-fat cuts of meat, plant-based protein or seafood.

Get Regular Exercise
The Department of Health and Human Services recommends an adequate amount of exercise every day. This guide can point to the right amount of exercise to add to your schedule:

- Get at least 150 minutes of moderate aerobic

activity every week. For best results, spread the time out over several days.

• Do strength training exercises at least twice a week. Lifting weights builds muscle, which means the body burns more calories – even at rest.

• It's important to keep in mind that when people are active, they produce more free radicals. The antioxidants found in sup-

plements can help buffer the negative effects of the workout.

Improving your diet, exercising regularly, taking a daily supplement and getting enough restorative sleep are all important steps to overall wellness. Work to incorporate each step into your daily routine until you reach your goal of good health, and find more health-conscious tips at eLivingToday.com.

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