

▶ TODAY'S VERSE

Psalm 127:1 Except the LORD
build the house, they labour
in vain that build it: except the
LORD keep the city, the watch-
man waketh but in vain.



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

What makes Sara Ballew smile? "My kids, my family, my dogs, customers," said the 42-year-old Noblesville resident. The 1997 Hamilton Heights graduate and former Cicero resident has been working at Discount Copies, her family's business, since 1998, two years after the copy business opened. "Mom and I have worked together since I was 14. We work together pretty well." She likes working with all of the customers. I kind of feel like we're the 'Cheers' of copy shops." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Sara likes working with her whole family; even her kids work there. The shop is open for contactless curbside service with a service window with a Ring doorbell. She is married to Christopher Ballew and has three sons, Justin, Kyle and Nick; and three stepchildren, Natalie, Raygan, and Cooper. Best thing she's done in her life? "Being a mom. That was what I wanted to do since I could remember. I always wanted kids. It's been great that they get to come to work with me." She and her mom, Teresa Peil, who are both Tri Kappa sorority members, live across the street from each other in Old Town Noblesville. When Sara's not at work? "I like to watch movies, play games, do puzzles and read." Noblesville artist Lesley Haflich in 2018 painted Sara and her mom together in one portrait as part of the "30 Women of Noblesville" portrait painting exhibit at Nickel Plate Arts Campus in Noblesville. "It was a privilege. I really liked that," she said of the painting that's on display when customers walk in the front door of Discount Copies. "It made me feel special." Noblesville Tri Kappa's first Bingo Night fundraiser is 7 p.m. April 23 at the Noblesville Moose Lodge. For tickets, send a message to Noblesville Tri Kappa on Facebook or contact Jennifer Warner at 317-903-9921 or email NoblesvilleBetaEpsilon@trikappa.org.

And Another Thing...

Beginning on or after Monday, May 2, 2022, 256th Street between SR-213 and Lacy Road will be closed to all thru traffic for the replacement of two small structures. The estimated project completion date is Monday, August 1, 2022. Local traffic will have access to their homes, while any thru traffic should utilize the posted detour route of Lacy Road, 266th Street and SR-213.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Noblesville students participate in the track and field summer camp during a previous Summer Recreation Camp program, made possible thanks to Noblesville Township Trustee Office, with many of Noblesville Schools' facilities used for the programs.

Free Summer Camps Return, Thanks to Township Trustees



BETSY REASON
The Times Editor

When my now high school sophomore daughter was in middle school, I sat at my laptop computer waiting for Noblesville Schools' annual free summer camps to go on sale. It kind of reminded me of when I used to try to get tickets for popular concerts at the former Deer Creek Music Center, or this school year when I was trying to get front-row tickets for Noblesville High School's "High School Musical." Needless to say, the summer camps are very popular. I want to thank the Nobles-

ville Township Trustee Office for partnering with Noblesville Schools to offer the programs again this year. We took advantage of the camps for the first time five summers ago, and we loved the camps. My daughter likes to stay busy. So she attended several camps. Our first year, we signed up for track and field, tennis, cross country, swimming and softball. Our second year, we signed

▶ See BETSY Page A6

Vote411.Org to Offer Voters Resources in Time for Primary



Ahead of the May 3 primary elections, the League of Women Voters of Hamilton County offers the nonpartisan election resource Vote411.org. This "one-stop shop" for election information provides ways to access candidate information, find polling place locations and register to vote, among other services.

"Voters need simple, accessible tools to help them navigate the voting process before they go to vote," said Lisa Dick, president of the local league. "Vote411 is the best online election resource, and we have published our voter guide on Vote411 to serve as a resource for all of Hamilton County's voters."

League members have sought information from all candidates running in the

primary this year. They are contributing this information to the national Vote411 website so that Hamilton County users can see who is running in their areas and learn more about their platforms.

Users of the site can click to see their precincts, to learn about candidates on their ballots and to check their voter registration or register.

When logging onto Vote411.org, simply enter your address, and all the information on the next page will be tailored to your area. The page includes election dates, links for first-time voters, links to register and links to check registrations.

"It's important this year for registered voters to make sure they know where to vote and to see if their precincts have changed as a result of recent redistricting," Dick said.

You see descriptions of the

▶ See VOTERS Page A6

Property Tax Statements Mailed Out Over the Weekend; County Treasurer Makes Effort to Correct Printing Errors

Hamilton County property owners should have received their 2022 tax statements over the weekend. County Treasurer Susan Byer says there were a couple of errors on the taxes that property owners should be aware of. The amount due on your statement was not affected.

First, the word "Escrowed" was not watermarked on the tax statements of homeowners that

escrow their taxes. "If homeowners have any questions as to whether or not their lender is paying the escrow, they should contact their lender directly," Byer says.

Second, a list of banks that are accepting payments also erroneously listed three banks that are not participating in

▶ See TAX Page A6

Almost Never Say Always



JOHN O. MARLOWE
The Good Sport

I'm never a person big on making New Year's resolutions. That's probably a good thing, since it is mid-April. I always complain that my life is still in the same ol' rut. Yet, I never seem to change the habits that hold me back

almost every time. This year, I'm concentrating on removing three words from my vernacular, and you should, too. Each word is detrimental to effective communication.

The words are "almost," "always," and "never". All three words are considered adverbs, and describe in what manner something occurs.

▶ See MARLOWE Page A6

▶ INSIDE TODAY

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- Classifieds.....A5
- In The Kitchen.....A7
- Health & Wellness.....A8

▶ HONEST HOOSIER

OK, so our taxes are now over and done with for another year (knock on wood). Still, I miss when tax day was the same every year. Doesn't it seem like the whole world is a lot grayer now? I miss black and white.



▶ TODAY'S QUOTE

"Working hard is important. But there is something that matters more, believing yourself."
- Harry Potter

▶ TODAY'S JOKE

What is the resemblance between a green apple and a red apple?
They're both red except for the green one.

▶ OBITUARIES

Callie Madison Hartig
Eddie Lee Mills

▶ TODAY'S HEALTH TIP

Carrying weights when you walk does not offer much calorie-burning benefit and may result in joint injuries - try walking up hills instead. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



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



WTHR 13 7 DAY FORECAST

48 A.M. RAIN SHOW 7 A.M. WINDY SHOWERS	33/53 BREEZY, PARTLY CLOUDY	40/60 WINDY, LATE DAY RAIN	52/70 SHOWERS, WINDY	54/75 CHANCE OF SHOWERS & STORMS	60/80 WINDY AND WARM	60/78 CHANCE OF SHOWERS
MON	TUE	WED	THU	FRI	SAT	SUN

OBITUARIES

Callie Madison Hartig June 9, 2000 - April 12, 2022

Callie Madison Hartig, 21, of Noblesville, passed away on Tue., April 12, 2022 at her home.

She was born on June 9, 2000 in Indianapolis, Ind.

Ms. Hartig was a manager at Panera Bread. She enjoyed playing piano, playing board games, and online gaming. She was an animal lover, especially cats, and loved her two greyhounds, Doc and Finn. Ms. Hartig enjoyed Halloween, Christmas time, and wearing ugly sweaters.

Survivors include her father Chris (Cheryl) Hartig; mother Chrissy (Luke) Gutierrez; fiancé Cale Richeson; siblings Christian, Caitlyn, Collette, Sebastian and Katy; and many other loving family members.

Services are scheduled to be held at 1 p.m. on Mon., April 18, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with Pastor Larry Richeson officiating. Visitation is scheduled to be held from 11 a.m. to the time of the service at the funeral home. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Humane Society for Hamilton County, 10501 Hague Road, Fishers, IN 46038, www.hamiltonhumane.com.

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

Eddie Lee Mills

March 14, 1932 - April 16, 2022

Eddie Lee Mills, 90, of Cicero, passed away on Sat, April 16, 2022 at her home.

She was born on March 14, 1932 to Edward and Mattie (Cole) Johnson in Cave City, Ark.

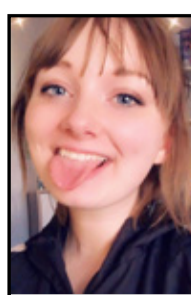
Ms. Mills retired from Western Electric in 1985. During retirement, she enjoyed working odd jobs around Cicero at Dairy Queen and Sunny Fair Foods. She was a member of Cave City United Methodist Church while she was growing up. Ms. Mills enjoyed shopping, music, sitting on the porch, and going out to eat. Most of all, she loved spending time with her family and friends.

Survivors include her daughter, Georgia (Barry) McConnell; and grandchildren Tiffany (Brad) Kilburn and Nathan McConnell.

In addition to her parents, she was preceded in death by her sisters Betty Laman and Lula Glenn; and her brothers Paul Johnson and Neal Johnson.

Private family services are scheduled to be held. Ms. Mills' care has been entrusted to Randall & Roberts Funeral Homes.

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



BRIAN HOWEY
Howey Political Report

With the advent of war comes great prose. Just as May 1940 found Prime Minister Winston Churchill rallying his nation at the beginning of the blitz in the Battle of Britain, we have witnessed great oratory from Ukraine President Volodymyr Zelensky.

There has been great, enlightened oratory over the centuries here in Indiana. Here are excerpts of 10 classic political speeches given on Indiana soil:

U.S. Sen. Robert F. Kennedy, April 4, 1968, Indianapolis: This was one of the greatest extemporaneous speeches in history as Sen. Kennedy informed a crowd of Rev. King's assassination. He, too, would be killed by an assassin a little more than two months later.

This speech memorialized with the Kennedy-King monument in Indianapolis, and at RFK's gravesite at Arlington National Cemetery: "My favorite poet was Aeschylus. He wrote: 'In our sleep, pain which cannot forget falls drop by drop upon the heart until, in our own despair, against our will, comes wisdom through the awful grace of God.' What we need in the United States is not division ... but love and wisdom, and compassion

toward one another." President-elect Abraham Lincoln, Feb. 11, 1861, Indianapolis: After he won the November 1860 election, eight southern states seceded from the Union. On his way to Washington, he spoke before 20,000 Hoosiers: "I appeal to you again to constantly bear in mind that with you, and not with politicians, not with Presidents, not with office-seekers, but with you, is the question, 'Shall the Union and shall the liberties of this country be preserved to the latest generation?'" U.S. Sen. John F. Kennedy, Oct. 4, 1960, Fairgrounds Coliseum, Indianapolis: Sen. Kennedy gave this speech a month before he defeated Vice President Richard M. Nixon in one of the closest elections in U.S. history: "Lincoln said 100 years ago, 'This Nation cannot exist half slave and half free.' Now the question is whether the world will exist half slave and half free, and if it does not, which way it will go?" President Ronald Reagan, Feb. 9, 1982, Indiana House Chambers: "I'll give you a flat and binding pledge; the state will not end up like the horse player who said, 'I hope to break even, I need the money.' You'll break even and there will be no gamble. The concept of federalism is like the green and gold quilt of Indiana crops." President Theodore Roosevelt, Sept. 23, 1902, Logansport: Injured from a carriage accident a few days before, President Roosevelt began a western tour in Cincinnati and then Detroit

before appearing outside of Logansport High School in a steady rain. According to Edmund Morris's account in his book "Theodore Rex," the president extolled the virtues of private enterprise, stressing the "individual" again and again as he toyed with a tariff commission, alarming conservative Republicans. He cited tariffs not as a "political issue" but as a "business proposition" working in the people's common interest. That interest would only be harmed by "violent and radical changes."

U.S. Sen. Barack Obama, Roberts Stadium, Evansville, April 22, 2008: He would lose a razor thin primary to Hillary Clinton that May, then win Indiana's 11 Electoral College votes in November: "We can seek to regain not just an office, but the trust of the American people that their leaders in Washington will tell them the truth. That's the choice in this election." Wendell Willkie, Elwood, Aug. 17, 1940: Republican presidential nominee Wendell Willkie returned to his hometown: "We are here today to represent a sacred cause - the preservation of American democracy. We go into our campaign as into a crusade. Revitalized and reunited, and joined by millions who share in our cause, we dedicate ourselves to the principles of American liberty."

Gov. Mitch Daniels, State of the State address, Jan. 18, 2005: This was Gov. Daniels' first State of the State address, coming after 16 years of Democratic rule. "Our

problem is two-fold: How to bring annual spending back down to the level of annual income, and how to restore some reasonable balance in our state savings account. On the first question, there is nothing left to debate. The wolf is not at the door, he is inside the cabin."

Gov. Frank O'Bannon, Aug. 23, 2003, IDEA in French Lick: This would be his final public speech before dying in Chicago three weeks later. O'Bannon talked of West Baden Springs Hotel architect Harrison Albright, "who stood on top of the dome as the supports were taken out." O'Bannon explained that many thought the dome would collapse, instead of standing for the next century. "I feel like I'm on that dome tonight."

Former Secretary of State Larry Conrad, June 1986, nominating Evan Bayh at the Indiana Democratic convention: "Hemingway tells us about Mount Kilimanjaro, where way up above the tree line, in the snow, they found this stiffened body of a leopard. No one could ever explain why the leopard was at such an altitude. Well, in the short lives for all of us, this is that time and that place to take the risk ... we choose to face the danger. And in that time and in that place we ask ourselves, 'If not now, when? If not here, where? If not him, who? Is this party going to survive or not? This is our last, best hope.'"

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

Ten Classic Political Speeches Spoken on Indiana Soil



Photo courtesy of S. Craig

Brenda Myers (left) and Lion VP Kim Luckey

Lions Welcome Brenda Myers

On April 13th the Noblesville Lions Club welcomed Brenda Myers of the H.C. Convention and Tourism Bureau.

Myers enlightened the club on the Bureau's activities, and what an important

role they play in bringing and developing events in Hamilton County. An example statistic is the growth of hotel rooms available in Hamilton County from less than 200 in the late eighties to 5,033 now!



Photo courtesy of the Noblesville Lions

Lions street cleanup crew

Noblesville Lions Help Clean Streets

On Saturday, April 16th, the Noblesville Lions conducted another Noblesville street cleanup. This is a regular event the club does to

keep our city looking beautiful. Eleven Lions were early morning risers to help with this event; which began at Bob Evans for breakfast!

A Lot of Cake



CARRIE CLASSON
The Postscript

The plan was to buy everyone cake. My husband, Peter, and I are finally getting ready to leave Mexico, and we can't say we are too happy about it.

The last two months in San Miguel de Allende have convinced us that it is a place we want to return to, and now leaving it feels very hard—especially when my sister tells me about the freezing rain hitting her home right now.

"We had to cancel our trip to visit Uncle Andy and Beal!" she tells me. "The roads were terrible!"

As I sit in the evening sunshine, in a city where people usually don't need to heat their homes and never need air condition-

ing, the idea of freezing rain does not exactly make me homesick.

"Why are we leaving, again?" Peter asks. But I'm anxious to see family again. My dad is going in for a bunch of tests. My sister is getting her knee operated on. Peter's sister, Shelley, will be having a procedure done on her back. All of these things are important—if not particularly fun. So the plan yesterday was to do something festive, and I couldn't think of anything more festive than cake.

The idea for the party was Peter's.

We were so grateful to find this little hotel when we did. Our lodging on the coast turned out to be a disaster, and our choices were to either return home early or find something back in San Miguel de Allende—in the high season, without reservations. When we found this little one-bedroom apartment overlooking the courtyard filled with more than 2,000 smiling sun faces, we felt as if we had been saved.

"I am calling you Salvador," Peter told Jorge, the

owner of the small hotel. "You saved us!" Jorge smiled.

The hotel used to be Jorge's family home. He was born and raised within its walls, along with his 12 siblings. In the mid-1980s, he began the process of converting it into a hotel. Now it is his pride and joy, and he spends his days putting more artwork on the walls and more plants into pots.

We ordered a chocolate layer cake with buttercream frosting. It had fresh fruit between the layers and a smiling sun face on the top. A woman at the market squeezed about 50 lemons for me, and we made fresh lemonade. Then Jorge and his employees and the three artists he keeps busy every day all gathered together in the courtyard with the 2000+ suns to eat cake.

Once we were all gathered, I found myself completely without Spanish words to thank them properly. This is what happens to me when I have something important to say in Spanish—I forget every word I ever knew. So,

instead, we cut the cake and poured lemonade and smiled a lot. I think they all got the message.

"That was a good party!" Peter announced when we finally returned to our little apartment upstairs. "Jorge ate a lot of cake!"

We don't know what they really think of us, the kind people running this family hotel. We wouldn't blame them if they thought we were a little awkward or odd.

But we wanted to try to let them know how much we appreciated finding such a clean, cheerful place to live. We appreciated all the beautiful art being made, the plants being grown, the countless small kindnesses shown to us every day.

"Gracias!" we say again and again. "Thank you."

"De nada," they always reply. "It's nothing."

But, of course, it is everything. Till next time, Carrie

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

Meeting Notes

Hamilton Heights School Corporation Board

Wednesday, April 20, 2022

Regular Meeting - 6:30 p.m.

Hamilton Heights Student Activity Center Board Room

420 W. North St., Arcadia, IN 46030

Regular Agenda

Pledge of Allegiance

Call to Order: Julie Davis, President

Minutes: (motion)

1. March 16, 2022,

Regular Meeting

Curriculum / Board Information and Policy Updates - Derek Arrowood

1. Textbook Adoption (motion)

a. Elementary School Math

b. High School AP European History

2. 2022 Summer School - Learning Loss Programs (ESSER) (motion)

Business and Operations - Kristin McCarty

1. March 2022 Financials

2. Athletic Training Services (motion)

3. Transportation Dept (motion)

a. 2022 Bus Replacement

b. Surplus Equipment

4. Facilities Update

5. Accounts Payable 1 2 3 4 5 and Payroll Claims 1 2 3 (motion)

New Business:

1. Personnel report: (motion)

a. Separation(s) from Service

b. Recommendation(s)

c. Conference request(s) / report(s)

2. Requests: (motion)

a. High School Girls Soccer Head Coach Travis Kauffman requests permission to take the Girls Soccer Team via mini-bus

to Anderson University for soccer team camp from July 21-23, 2022.

b. High School Cheer Coach Amanda Engle requests permission to take the Cheerleading Squad to Purdue University for a team camp on June 6 - 9, 2022.

c. Middle School Principal Bret Bailey requests permission to take 8th graders to Washington, DC via chartered bus from May 27 - June 1, 2022.

Adjourn

Next scheduled meeting: Wednesday, May 18, 2022 at 6:30 p.m.

Thanks for reading **The Times!**

Obituary deadline
The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.
Daily obituary deadline is 4 p.m. for the following day's print publication.
To read more obituaries, visit www.thetimes24-7.com.

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Shoulder Pain – Part 1



JOHN R. ROBERTS, M.D.
Hamilton Health

The next two weeks, I'd like to address shoulder pain and injuries. Most people experience shoulder pain at some point in their lives. Doctors see it in athletes, people who overuse their shoulders, and others who may have fallen or received a blow directly to their shoulder, or fallen on their outstretched arm.

To understand shoulder pain, it's important to know the basic anatomy of the shoulder joint itself (see diagram of the front of the right shoulder). The shoulder is one of the most complex joints in the body. Most joints permit a limited range of motion. The unique anatomy of the shoulder joint allows for a vast range of movements. It has to be relatively unstable compared to our other joints to be so versatile.

The easiest way to describe the shoulder joint is to picture a basketball

sitting on a dinner plate. The basketball represents the head of the humerus, the spherical top part of the upper arm bone. The plate represents the glenoid, the part of the shoulder blade (scapula) that articulates with the head of the humerus. If you imagine the basketball sliding around on the plate, you can understand how unstable the shoulder joint is – the head of the humerus can slide around on the glenoid or even slide off the edge (dislocation).

There are anatomic structures that help reduce this instability. One is the glenoid labrum, a rim of cartilage that runs around the edge of the glenoid. It serves to shape it into more of a shallow bowl rather than a flat plate. The other structure is the rotator cuff, a juxtaposition of four tendons that attach around the head of the humerus to hold it in place. These four tendons are connected to four muscles that rotate the head of the humerus and help initiate arm movements. There are also fluid-filled bursa sacs around the joint that help cushion the movements of the tendons. As I said, it's a complex joint!

Now that you're an expert in anatomy, let's examine what can go wrong. I don't want to

cover fractures since they are usually pretty obvious. I also don't have enough space to cover all shoulder injuries, so I'll need to finish up next week.

I'll start with rotator cuff injuries. These are injuries to the tendons and/or muscles that make up the rotator cuff. These structures can be inflamed, stretched, partially torn, or completely torn. The injury may involve one or more of the four tendons.

Rotator cuff injuries usually happen when someone falls on an outstretched arm causing the humerus to act as a lever that puts excess force on the cuff tendons or their muscles. Cuff injuries can also occur when someone falls on an elbow that causes the head of the humerus to be forced out of its normal position in the glenoid. Other forces on the arm may cause the humerus to slide around on the dinner plate (subluxation) or completely slide off the dinner plate (dislocation), leading to cuff injuries. Finally, overusing one's arm, such as when forcefully throwing, can stretch or tear the tendons.

Symptoms of rotator cuff injuries depend on the severity of the trauma and can be quite subtle. The shoulder may simply be achy. Some may notice severe

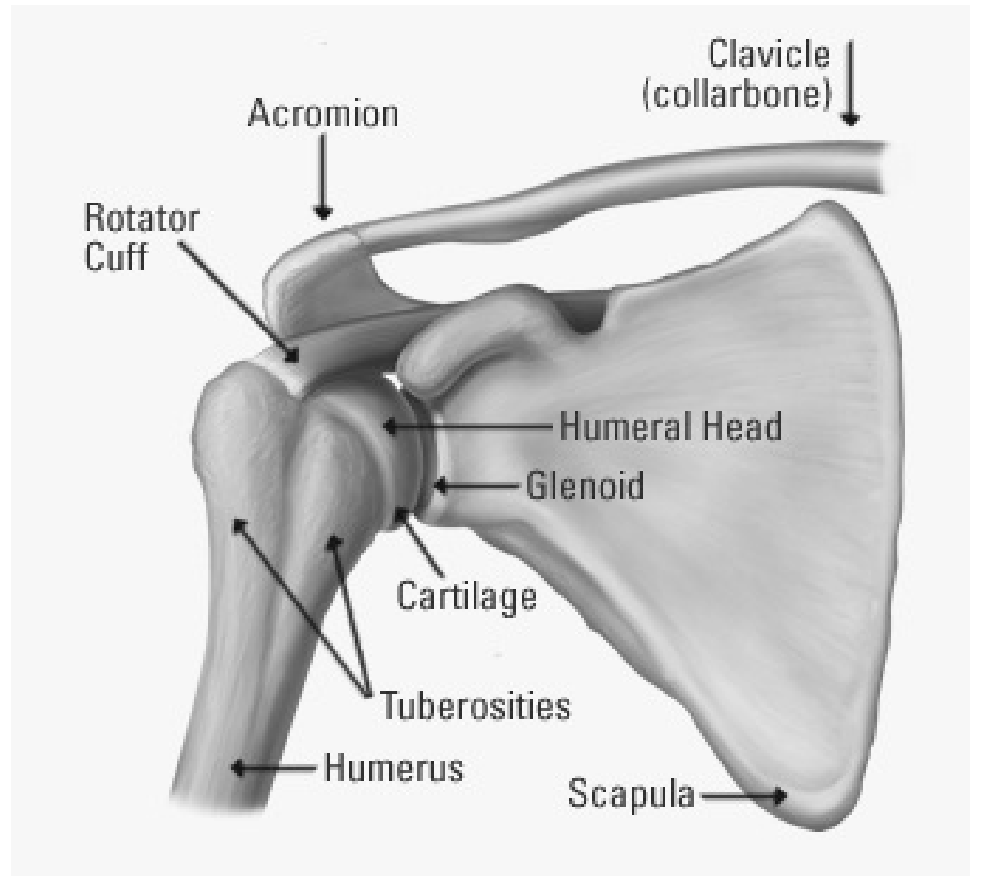


Photo courtesy of Dr. John Roberts

Diagram of the shoulder

pain when moving the shoulder in a particular direction, especially raising it in a forward or sideways direction. Others may note obvious weakness. Since the rotator cuff tendons are responsible for initiating arm movements, patients with tears may note they have trouble starting movements, especially raising the arm to the front or side.

Treatment of rotator

cuff injuries depends on the type of injury as well as the age and activity level of the patient. The goal is to stabilize the joint as much as possible by rehabilitating the shoulder muscles to return the patient to maximum possible function. Young patients and athletes usually receive aggressive treatment including physical therapy and, if they have a torn tendon, often surgery. Elderly

or less active patients often do fine with physical therapy alone to strengthen the cuff muscles in the shoulder.

Stay tuned next week when I'll cover shoulder dislocations, impingement, and bursitis.

- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.

MARK

HALL

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Photos courtesy of Toyota

2022 Toyota Tundra Takes Us Forward to 1794

I'd like to believe the 2022 Toyota Tundra 1794 takes its moniker from the year a hearty bunch of patriots staged their Whiskey Rebellion against revenueurs. They're my kind of people, but it's more likely a nod to the Tundra's assembly location near San Antonio, Texas that's built where a ranch was founded by Juan Ignacio de Casanova on land from The King of Spain in 1794. Either way, it wears its brand well.

Recently redesigned, this Texas-sized pickup flaunts a towering chrome grille, squinty LED headlamps, chiseled fenders, and long cab. At the aft end is an aluminum reinforced composite bed that is a bit lighter, but should also stand up to a beating. Press the tailgate button to deploy it and a step for climbing into the bed with LED lights and sliding anchors to secure cargo.

It's a very sophisticated-looking truck that's ready to work

The interior was clearly crafted for the ranch owner, not a ranch hand. Cream beige leather seats are heated and ventilated front/rear, but probably aren't the best color for those slogging hay and tromping mud. Real wood graces the dash, 12-speaker JBL audio fills the cabin with sound, and a twin-panel sunroof lets in the light. Rear passengers luxuriate on a couch with ridiculous legroom.

But, that's not what you notice upon entering. Smack in the middle of the contrast stitching and timber is a 14" infotainment screen with a gigantic volume knob beneath. Connect devices via wireless Apple CarPlay and Android Auto; keep them humming with wireless charging in the forward console. A flatscreen gauge cluster

and 10" color head-up display keep drivers focused ahead.

They get more assistance from the extensive suite of safety gear. Key are automatic emergency braking with pedestrian detection, lane keep assist, blind spot alert, and rear cross path detection. Add to that adaptive cruise control, lane tracing steering, and a trailer brake controller. A trailer back-up guide helps berth nearly anything - up to 11,000 lbs. of RVs, boats, or other weekend toys.

Toyota proves full-size trucks don't need V8 engines. Our Tundra ushers its substantial self with a 3.5-liter twinturbo V6 delivering 389 horsepower and 479 lb.-ft. of torque to move out quickly...or heavily. All of that routes to the four-wheel-drive system through a super smooth 10-speed automatic transmission. Tread

2022 Toyota Tundra 1794

Five-passenger, 4WD Pickup
Powertrain: 3.5-liter TTV64, 10-spd trans
Output: 389hp/479 lb.-ft. torque
Suspension f/r: Air Ind/Solid axle
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Driving, Luxury
Towing: 11,000 lbs.
Fuel economy: 17/22 mpg city/hwy
Assembly: San Antonio, TX
Base/As-tested price: \$35,950/\$66,395

lightly to enjoy an impressive 17/22-MPG city/highway. For even more performance, choose the new hybrid version with 437 horsepower, 583 lb.-ft. of torque, and a couple more MPGs.

This Tundra is the most pleasant pickup I've ever driven. The mirrors are too big for daily driving, and it feels absolutely huge even on open Interstate, but the powertrain is a delight. And, that may not be the best part as the truck rides on an

air suspension that can be raised/lowered for off-roading or entering, but drive modes configure the suspension, steering, and throttle from wafting comfort to sport truck. I found Normal mode the best for controlling bobbing and swaying without being harsh.

Anybody who owns a Toyota Tundra 1794 will feel like Spanish nobility (or kicking off a small rebellion), even if they are just getting to the office or a state park. Wherever

CASEY WILLIAMS

Auto Reviews

you roll, you'll do it with ample power and plentiful comfort for all of life's activities. That's reflected in the price, though. Tundras start at \$35,950, but ours came to a lofty \$66,395. Competitors include the Ford F-150 King Ranch, Chevy Silverado High Country, and Ram Limited Longhorn.

Storm Forward!

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

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Lecher to Play Football for Marian University

Michael Lecher, Hamilton Heights' senior, has signed a letter of intent to play football for Marian University in Indianapolis, Indiana. Marian University is a member of the Crossroads League and is a NAIA athletic institution.

"It was Marian University's nationally ranked Byrum School of Business, its football team being an annual contender in the NAIA National Championships, and a long and deep family connection at this university that sealed the deal," said Michael Lecher, who plans to study business management with a minor in finance. The Byrum School of Business is recognized for education and developing transformational business leaders who are trustworthy, healthy, inquisitive, and skilled with a focus on experiential learning. Lecher believes his education and opportunities at Marian will help him learn the financial and management skills necessary to effectively run his own business and have long-term success in providing a professional service.

"The Knights football team has had four NAIA National Championship appearances over the past 10

years, winning two of the four," he continued. "My parents are both alumni as well as 10 of my aunts and uncles. Two of my cousins are current students and my dad is a professor there. I also know many of the professors and the campus feels like a second home to me."

Lecher has been passionate about football since the second grade when trying to kick field goals at practice at Our Lady of Grace in Noblesville. In sixth grade, he began professional training which took off under the support and direction of coaches Brandon Kornblue, Mark Hagee, and Tyler Warner. "I devoted many weekends and winter and summer breaks traveling out of state to train," he explained. "I also spent a lot of my time focusing on form drills and making my technique as consistent as possible."

It paid off. Lecher started varsity as freshman and earned four varsity letters. He was nationally ranked by Kornblue Kicking, a Fab 50 Punter - Class of 2022, 2019 Pro Football Hall of Fame Camp Invitee - named to the Class of 2022 All American Team and was the first person

to make a field goal at Hamilton Heights Middle School, with the most FG's and PATS at the middle school.

"Michael has been very passionate about kicking for quite some time," said Kurt Ogden, Hamilton Heights High School Athletic Director. "He has put in countless hours of off-season training and individual work with a trainer the past four years to earn this opportunity. We're excited for Michael, and we wish him well as he takes his talents to Marian University."

"Michael was a varsity kicker for the Huskies all four years of his high school career," said Jon Kirschner, Hamilton Heights High School Head Football Coach. "He was a part of a senior class who lived and breathed football for four years. As he and his class grew and developed they became a formidable group who were able to compete at a high level against everyone on our schedule. The western game Michael's junior year is a great example. Western was ranked in 4A and undefeated. Through gritty and hard-nosed play, we were able to knock them off in overtime with

Michael kicking the game winning PAT."

"Their senior year he and his classmates continued their winning ways with a 6-4 standing which was the first winning record in 5 seasons," continued Coach Kirschner. "One highlight of Michael's senior year was against Western in which he kicked a crucial inside kick that gave us a chance for a come from behind win. It was one of the best inside kicks I have seen in a very long time. I wish Michael the best at the next level, and I know he will do a great job for the Knights!"

Growing up it was the older kickers and punters at the time that were very influential on him. "I really looked up to the Marian specialists when I was younger, especially Marty Waddick," Lecher recalled. "They all accepted me and gave me a lot of advice and mentorship coming up in my career. I also learned from the older athletes that I met at kicking camps. I could always reach out to them for help or advice. Learning from the older athletes has been crucial in my development over the years."

For several years Lecher



Photo courtesy of Jen Kauffman

Hamilton Heights' senior Michael Lecher has signed a letter of intent to play football for the Marian University Knights in Indianapolis, Indiana. Lecher (seated) is pictured with (from left to right), Macey Knotts (girlfriend) Johana Lecher, (sister), Carl Lecher (father), Diane Gall (aunt), and Izzy Lecher (sister).

raced ATVs in the IXCR series, which also meant he spent a lot of time wrenching on his quads. He has also taken up "Michael's Mowing" and enjoyed being a part of the Teach One to Lead One mentoring program.

"I think one of the biggest things I have learned at Heights is how to get through the hard times with my head held high," he explained. "I faced a lot of challenges through my high school career, but

nothing worse than losing my mom to cancer. From her I learned how to fight through the tough times. You must have the desire and drive to fight for your goals. No one can give that to you, and no one can take that from you. Through it all I kept to my training, kept kicking, and kept getting a little better every day. I also want to say thank you to everyone who believed in me and supported me over the course of my career!



Photos courtesy of Blatchley Nature Study Club

Blood root



Photo courtesy of Blatchley Nature Study Club

Jack in the pulpit



Photo courtesy of Blatchley Nature Study Club

Shooting star

Teter Retreat & Farm to Host Annual Wildflower Walk Sunday, April 24

Mark the celebration of spring with the annual Wildflower Walk at Teter Retreat & Farm on Sunday, April 24. Wander the woods on your own anytime between 1 p.m. and 4 p.m., with guided tours beginning at 1

p.m., 2 p.m. and 3 p.m. "From violets to trilliums, phlox to bluebells, trout lilies to wild geraniums, Teter Retreat & Farm boasts a wonderful display of wildflowers that you can take in on your own or in a guided

tour," shared Emma St. Dennis, coordinator of the event.

"The Wildflower Walk is one of our favorite events of the year," explained Lead Pastor Jerry Rairdon at Noblesville First United Methodist

Church, which owns the retreat center and farm. "Especially after the long winter, spending an afternoon in the woods is an incredible treat."

The event is free and open to the public and great for all ages, kids,

scout groups and adults. Although the walking path is easy, it is not wheelchair accessible. Teter Retreat & Farm is located at 10980 East 221st Street, Noblesville. In the event of lightning or downpours, the

event will be canceled. Check the Teter Organic Farm Facebook page for updates.

Questions? Contact Emma St. Dennis at (317) 432-7146 or threelismom@hotmail.com.

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Indiana's FAFSA Filing Deadline Yesterday, Financial Aid Now First-Come, First-Served

Indiana's filing deadline for the 2022-2023 Free Application for Federal Student Aid (FAFSA) is today, April 18. Students and families should submit the form at [FAFSA.gov](https://fafsa.gov) as soon as possible to ensure maximum financial aid consideration.

Students need to complete the federal form to be eligible for most financial aid. State financial aid programs such as the 21st Century Scholarship and the Workforce Ready Grant require students to have a current FAFSA on file in order to maintain their scholarship and grant funding.

The number of Hoosiers filing a FAFSA has steadily declined over the past several years. The

overall FAFSA filing rate as of April 10 is down 14.18 percent from the same date in 2021. For the state's high school class of 2022, FAFSA filings are down roughly 2 percent.

Students should still file the FAFSA if they miss the April 18 deadline. However, once the deadline passes, financial aid funding will only be available on a first-come, first-served basis.

Indiana Commission for Higher Education plans, coordinates and defines Indiana's postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana's financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020. Learn more about the Commission's Reaching Higher in a State of Change strategic plan at www.in.gov/che.

any time at (317) 715-9007 for free assistance with the FAFSA.

¿Necesitas ayuda en español? Llame al 317-617-0318.

Created in 1971, the Indiana Commission for Higher Education plans, coordinates and defines Indiana's postsecondary education system to align higher learning with the needs of students and the state. The Commission also administers Indiana's financial aid programs, including the 21st Century Scholars early college promise scholarship, which celebrated 30 years in 2020. Learn more about the Commission's Reaching Higher in a State of Change strategic plan at www.in.gov/che.

DNR to Host Second Annual 'Teddy Bear Camp' May 4, 5



Does your child have a curious stuffed animal friend who loves adventures, new experiences, and making new friends?

If so, make plans to send it to Teddy Bear Camp, May 8-14. Run by the DNR Division of Historic Preservation & Archaeology (DHPA), this second-annual "camp" is for stuffed animals belonging to kids ages 5-12 who live in Marion, Hamilton, Hancock, Shelby, Johnson, Morgan, Hendricks, or

Boone counties.

During camp, DHPA staff will take the stuffed animals to a variety of sites to learn about history, architecture, and historic preservation. Photos of the visits will be posted to DHPA's Facebook page ([Facebook.com/INDhpa](https://www.facebook.com/INDhpa)) during the week, and a digital photo album will be emailed to parents/guardians. Each stuffed animal and their child owner will be certified as an "Indiana Junior Preservationist."

For your child's stuffed animal to participate, drop your child's stuffed animal at one of three partner locations, at the dates and times shown below. Please bring the complet-

ed registration form with you. It can be found on the DHPA's website dnr.in.gov/historic-preservation/public-outreach/historic-preservation-month/.

• Indianapolis: Indiana State Museum, 650 W. Washington St, inside the main level doors, May 4, 11 a.m.-1 p.m.

• Danville: Royal Theater, 59 S. Washington St, inside the lobby, May 4, 3-5 p.m.

• Fishers: Conner Prairie, 13400 Allisonville Road, inside the Welcome Center, May 5, 8-10 a.m.

The program will conclude with owners picking up their stuffed animals at the drop-off location on May 18.

BETSY From Page A1



The Times photo by Betsy Reason

Noblesville students participate in the cross country camp behind White River Elementary during a previous Summer Recreation Camp program. The program, annually open to students in Noblesville Township, is made possible thanks to Noblesville Township Trustee Office, with many of Noblesville Schools' facilities used for the programs.

up for synchronized swimming (thanks to a partnership with Indy Synchro), color guard, hiking and again, track and field.

Our third year, 20-plus different free summer camps were offered, and we signed up for hiking and adventure camp, led by Promise Road Elementary art teacher, Darlene Patterson.

Noblesville Schools on Friday released this year's summer camps. There are 36 choices of summer camps, with 15 of those being free camps, thanks to Noblesville Township Trustee. The camps with fees are choir, band and orchestra, and advanced sports camps. Camps are offered for kindergarten through Grade 8. There are also hiking camps for grades 3-4 and 5-6.

Free camps include football, strength training, boys basketball and wrestling, for grades K-4; girls basketball, girls volleyball and tennis, grades K-7; dance and soccer, grades K-5; dance, grades 5-7; color guard, grades 4-8; and girls track, grades 3-7. The track and field program is offered at the new Beaver Materials

Stadium.

Being that students can sign up or cancel with a couple of clicks on the computer, I advise them to sign up for desired camps as soon as possible.

Every year, I think many families are actually watching and waiting for the camps.

An Adventure Camp, for grades 7-8, for two different June dates, sold out within minutes of going on sale, as if it were tickets to a sought-after concert. The camp offers a day of hiking, archery and high-ropes course at Koteewi Archery Range and Koteewi Aerial Adventures at Strawtown Koteewi Park. Two hiking camps, for two different age divisions, visiting Cool Creek, Strawtown Koteewi, Potters Bridge and Forest parks, still had available spots as of Sunday.

Hundreds of students have already signed up so far, according to Noblesville Township Trustee Tom Kenley.

But there are still openings for baseball, boys basketball, boys lacrosse, color guard, cross country, dance, football, girls

basketball, girls lacrosse, softball, swimming and synchronized swimming camps.

"Our summer recreation program is unique to our office in that it provides free services to all the students of Noblesville schools regardless of financial need," Kenley has said. "In this way, we are giving back to all youth in the community."

He has said, "The program also helps raise awareness with students, parents and other adults as to the duties and responsibilities of the Township Trustee office."

Kenley has said, "Our motto is 'Helping our community be a better and safer place to live.'"

My daughter enjoyed the track and field camp, which was bright and early at 8 a.m. with participants encouraged to run, jump hurdles and compete in the long jump. A newby five years ago, my daughter learned hand positions that would help her run faster with less stress on her body, she learned to watch what's in front of her, not who's coming up behind her, and she learned when to stride and when to give

it her all.

In swimming camp, we had student instructors that were wonderful with the kids. Campers of all skills enjoyed the week, learning better swim techniques and how to be more efficient in the water. Going into swimming camp, she was a swimmer. Coming out she loved swimming even more. And we met a new friend to help her with her stroke techniques.

Swimming and softball camps aren't offered this year.

In softball, she learned how to pitch and catch with a mitt, how to swing the bat, and how to field a softball. It was a really hot week in the sun with lots of water breaks.

In tennis, she learned the basics of swinging the racket to make contact with the ball.

And in cross country, she did a lot of long-distance running and played some fun games.

One summer, she learned about some sports she'd never tried before and found that she liked them all.

In synchronized swimming, she was a little timid at first, but quickly

acclimated and learned all kinds of synchronized swim movements in the camp that culminated with a show for parents. Synchronized swimming will also not be offered this summer.

Hiking was another fun camp, in which we met at three different parks.

Noblesville Township has provided the free summer camp program to students for more than 30 years.

"We invest about \$35,000 annually in our children through our summer recreation programs," Kenley has said.

In recent years, the program expanded to beyond just athletics, to include dance, hiking, color guard and more.

The Township Trustee partners with not only Noblesville Schools but also Hamilton County and Noblesville parks departments, to use their facilities.

"The Trustee office appreciates the support of all of our partners in helping make this a successful program," Kenley has said.

He and three board members are committed to the program and think it's

"important to provide our children with opportunities to stay active both mentally and physically over the summer break."

The Trustee office helps needy Noblesville families who qualify for financial assistance. On a limited basis, the Township Trustee office pays rents "to avoid evictions, utilities to stop disconnections of service, and other basic expenses deemed necessary for the health and safety of families," he has said.

For the summer camps, Noblesville Schools provide use of facilities and help with advertising on its website, he has said. Individual camp directors and their helpers are paid. Most camp directors are school teachers. Noblesville Township works with a camp coordinator in determining the camps.

For free Summer Recreational Camp opportunities, visit <https://www.noblesvilleschools.org/youthactivities> and click on "Free Noblesville Summer Recreation Programs."

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

MARLOWE From Page A1

Those of you who write or speak — either professionally or for pleasure — know that adverbs are on their way out. Almost.

But let's get back to the subject. (I'm always doing that.)

Almost, always, and never are not just any adverbs. Grammarians call these words "adverbs of frequency." They let you know how regularly something happens. But do they?

In the case of "almost," nothing really occurs at all. For instance, if you tell your friend that you "almost got a speeding ticket," you didn't get a speeding ticket. You anticipated getting a speeding ticket, but didn't.

Almost never happens. Almost get your taxes finished? Nope, you didn't. Almost complete the daily crossword? Better look again.

By using "almost" in our conversations, we are nearly always (oops) inviting conflict. It is a means for denying something without admitting that we failed to live up to our commitments. For

instance, let's take a look at Johnny:

"Did you clean up your room, Johnny?" mom asked.

"Almost."

Trust me, Johnny is not going to get a pat on the back for this. The pat will be a little lower, and significantly harder.

Similarly, the word "never" provokes conflict, and isn't needed in a sentence. The use often opposes, or at least camouflages the intended meaning of the communication.

When the wife screams at her husband, "You never take the trash out when I ask you!", she knows that the declaration is unlikely to be true. Surely somewhere along the way, hubby actually did what he was asked to do.

What she really means is that, "When I see the trash heaping over the can, I feel like you don't respect my wishes, and don't love me anymore." I'm sure that her husband loves and respects her. He's just tired. Okay, he's lazy. But the point is still the same. The man can start in tomorrow,

take the trash out every time, and the whole meaning of her original lament is lost.

Never assumes that nothing can change. Never do that.

Three years ago I had the most amazing woman tell me that she wanted to marry me, and that she'd always love me. Four weeks later, I was living under the interstate overpass, reading Keats to stray cats.

I can still remember how I felt when she said, "I never want to see you again."

That's because almost, always, and never aren't simply linguistic conveniences, they are emotional add-ons. In today's world, where we value histrionics over history, emotion over comprehension, we should be careful how we use words that aren't even needed.

In that way, people will always say what they mean, and audiences will never be confused by what people say.

Well, almost.

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

TAX From Page A1

this year's program. Property owners can drop off payments at BMO Harris Bank, Community First Bank of Indiana, Farmers Bank, First Farmers Bank, First Merchants Bank, Horizon Bank, Merchants Bank of Indiana, and Star Financial Bank.

Those who would like to pay online can do so at <https://www.hamiltoncounty.in.gov/taxes>. Payments can also be made in person at the Treasurer's Office with cash or check during normal office hours Monday through Friday 8:00 a.m. until 4:30 p.m.

"We apologize for the inconvenience this may cause some of our property owners," Byer adds. "We are happy to help clear up any confusion. Please do not hesitate to reach out with any questions by calling us (317) 776-9620 and select Option 7."



VOTERS From Page A1

office, then photos and bios of the candidates who responded to the league's request for info. Dick said each candidate was sent a survey by email or mail, and their responses were entered by their own representatives. The league does not edit candidate responses.

Dick added a few reminders for primary voters. Indiana's is a "closed" primary, which means voters select candidates in one party or another. You choose one party to cast all your votes, but you do not have to be a member of that party to choose its ballot.

"In the general election in the fall, you do not have to declare a

party and you can vote for anyone on the ballot, regardless of party," she explained. A list of more primary voting reminders is on the league's website home page.

Vote411.org is free and nonpartisan in keeping with the League of Women Voters' mission as an organization that encourages informed and active participation in government. Leagues around the nation work to increase understanding of major public policy issues and to influence public policy through education and advocacy.

For more information, visit Vote411.org, the League of Women Voters of Hamilton County website or its Facebook page.

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IndianaPublicNotices.com
TheTimes24-7.com

TUESDAY

In The Kitchen

Tuesday, April 19, 2022

A7



Photo courtesy of Family Features

Meringue nests with vanilla bean whipped cream and strawberries

Swing Into Spring with a Special Easter Dessert

(Family Features) It's tough to top the joy of an Easter morning spent celebrating with family, enjoying a delicious brunch or snacking on sweet treats. With warmer weather and bright sunshine comes plenty of opportunities to enjoy favorite recipes.

Celebrating the occasion with eggs can bring loved ones together in the kitchen and beyond, from crafting classic desserts to serving up new delights. Plus, the versatility of eggs allows for nearly countless creations.

Boiled, scrambled, poached, baked and any other way you like them, eggs can be your kitchen superhero. As a natural source of vitamins and minerals, they're a delicious protein powerhouse with just 70 calories per large egg.

Make the day truly memorable with the power of eggs in a sweet dessert like these Meringue Nests with Vanilla Bean Whipped Cream and Strawberries, a perfect option for topping off a brunch feast or an afternoon meal.

Find more Easter recipe ideas and ways to celebrate the season at incredibleegg.org.

Meringue Nests with

Vanilla Bean Whipped Cream and Strawberries

Recipe courtesy of the American Egg Board and Sam Adler (@frostingandfettucine)

Prep time: 15 minutes

Total time: 6 hours

Servings: 6

Meringue Nests:

1 1/4 cups granulated sugar

6 large eggs

1 teaspoon cream of tartar

1 teaspoon vanilla extract

2 teaspoons cornstarch

Garnish:

1 cup heavy whipping cream

1 teaspoon granulated sugar

1/2 teaspoon vanilla extract (or 1 vanilla bean, scraped)

1/2 pint fresh strawberries, sliced

To make meringue nests: Preheat oven to 200 F. On parchment paper-lined baking sheet, spread sugar evenly and bake 5-7 minutes to slightly heat. Remove sugar from oven then increase oven temperature to 225 F.

Carefully separate egg whites from yolks completely. In bowl of hand or stand mixer fitted with whip attachment, whisk egg whites on medium-low

speed until foamy about 1 minute.

Slowly add sugar 2-3 tablespoons at a time and mix on medium speed 2 minutes between each addition. Sugar needs completely mixed into egg whites to ensure success. Continue mixing on medium until mixed through and meringue does not feel gritty.

Add cream of tartar, vanilla extract and cornstarch. Increase to high speed and beat until stiff peaks form.

On two parchment paper-lined baking sheets, pipe or spread meringue with spoon into six 4-inch circular "nests."

Bake 1 hour, 15 minutes then turn off oven and let meringues cool without opening oven for at least 4 hours or overnight. The USDA recommends egg dishes be cooked to 160 F.

To make garnish: When ready to serve, in clean mixing bowl fitted with whip attachment, whip heavy whipping cream on medium speed. Slowly add sugar and vanilla. Continue mixing on high speed 2-3 minutes until stiff peaks form.

Dollop whipped cream on meringue nests and top with sliced strawberries.



Photo courtesy of Family Features

Chicken apple enchiladas



Photo courtesy of Family Features

Greek chicken bowls

5 Steps for Mastering Family Meal Planning

(Family Features) As you and your family embark on a mission to create delicious, nutritious meals all while saving money, it's key to remember meal planning is essential for success. From tracking a list of ingredients you'll need to noting your loved ones' favorite foods, there are some easy steps you can take to make dinners at home enjoyable and budget friendly.

Getting on track with your own plan can start with these tips from Healthy Family Project's Mission for Nutrition, which aims to help families find weekly meal success with an internationally inspired e-cookbook including grocery lists, recipe ideas and cooking hacks.

Work together. Before heading to the store or heating up the oven, sit down with your loved ones and make a list of easy-to-make recipes you all enjoy. Each time you discover a new favorite, add it to the list so you'll have a reference guide when it's time to plan a week's worth of meals.

Stick to a schedule. Set a day and time each week your family can meet and plan out dinners. This also offers an opportunity to bring to light any new-found favorites or fresh ideas while bringing everyone to the same room for quality time together.

Plan time-saving pro-

cesses. Think ahead while planning meals and consider the equipment you'll need. Saving time while cooking can be as easy as sticking to recipes that call for hands-off appliances like a slow cooker or pressure cooker and using a food processor rather than a knife and cutting board.

Schedule a "leftovers night." When you prep dinners that call for cross-over ingredients, it's easier to turn one meal into two. For example, buying sweet onions and chicken breast to make Chicken Apple Enchiladas means you'll have those ingredients on hand for Greek Chicken Bowls later in the week.

Make a list. Once you've decided on recipes for the week, create a list of all the ingredients you'll need. While you're at the store, stick to your plan and avoid impulse buys to help stay on track while getting in and out quicker.

Find more recipes and meal planning tips by downloading the free e-cookbook at healthy-familyproject.com/mission-for-nutrition and join the conversation by following #missionfor-nutrition on social media.

Chicken Apple Enchiladas

Recipe courtesy of Healthy Family Project's Mission for Nutrition

1/2 sweet onion, diced

1 jalapeno, diced

1 Envy or Jazz apple,

diced
2 cups cooked shredded chicken

8 flour tortillas

6 ounces shredded Mexican blend cheese, divided

1 can red enchilada sauce

cilantro (optional)

Heat oven to 350 F.

In skillet, cook onions until translucent. Add jalapeno and apple; saute 2-3 minutes.

Add cooked chicken and mix well. Remove from heat.

Lay out tortillas and sprinkle cheese on each. Add chicken mixture and roll. Place in baking dish and cover with enchilada sauce.

Bake 20 minutes, or until heated throughout.

Greek Chicken Bowls

Recipe courtesy of Healthy Family Project's Mission for Nutrition

1 cup cooked white or brown rice

1 grilled chicken breast, sliced

1 Real Sweet onion, sliced

1 cup cherry tomatoes

1 cucumber, cut into quarters

1/2 cup black olives

1 tablespoon feta cheese

2 tablespoons tzatziki sauce

Place cooked rice and chicken in bowls.

Top each bowl with sweet onions, tomatoes, cucumbers and black olives. Sprinkle each with feta cheese. Drizzle each with tzatziki sauce.

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TUESDAY

Health and WELLNESS

Tuesday, April 19, 2022

A8

All About the Thyroid

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!

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,” 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



JOHN R. ROBERTS, M.D.
Montgomery Medicine

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 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 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.

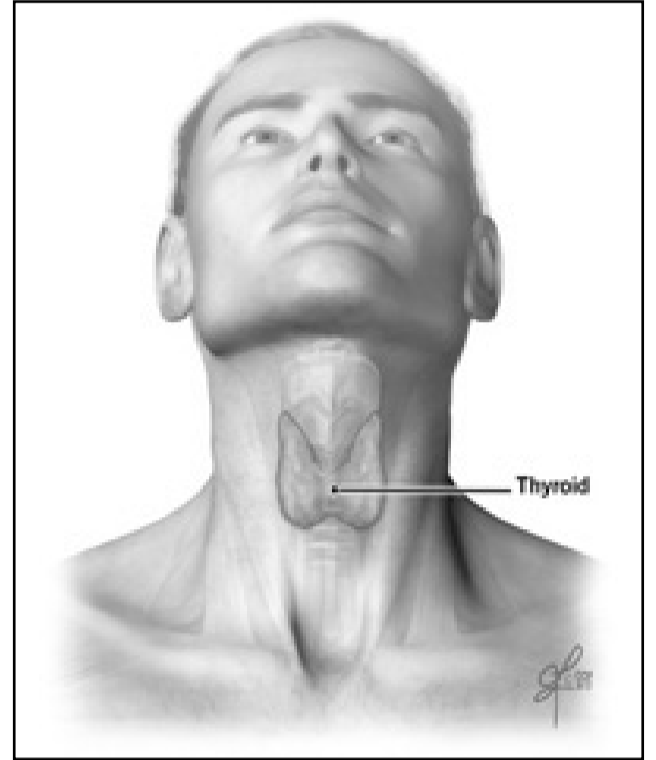


Photo courtesy of Dr. John Roberts

The location of the thyroid.

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 thy-

roid 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.

The Role of Pharmacists is Evolving, Here is What You Should Know

(StatePoint) New research from the Columbia University Mailman School of Public Health finds patients and physicians share widespread trust in pharmacists. This is welcome news as pharmacists in the United States are poised to take on additional responsibilities to help fill the growing care gap expected from health care provider shortages in the next decade.

The Prescription of Trust report is the result of the largest and most comprehensive research study on the future role of pharmacists that incorporates the voice of patients, prescribers and pharmacists. The study was commissioned by Express Scripts Pharmacy, one of the nation’s largest and most experienced home delivery pharmacies, to understand the expanding role of pharmacists.

“The COVID pandemic has spotlighted pharmacists’ accessibility and the trust people have in them as health care professionals,” said Susan Peppers, RPh, chief pharmacist of Express Scripts Pharmacy, an Evernorth company.

Nearly 80% of patients see pharmacists as an integral part of their health care team. Doctors and other health care providers are already turning to pharmacists more often for support -- 72% consider pharmacists to be part of their health care team, working together to provide the best care for patients.

“As the shortage of doctors and nurses

persists, and as complex new therapies and digital health care technology solutions are developed, the role of the pharmacist will continue to evolve,” said John McHugh, MBA, PhD, an assistant professor in the Department of Health Policy and Management at Columbia University Mailman School of Public Health.

The Prescription of Trust: Key Takeaways.

- Taking on a bigger role: In some states, pharmacists can already prescribe certain types of medication. As physician and nurse practitioner shortages escalate, there is a growing movement for pharmacists to receive more training in diagnosing minor and acute conditions and prescribing medication to treat them.

- Beyond dispensing prescription medications and providing medication advice, many of our pharmacists are already specially trained in specific diseases, allowing them to discuss disease and medication management directly with a patient as well as in conjunction with their health care provider team,” explained Peppers.

- Counseling patients: Expect pharmacists to spend more time proactively counseling patients on medications and overall wellness. Telepharmacy is particularly conducive for this level of care as patients are often more comfortable asking questions about their medications from the privacy of home, and without the distractions at a pharmacy counter. Telepharmacists

can take time to answer your medication questions. In fact, according to the study, of pharmacists who use telepharmacy, more than a third say it gives them more time to interact with patients.

- Managing chronic diseases: Estimates predict that by 2025, 164 million Americans will have a chronic disease. As the need to support patients with chronic disease grows, you can expect pharmacists to step up to the plate by serving as specialists who advise patients, or by interacting with a larger health team to manage complex care. At the forefront of this trend are pharmacists in ambulatory clinics, hospitals and home delivery pharmacies. Indeed, Express Scripts Pharmacy is already supporting patients with such conditions as diabetes, HIV, and cardiovascular conditions through its Therapeutic Resource Centers. In these centers, pharmacists are trained to focus on the treatment and management of specific conditions.

For health care news, along with helpful tips from pharmacists on how to stay safe and healthy, visit Express Scripts Pharmacy at [express-scripts.com/pharmacy/blog](https://www.express-scripts.com/pharmacy/blog).

“On the medication front, your pharmacist is a member of your care team who can see you from a 360-degree perspective,” says Peppers. “For this reason, pharmacists have always been uniquely positioned to be a frontline member of your overall health care.”

How to Find the Right Doctor

(Family Features) Whether you’re rarely sick or have conditions that require frequent visits to the doctor, having a trusted and skilled health care provider is an important step in protecting your health.

Any number of reasons can result in needing to find a new doctor, such as moving to a new community, changes to your insurance, your old doctor retiring or needing a specialist.

These suggestions from the Centers for Medicare & Medicaid Services (CMS) can help you be more efficient and thorough as you look for a doctor who is right for you.

Ask for Recommendations

Talk to people you know about whether they have a provider they like. If you’re looking for a new provider because of a move or retirement, ask your current doctor for a recommendation. If you need to make a change with your primary care doctor but see specialists or other medical professionals you like and trust, you can also request referrals from them.

Check with Your Insurance Company

If you have health insurance, you may need to choose from a list of doctors in your plan’s network. Some insurance plans may let you choose a doctor outside your network if you pay more of the cost.

To find a doctor who takes your insurance, call your insurance company and ask for a list of doctors near you who are in-network or use the insurance company’s website to search for a doctor. It’s also a good idea to call the doctor’s office and ask for confirmation they take your plan. You should have your insurance, Medicare or Medicaid card handy in case the office needs your plan details.

Narrow Your Options

Some of the providers you consider may not be viable options for simple reasons, like their practice isn’t currently taking new patients or they don’t have office hours matching your schedule. You can also consider questions such as hospital affiliations and whether other providers can help if you need emergency care and your doctor isn’t available.

Take a Deeper Look

Online research can tell you a great deal about potential doctors, from biographical information and credentials to ratings by former patients.

When searching for a new provider, another important area to consider is financial relationships. One resource patients can consider is Open Payments, a national disclosure program within CMS that provides visibility into financial relationships between drug and medical device companies and physicians, and teaching hospitals. The government

requires pharmaceutical companies, device manufacturers and group purchasing organizations to report funds they give health care providers in the form of meals, entertainment, travel, gifts, consulting fees, research payments and more, promoting transparency and helping uncover potential conflicts of interest.

It’s important to know most health care providers receive payments. Just because financial ties are reported does not mean anyone has done anything wrong. However, patients can use the information to talk with their provider about why they recommend certain medications or treatments, including asking about generic options, which are equally as effective as name brands but typically less expensive. It’s also an opportunity to start a discussion with a provider about areas of professional interest and expertise based on research or consulting.

Listen to Your Gut

If you’re undecided, request an introductory appointment with a provider you’re considering. Look for a clinic where you are treated with respect and the medical team listens to your opinions and concerns. You should feel comfortable asking questions, and the doctor needs to be able to explain things in ways you understand.

Find more resources for your health care needs at [cms.gov](https://www.cms.gov).