

**TODAY'S VERSE**

Proverbs 3: 5-6 *Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.*



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

What makes Remi Shirayanagi smile? "A good joke, and my friends and family that contribute to my life make me happy," said the Carmel High School senior, who was named 2022 Citizen of the Year for the Horseshoe Prairie Chapter of the Daughters of the American Revolution during the annual DAR Good Citizen tea on Sunday at Noblesville Township Community Room. "I think it's really important to be a good citizen to contribute to society, to work toward creating progress in this great nation." Hobbies, passions? "I'm really into music. I've played violin for 12 years. I love to travel. I like learning new languages. I like learning about different cultures. And something random, I like Zillow (online real-estate marketplace); I look at Zillow all the time." Greatest achievements in high school? She is president of A5 (Advancement of Asian Americans in Arts & Athletics), a club of more than 160 students, which empowers students to break Asian American stereotypes. In high school, she's on the Carmel Debate Team and is head of Congressional Debate, is a section leader for the CHS Symphony Orchestra, is an AP Distinguished Scholar, is symphony class representative for the Orchestra Council, is a Social Studies peer tutor, Carmel Young Democrats member, DECA business club member and National Honor Society member. She is a National History Day state finalist, a delegate for American Legion Auxiliary Girls State and was a founding committee member and organizer of Carmel Pride. She was the Youth Ambassador to Taiwan for the Rotary Youth Exchange program and spent a year abroad at age 15, attending a local high school and taking Chinese classes at Chung-Yuan University. Inspiration? "The person who inspires me is my mother," said the daughter of Ikue Shirayanagi. "She has done a lot for me, growing up in a single-parent household. She immigrated here to help my brother and I support our dreams and give us opportunities." Read more about Remi and the Horseshoe Prairie Chapter of DAR's Good Citizen finalists from other Hamilton County high schools in an upcoming edition of The Times.

**And Another Thing...**

Congresswoman Victoria Spartz (IN-5) will host a listening session on Saturday, April 30th at the Westfield-Washington Public Library. The event begins at 1:30 p.m. The address for the Westfield Library is 333 West Hoover St., Westfield, IN 46074.

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Hamilton County Artists' Association artist Nate Thacker of Carmel does a painting demonstration on Saturday in the vendor area of the Nickel Plate Arts' Welcome to Fairyville activities in the Hamilton County parking lot adjacent Riverside Cemetery in downtown Noblesville.

## Fairies Come Out to Play at 10th Annual Fairyville



**BETSY REASON**  
The Times Editor

If you were in downtown Noblesville on Saturday, you probably noticed fairies of all ages in costume.

The sunny, warm day was perfect for Nickel Plate Arts' 10th annual Welcome to Fairyville event.

It was a magical time for kids of all ages, who dressed in costume, got their faces painted and followed the Fairyville Trail.

This year, 30 Fairyhouses were on display on the trail, which started at the Nickel Plate Arts campus on Eighth Street in downtown Noblesville.

Fairy Houses were created by Girl Scouts, local businesses, individuals, families, nonprofits, Hamilton County Tourism and more. There was even a Wes Whisler Baseball Academy fairyhouse that looked like a stadium created by Whisler's wife, Kara Whisler.

Folks who started at the Nickel Plate found fairy-themed crafts, glass-blowing demonstrations and a fairy scavenger hunt at Gal's Guide Library, which had a tent set up outdoors with

➔ See BETSY Page A8

## Jensen Taps Richardson & Wiles to Lead Bicentennial Committee



Bret Richardson

The City of Noblesville has created a committee to plan the city's Bicentennial Celebration in 2023, the 200th anniversary of Noblesville being platted.

Noblesville Mayor Chris Jensen has appointed Bret Richardson and Megan Wiles to serve as the honorary chairs of the Noblesville Bicentennial Committee. The two will oversee the planning and programming of the celebration, while residents will help provide input and volunteer at the events.

"The goal is to showcase 200 years of community contributions, achievements and milestones," said Jensen. "We aim to encourage the widest possible involvement of the people of



Megan Wiles

Noblesville in the Bicentennial celebration, so that all citizens feel a sense of participation and civic pride in the commemoration of our rich history and bright future."

Bret Richardson is a sixth generation Noblesville native and his family history in the area dates back to 1821 when his great, great, great grandfather moved to the area before Hamilton County and the city were formed. Richardson and his wife, Tammy, live in a home on Logan Street in the historical district built by his great aunt, Cory Heylmann, who was in the buggy and wagon business

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## The Sheridan Farmers and Artisan Market Returns Saturday, May 7th

Starting on May 7, Sheridan will welcome a new Saturday morning outdoor market to their community. The market will be open for business every other Saturday from 9 a.m. to 1 p.m. and will take place in the parking lot of the Six Points Church located on the east edge of town, just off SR 38. Many of you will remember this as the former Six Points Wesleyan Church.

The market is being organized by residents Sharon Phillips and Amber Kiger. Including themselves, Sharon and Amber hope

to have 30 to 40 vendors to participate in this every other Saturday event and offer customers a wide variety of eatable and non-eatable products. Products to be available include a variety of baked goods such as breads, rolls, cakes and pies. There will be vendors selling honey, maple syrup, eggs, a variety of in-season produce and pet treats. Craft items for sale will include pottery, wood crafts, hand-made clothing, body care items, soaps and shampoos, jewelry items,

➔ See SHERIDAN Page A8

## I Suspect Fowl Play



**JOHN O. MARLOWE**  
The Good Sport

Let's get the bad news out of the way, right off the top: Ed is dead.

I am devastated. Ed came into my life unexpectedly, last Thanksgiving. The fact that he showed up at my house when he did was astonishing, so much so that I

devoted my entire column to his unconventional and dramatic entrance. (With the Grain, November 30, 2021)

Even more remarkably, once he was here, Ed showed little inclination to moving on. He seemed to really like our community, even though nothing in our surrounds would make you think that he would be drawn to us.

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**OBITUARIES**

**Clark Allen Biddle**  
**Thomas L. Wolfe**



**HONEST HOOSIER**

*I ran into a pothole that was so deep when I called for help I heard my own echo.*



**TODAY'S HEALTH TIP**

*It's important for women to know if there is breast cancer on their father's side of the family as well as their mother's.*

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



**TODAY'S QUOTE**

"Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger."

- Franklin P. Jones

**TODAY'S JOKE**

Never trust a tree.  
They're a little shady.

The Times appreciates all our customers. Today, we'd like to personally thank **Leanna VanVoorst** for subscribing!



**WTHR 13 7 DAY FORECAST**

62 RAIN SHOWERS, COOLER	38/55 MAINLY SUNNY AND COOL	35/59 A.M. BROST, SUNNY	36/58 CLOUD STAY, SCATTERY SHOWERS	46/64 FAMILY SUNNY	45/70 MAINLY CLOUDY	52/76 WINDY, RAIN CHANCE LATE
MON	TUE	WED	THU	FRI	SAT	SUN

## ➔ OBITUARIES

### Clark Allen Biddle

April 23, 1950 - April 21, 2022

Clark Allen Biddle, 71, of Lafayette, passed away on Thursday, April 21, 2022 at Franciscan Health in Lafayette.

He was born on April 23, 1950 to Clark Woodrow and Eva Mae (Zetterberg) Biddle in Elwood, Indiana.

Mr. Biddle was a machinist for the first half of his career then worked as equipment operator at Subaru before retirement. He enjoyed camping, being outside, and motorcycles. He loved to travel and spending time with Wilma. Most of all, Mr. Biddle loved spending time with his family.

Survivors include his wife Wilma Biddle; two sons Clark Daniel (Grace) Biddle and Brian Curtis (Colleen) Biddle; two grandchildren Owen Biddle and Alyssa Biddle; three siblings Beulah (Phil) Baker, James Biddle and Leon (Penny) Biddle; his beloved Shih Tzu, Poppy; several nieces & nephews; and many very close friends.

In addition to his parents, he was preceded in death by his three siblings Daniel Biddle, Shirley Brown and Bob Biddle.

Services are scheduled to be held at 2 p.m. on Thursday, April 28, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with the Rev. Richard D. Bell officiating. Visitation is scheduled to be held from 12 p.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 National League of POW/MIA Families, 5673 Columbia Pike, Suite 100, Falls Church, VA 22041, or <https://www.pow-miafamilies.org/>

Online condolences may be made at [www.randallroberts.com](http://www.randallroberts.com).

### Thomas L. Wolfe

January 16, 1938 - April 23, 2022

Thomas L. Wolfe, 84, of Noblesville, passed away on Saturday, April 23, 2022 at Riverview Health in Noblesville.

He was born on January 16, 1938 to Roy and Mabel (Boyce) Wolfe in Fort Wayne, Indiana.

Mr. Wolfe proudly served his country in the United States Air Force. He worked as a pipe fitter for Delco Electronics and was a 50-year member of the Masons and Shriners. He was an avid reader who loved history, especially WWII.

Mr. Wolfe was always dreaming and planning. He enjoyed traveling and lived life to the fullest. He loved his family; his grandchildren were his life.

Survivors include his wife Barbara J. Wolfe; three children Wilma McKee, David L. Wolfe and James T. Wolfe; eight grandchildren Darren, Deborah, Dustin, Brandon, Tiffany, Ella, Madeline and Lauren; three great-grandchildren; and two great-great-grandchildren.

In addition to his parents, he was preceded in death by his son Wayne A. Wolfe; and brother Charles B. Wolfe.

Visitation is scheduled to be held from 4 p.m. to 6:30 p.m., with Masonic Services scheduled for 6:30 pm, on Friday, April 29, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Burial is scheduled to be on Friday, May 6, 2022 at Covington Memorial Gardens in Fort Wayne.

Memorial contributions may be made to Indiana Masonic Home Foundation, Inc., 525 N. Illinois Street, Indianapolis, IN 46204 ([www.imhf.org](http://www.imhf.org)); or Hamilton County Veterans Corp., 549 N. 14th Street, Noblesville, IN 46060-2022 ([www.hamiltoncountyveterans.com](http://www.hamiltoncountyveterans.com)).

Online condolences may be made at [www.randallroberts.com](http://www.randallroberts.com)

## ➔ Letters

# Legislators Must Fund Suicide Crisis Services

Dear Editor:

May is Mental Health Awareness Month. As a volunteer and advocate with the American Foundation for Suicide Prevention, this month I am asking everyone to join us and demand #MoreForMentalHealth.

I am doing more by calling on my legislators at the federal and state levels to support legislation that will fund the implementation of 988 and the suicide and mental health crisis system across our nation, particularly for those in underserved communities.

Currently, the National Suicide Prevention Lifeline is available at 1-800-273-8255 and de-escalates the crises of tens of thousands of callers each day. On July 16, those in distress and those that support them will be able to reach the Lifeline through a simple 3-digit number: 988. By making

the Lifeline more accessible through this shorter number, calls, texts, and chats to the Lifeline's network of crisis call centers are expected to increase. It is vital that the federal government work with states to ensure callers in distress will have: 1) someone to call, 2) someone to come help, and 3) somewhere safe to go. We must act NOW to secure funding to equip call centers and community crisis response services throughout the country with the staff and resources to respond to everyone in crisis.

Join me this month in urging our federal and state public officials to do #MoreForMentalHealth. You can start by visiting [moreformentalhealth.org](http://moreformentalhealth.org). Together, we can help #StopSuicide.

Sincerely,  
Jada Diehl-Preston  
Indianapolis

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online:

**IndianaPublicNotices.com**  
**TheTimes24-7.com**

# A Hoosier 4/20 Day Like No Other



**BRIAN HOWEY**  
Howey Political Report

When the 2012 gubernatorial debate turned to the topic of marijuana reform, Libertarian nominee Rupert Boneham decried decades of prohibition that resulted in the jailing of about 10,000 Hoosiers a year. "It's a plant," he said as Republican Mike Pence and Democrat John Gregg looked on. "It's a plant."

A few weeks later, Indiana State Police Supt. Paul Whitesell made this startling personal observation before the State Budget Committee: "It's here, it's going to stay, there's an awful lot of victimization that goes with it. If it were up to me, I do believe I would legalize it and tax it, particularly in sight of the fact that several other states have now come to that part of their legal system as well."

A decade later – on Wednesday 4/20 – Republicans, Democrats and Libertarians gathered at an American Legion post on 54th Street all advocating marijuana reform, noting that it is legal in some form in 37 states, including Illinois and Michigan. It was the most conspicuous and across-the-spectrum demonstration of support ... ever ... for

ending reefer madness that fills our jails and denies medicinal pot to those in pain.

Democrat U.S. Senate candidate Thomas McDermott Jr., secretary of state candidate and military veteran Destiny Scott Wells, Marion County Prosecutor Ryan Mears, former Republican state senator and future gubernatorial candidate Jim Merritt, and Libertarian Chairman Evan McMahon gathered amongst American military veterans to advocate for this "plant" that is keeping many of them off opioids.

"Two and a half years ago we made the decision not to prosecute marijuana cases," Mears said. "One of groups to reach out to us was veterans, who told me about the pain and struggle they go through on a day-to-day basis. The use of cannabis has helped them manage their pain."

McDermott, who released a TV ad Tuesday showing him legally smoking marijuana just across Hammond city limits in Illinois, added, "What it means to me is drug dealers will stop making exorbitant profits off the sale of black market marijuana. It means Hoosiers will no longer have to drive to Illinois and Michigan to purchase marijuana and break the law by crossing the state line if they do bring home, turning innocent Hoosiers into criminals. It means extra taxes for the state of Indiana. Nowadays with all the fentanyl use we're seeing ... it's just a matter of time before that happens with black market marijuana. You buy it from a

dispensary, you know it's regulated by the state."

McDermott, who is challenging U.S. Sen. Todd Young in November, added, "What we're not advocating for driving under the influence. Treat it just like alcohol. Don't use it at work. It's not for kids under age 21. That's one of the positives about a dispensary because the drug dealer on the street doesn't care if the kid is 14 years old, or 15 or 16. Dispensaries do; you have to have an ID to get in there."

And Merritt, who told me he plans to declare for the 2024 gubernatorial race, added that in 2017 he wrote 24 pieces of legislation of which 17 became law with regards to opioids. He believes medical marijuana and CBDs are "absolutely helping people," adding, "What the State of Indiana ought to do is have a full-throated conversation about this."

I have long thought that marijuana should at least be decriminalized. It's absurd that in 1937 with virtually no credible medical research, the federal government scheduled marijuana in the same category as heroin and morphine, a move opposed by the American Medical Association. With the state and nation facing an opioid and fentanyl crisis, outright marijuana legalization seemed irresponsible. But the veterans gathered at this American Legion Post offered another perspective.

Jason Straw explained, "I was able to get off of 13 VA FDA prescribed medications by using hemp

CBD and medical marijuana." Jeff Staker, who heads Hoosier Veterans for Medical Cannabis, said he turned to marijuana after taking opioids for a decade. He used to experience 20 migraine headaches a month. "Last month," I had only one, he said.

Gov. Eric Holcomb has said he will not act on even decriminalizing marijuana until the FDA reschedules it. "I don't question the potential positive impact it could have, but this needs to be done lawfully," said Holcomb. Yet earlier that day, he appeared with IndyCar driver Tony Kanaan, announcing a new ad campaign to address the average 17 daily suicides by military veterans. "I think it's our duty, quite frankly, as citizens of this nation and state, for those who are fortunate to make it back, to be there for them," Holcomb said.

There is an overwhelming lack of information on all fronts here in Indiana. We don't know the extent of the black market, though a Harvard University study more than a decade ago claimed it was one of Indiana's largest cash crops (it's No. 1 in Kentucky, over tobacco). We don't know the cumulative costs of interdiction, prosecution, corrections, probation, loss of wages and the 100,000 Hoosiers each decade who end up with a criminal record, which is about how many unfilled jobs in the state.

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

# A Very Bad Smell



**CARRIE CLASSON**  
The Postscript

Of course, we should have known something was wrong.

The nice thing about living in our new condo is that we don't have the responsibilities of a stand-alone home. There is no yard to rake, no snow to shovel. There is someone at the front desk who will take in our mail and even water our plants. We were so pleased that we could leave for an extended trip to Mexico without these worries. But then, we got a notice from our electric company that indicated our electric bill was very low. In fact, it was almost nonexistent.

"Well, we're not using any electricity!" I said to my husband, Peter, as he read the notice.

"The refrigerator would still use some," Peter said.

"There must be something wrong with the meter." I try not to invite unnecessary worries. Sometimes this leads to problems. This time, it did.

We were gone a total of 10 weeks. We don't know exactly when the power went out to the refrigerator, but our best guess is that it happened shortly after we left.

We arrived home late at night. "Something smells funny," I told Peter.

"I don't smell anything." I did. There was a very bad smell. That's when Peter opened the fridge. "Oh, NO!"

A giant, noxious wave of smell rolled out of the refrigerator. It was strong enough to make me ill, strong enough to make my eyes water, strong enough to make me run out of the kitchen in a panic.

We had frozen salmon and chicken and shrimp in that freezer. We had bags of corn and squash from the farmers' market, boxes of butter now covered in furry mold, bags of leaking liquid that had exploded from fermentation and

poured from the freezer into the refrigerator. Sitting forlornly in the middle of this wasteland were several dozen ginger cookies that Peter had spent hours baking.

Peter closed the refrigerator door.

I don't think either of us slept much that night. All night, I dreamed I was being chased by a malevolent refrigerator filled with unidentified horrors. Everywhere I went, the refrigerator was waiting for me.

In the morning, my dreams came true.

Peter told the building engineer, Jacob, what had happened, and he gave us a trash barrel on wheels and several heavy-duty trash bags. I put cotton up my nose and a mask over my face, donned gloves, and set to work. We filled the bags, tied them tightly, and Peter brought them downstairs to poor Jacob, who caught a whiff and wheeled the barrel out of the building as fast as he could run.

"He was like a halfback running to the end zone!" Peter said and I got my first good laugh since leav-

ing Mexico.

Four hours later, after detergent and bleach and what felt like endless scrubbing, the fridge looked spotless. I took off my mask and removed the cotton from my nose.

The stench was terrible.

We ran a fan all night. We bought some spray that smelled like lime and sprayed it everywhere. We kept the windows open. That evening, Peter put some beans in water to soak, and we went to bed—thankfully, at the far end of the apartment.

In the morning, Peter got up and started cooking beans and, when I rounded the corner to the kitchen, finally, I smelled something that wasn't terrible. "It smells like beans!" I told Peter.

I wasn't even sure I liked the smell of beans cooking. But this morning, they smelled terrific. In fact, I think beans are my new favorite smell.

Till next time,  
Carrie

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

## En Pointe to Present 'Don Quixote' at Noblesville HS

Under the direction of Pollyana Ribeiro and Robert Moore, En Pointe Indiana Ballet presents the delightful comedic ballet Don Quixote this weekend in Noblesville! A fun-filled full-length ballet with a charming cast of characters, breathtaking costumes, lively dancing and a vibrant set, it is sure to entertain the whole family.

Based on the brilliant literature piece by Cervantes, this classic ballet follows Don Quixote and his squire, Sancho Panza, as they travel to save his imaginary lady Dulcinea. The colorful duo follows a journey that leads them to meet young lovers

Kitri and Basilio. Along the way they encounter villagers, bullfighters, gypsies, cupids, dryads and, of course, a treacherous windmill. Love wins in the end and the village celebrates the wedding of Kitri and Basilio, as Don Quixote and Sancho Panza continue their travels.

Ready for a little mischief and to follow Don Quixote into an imaginary world this weekend? Grab tickets for April 29th or 30th at Noblesville High School and enjoy an unforgettable theater experience! Tickets start at just \$15 and can be found at <https://enpointe.yapsody.com/>

## Spartz Hosts Listening Session at Westfield Library, April 30th



Rep. Victoria Spartz

Congresswoman Victoria Spartz (IN-5) will host a listening session on Saturday, April 30th at the Westfield-Washington Public Library. The event begins at 1:30 p.m. The

address for the Westfield Library is 333 West Hoover St., Westfield, IN 46074.

Parking is located at Westfield Middle School, just across Hoover St. from the library. Those interested in attending the session to ask questions or express concerns should use the southwest door/community room entrance. Signs will be posted on the front door of the library.

For any questions about the event, contact Congresswoman Spartz' Carmel office at (317) 848-0201.

# Shoulder Pain Part 2



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

Welcome back to my two-part series on shoulder pain. First, I want to do a quick review of shoulder anatomy (see the diagram the right shoulder looking from the front). The upper arm bone (humerus) joins to the scapula at the glenoid and is held in place by two structures: (1) a rim of cartilage (glenoid labrum) that forms a shallow cup for the head of the humerus to sit in, and (2) the rotator cuff which is made up of four tendons that wrap around the head of the humerus.

As I stated last week, in order for the shoulder to move in so many directions, it has to be inherently unstable. Since it is so unstable, two of

the most common injuries are dislocations and subluxations. Dislocations result when the ball on the head of the humerus slips out of the glenoid "cup" and remains there. This usually happens when a person's upper arm is hit from behind when the arm is raised to the side and the shoulder is cocked and ready to throw.

A subluxation is less severe than a dislocation. The ball does not completely come out of the cup. Subluxations are usually brief events and the ball returns to its normal position spontaneously but can feel unstable afterward. Dislocations sometimes reduce spontaneously, but often require manipulation by a doctor to get the head of the humerus back in position.

When a dislocation occurs, it can damage structures in the shoulder. The connective tissue capsule around the joint can be torn. One or more tendons in either the rotator cuff or attached to other muscles may be stretched or torn. The glenoid labrum may be torn as well. When these structures are disrupted, it makes

the shoulder even more unstable and more likely to cause additional damage and repeat dislocations.

Treatment for dislocations usually involves rest, bracing, and strengthening the shoulder muscles with physical therapy. Surgery may also be required to repair a torn labrum or tendons.

Another very common cause of shoulder pain is bursitis. Most of our joints are surrounded by fluid-filled sacs that pad the structures around the joint, particularly tendons. These sacs are called bursae (singular bursa). Bursae can become irritated, inflamed, and sometimes infected. Irritation of the bursae in the shoulder can occur following repetitive motion of the shoulder. This is commonly referred to as an "overuse injury." I see this frequently in weekend warriors; not just the folks participating in throwing sports, but also those participating in other repetitive arm motions, like painting their house, trimming trees, or shoveling snow.

Treatment of bursitis can be difficult. Standard treatment consists of rest and

antiinflammatory medication as well as icing. Doctors usually recommend non-steroidal medications (NSAIDs) such as ibuprofen (Advil Motrin) or naproxen (Aleve). If those conservative treatments fail, we may recommend more potent steroids, either taken orally or injected into the bursa.

The final cause of shoulder pain I want to discuss is impingement. This term refers to structures in the shoulder coming into contact with one another resulting in pain. Impingement can be bone-on-bone or bone pinching or rubbing a tendon or bursa. While this occurs more commonly in people who have suffered shoulder injuries, it can also occur in an uninjured shoulder where anatomic structures are naturally close together.

Tendons that have been injured can swell, making them more likely to be pinched or rubbed with shoulder movements. The bones in the shoulder may also develop arthritis with bony overgrowth as a result of injury or natural aging. These overgrowths can lead to impingement

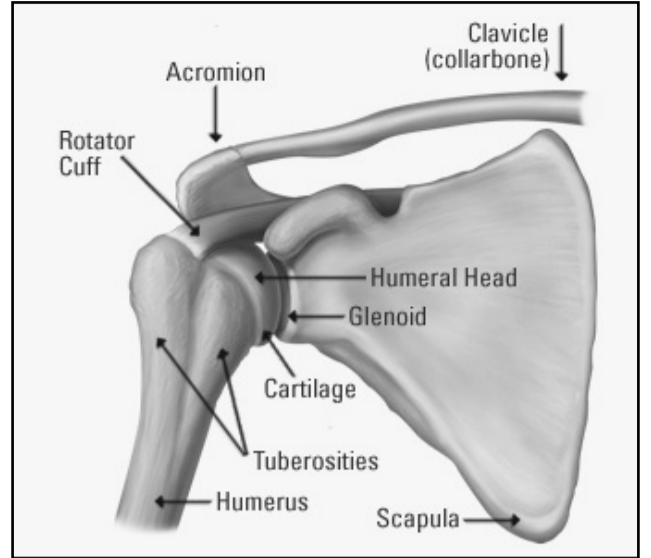


Photo courtesy of Dr. John Roberts

**A diagram of the skeletal structure of the shoulder.**

as well.

Treatment of impingement varies based on the structures involved. Swollen, inflamed tendons or bursae are treated like bursitis. Occasionally, surgery is necessary to make more room for the structure(s) being rubbed or pinched. This can usually be done through small incisions using an arthroscope.

As always, prevention is the best medicine. If you are involved in sports or work activities that involve a lot of shoulder

motion, get involved in a fitness plan to keep your shoulder muscles strong, particularly your rotator cuff. Exercise programs are readily available on the Internet by searching for "shoulder exercises," or "rotator cuff exercises." You can find an excellent resource from the American Academy of Orthopedic Surgeons here: [bit.ly/3xMPBz](http://bit.ly/3xMPBz)

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

MARK

# HALL

FOR HAMILTON COUNTY COUNCIL  
DISTRICT THREE

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

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

**WWW.MARKFHALL.COM**

PAID FOR BY FRIENDS OF MARK HALL



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Photos courtesy of BMW

## 2022 BMW M4 Competition is an Arrow, Niece Approved

Let me tell you about my niece. She's still in high school, but is an archery master. Last weekend, I stood beside her as she put arrow after arrow into a far-away bulls-eye as if she was born to do nothing else – a virtuoso of the backyard target stand. I've also been with her as she shoved a Corvette down two lane backroads with grace that belies her youth. She'd really like the 2022 BMW M4 Competition.

Whether a bow or arrow, the M4 Competition looks ready to shoot down the road. Flared twin nostrils wear angry black slats and are flanked by quad LED headlamps. Muscular fenders and slammed roofline hunker over 19" wheels in front, 20" in the rear. A carbon fiber roof with airflow fins, rear diffuser housing quad trumpets, and black spoiler improve performance – as do the M brakes with

red calipers. Sharp black sill extensions add visual fletching. Get it in Santorini Blue!

You can take your 4-Series with real wood, but the Competition trades for carbon fiber, stitched coverings, and heated/ventilated sport seats with tri-color seatbelts. The thick heated M steering wheel is a tool of tactile delight. Flatscreen gauges and a wide head-up display place speed, audio, and navigation straight ahead. Cranking your favorite music through the 16-speaker Harman Kardon audio system and connected devices via Apple CarPlay or Android Auto.

I used to despise BMW's iDrive infotainment system with its console joywheel and confusing menus, but the latest version is tolerable. Menus are more intuitive as the system can be controlled via dash touchscreen. Adaptive

cruise control with lane tracing steering, automatic emergency braking, blind spot warning, and rear cross path detection enhance safety. Around-view cameras protect those outside too.

If my niece ever stepped into the throttle, she'd have curls whipped into her long straight hair. Smoother than a Boeing Dreamliner gathers speed, the M4's twin-turbo 3.0-liter inline six-cylinder engine dispenses 503 horsepower and 479 lb.-ft. of torque through an eight-speed automatic transmission – paddle shifted if you please. Clamped to the road with all-wheel-drive, 0-60 mph evaporates in 3.4 seconds. Driven more reasonably, a fuel economy rates a sensible 16/22-MPG city/hwy.

My niece gets help from a state-of-the-art "bow" like drivers of the M4 get their share of

### 2022 BMW M4 Competition

**4-passengers, AWD Coupe**

**Powertrain:** 3.0-LTTI6, 8-spd trans

**Output:** 503hp/479 lb.-ft.

**Suspension f/r:** Elect. Ind/Ind

**Wheels f/r:** 19"/20"

**Brakes f/r:** disc/disc

**Must-have features:** Performance, Style

**0-60 mph:** 3.4s

**Fuel economy:** 16/22-MPG city/hwy

**Assembly:** Dingolfing, Germany

**Base/as-tested price:** \$72,000/\$95,845

advancements to enhance performance. The drive mode selector lets owners configure the car for Comfort to waft down the highway or for advanced Sport settings that rattle teeth. Click into 4WD, 4WD Sport, or 2WD depending on your penchant for aggressive driving. A track-ready cooling system with air blades in the fascia enhance high-speed duration.

In the old days, I would never put my niece behind the wheel of the

M4 because she'd have it doing doughnuts without intention. But, this car's electronics would allow her to drive to high school and home without drama. It's so calm on the open road that I almost scared myself when I stomped the throttle on the Interstate and the speedometer rose in a blur of numbers. Its two-faceted personality is nearly unparalleled.

My niece is a natural ace, but also chooses the right tools. Whether you're longing for long



**CASEY WILLIAMS**  
Auto Reviews

days at speed, or just long-distance touring, the M4 Competition is a formidable tool. And, it comes at a cost: Base M4 Coupes start at \$72,000, but came to a lofty \$95,845 all-in. Competitors include the Cadillac CT4 Blackwing, Mercedes-AMG C43 Coupe, and Alfa Romeo Giulia Quadrifoglio.

Storm Forward!

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

## Hamilton County Students Named Among 2022 Indiana Academic All-Stars

Three Hamilton County students were named among the recipients for the 2022 Indiana Academic All-Stars program. The three students were Rishabh Bhadouriya of Fishers High School, Aisha Kokan of University High School and Kevin Wang Carmel High School. All three were named among the top 40 students in the state.

Now in its 36th year, forty high school seniors from throughout Indiana have been named 2022 Indiana Academic All-Stars, a program of the Indiana Association of School Principals (IASP). In addition, 50 other students were recognized as Academic All-Star Regional Honorees. The students were selected from a field of 277 outstanding nominees from the state's private and public accredited schools.

Academic All-Star distinction recognizes seniors who excel in the classroom first and foremost, but who also are actively involved in their schools and communities, and take on leadership roles in those activities. The program is produced by the Indiana Association of School Principals, with support provided by DePauw University and Purdue University, along with corporate partner Inter-State Studios.

The IASP Indiana Academic All-Stars program salutes academic excellence in the same manner that student athletes traditionally are honored. By providing a showcase for academically talented seniors, the sponsoring organizations hope to accomplish the following objectives:

- Give academic achievement the prestige it deserves
- Motivate students to recognize the value of academic excellence
- Provide students with

an incentive for academic achievement

- Promote a positive image of Indiana's young people.

Each public and private high school accredited by the Indiana Department of Education may nominate one senior for consideration as an Indiana Academic All-Star. From these nominees, a selection committee chose the Regional winners (representing five regions in Indiana) and the 40 Indiana Academic All-Stars. Selection of the school's nominee is based upon the following considerations:

- Student transcript, with a focus on Advanced Placement, Dual Credit, International Baccalaureate, and Advanced College Placement classes taken/grades received.
- Academic achievements and honors, academic courses and academic extracurricular activities.
- Other extracurricular activities, community service and leadership qualities.

The following are recognized as 2022 Indiana Academic All-Stars:

- Rishabh Bhadouriya, Fishers High School, Fishers
- Aisha Kokan, University High School, Carmel
- Kevin Wang, Carmel High School, Carmel
- Yahya Amjad, Lawrence Central High School, Indianapolis
- Hala Ansari, Penn High School, Mishawaka
- Ethan Kenneth Bock, Fremont High School, Fremont
- Regan Brouwer, Warsaw Community High School, Warsaw
- Lauren Caldwell, Cathedral High School, Indianapolis
- Emma Cooper, Avon High School, Avon
- Kaylyn Cooper, Pike High School, Indianapolis
- Helena M. Donaldson,

F.J. Reitz High School, Evansville

- Wade Levi Elliott, West Washington Jr./Sr. High School, Campbellsville
- Timothy Kyle Eubank, Heritage Hills High School, Lincoln City
- Josephine Fields, Brown County High School, Nashville
- Carson James Goeglein, Homestead High School, Fort Wayne
- Brayden Gogis, Franklin Central High School, Indianapolis
- Margaret Gonzalez, Brebeuf Jesuit Preparatory School, Indianapolis
- Brendan R Gschwind, Washington Twp. Mid/High School, Valparaiso
- Catherine Hodge, South Putnam Middle & High School, Greencastle
- Ashley Grace Melton Holmes, Signature School, Inc., Evansville
- Alana Gabriella Jardenil, Chesterton High School, Chesterton
- Dagan James Knight, Perry Meridian High School, Indianapolis
- Audrey Knoper, Western Boone Jr/Sr High School, Thorntown
- Tyce Jeffrey Kolan, Morgan Township Middle/High School, Valparaiso
- Mingjia Li, Canterbury School, Fort Wayne
- Matthew Titan Liu, Columbus North High School, Columbus
- Paige Lyness, East Central High School, St. Leon
- Luke P. McCartney, Eastern Hancock High School, Charlottesville
- Molly Jane Mendenhall, Richmond High School, Richmond
- Lindsey Nickel, International School of Indiana, Indianapolis
- Elizabeth Parrish, Rensselaer Central High School, Rensselaer
- Mathilde Robinson, Bloomington High School South, Bloomington

- Ethan Schassburger, Lake Central High School, St. John
- Zhuhan Shao, Zionsville Community High School, Zionsville
- Chantel Jeanine Sowers, Wes-Del Middle/High School, Gaston
- Kathryn Voegele, Oldenburg Academy, Oldenburg
- Brayden Walters, Brownsburg High School, Brownsburg
- Kaitlyn Wong, Bloomington High School North, Bloomington
- Vanessa Xiao, Park Tudor School, Indianapolis
- Ava Zientarski, Marquette Catholic High School, Michigan City

The students listed below are recognized as 2022 Regional Academic All-Stars:

- Camille Annan, Elkhart Christian Academy, Elkhart
- Sophia Noelle Bell, DeKalb High School, Waterloo
- Marinna Bogatov, Warren Central High School, Indianapolis
- Madilyn Calloway, Rochester Community High School, Rochester
- Kinzie Carr, Central High School, Evansville
- Anne Marie Cole, Wabash High School, Wabash
- Elizabeth Coleman, Greenfield-Central High School, Greenfield
- Joshua Culver, Saint Joseph High School, South Bend
- Richard Paul Davis, Twin Lakes High School, Monticello
- Kendall Davison, Clinton Central Jr/Sr High School, Michigantown
- Delaney Felts, South Decatur Jr/Sr High School, Greensburg
- Brooke Fife, Tri-West Hendricks Sr. High School, Lizton
- Kate Floberg, Heritage Christian School, Indianapolis

- Lexi Frey, Speedway High School, Speedway
- Alyson Galey, Lawrenceburg High School, Lawrenceburg
- Katrina Gangstad, Roncalli High School, Indianapolis
- Jenna Gardner, Vincennes Lincoln High School, Vincennes
- Sofia Granieri, Terre Haute North Vigo High School, Terre Haute
- Emily Hawk, North Daviess Jr/Sr High School, Elkhart
- Lucas Herbst, Wapahani High School, Selma
- MaryMargaret Holman, Elkhart High School, Elkhart
- JC Hyde, Floyd Central High School, Floyds Knobs
- Jain Iftesam, Lawrence North High School, Indianapolis
- Carson J. Kniola, St. Theodore Guerin High School, Noblesville
- Adam Mack, North Decatur Jr/Sr High School, Greensburg
- Daniel Patrick O'Gara, Bishop Chatard High School, Indianapolis
- Colin Owens, Scottsburg High School, Scottsburg
- Mason R. Phillips, Boonville High School, Boonville
- Alayna Rodgers, Evansville Day School, Evansville
- Emily Roe, Reitz Memorial High School, Evansville
- Adrian Schouten, Culver Community Middle/High School, Culver
- Carter Schutt, Triton Central High School, Fairland
- Andrew Schwartz, Adams Central High School, Monroe
- Nicholas D. Shuble, LaPorte High School, LaPorte
- Parker F. Smith, North White Middle/High School, Monon
- Lauren Nicole Snyder, Triton Jr/Sr High School,

Bourbon

- Patricia Solliday, White River Valley High School, Switz City
- Jennifer Swartzentruber, Barr-Reeve Middle/High School, Montgomery
- Kahleb Teall, Fairfield Jr./Sr. High School, Goshen
- Amber Marie Thompson, River Forest High School, Hobart
- Kennedy Tolen, Benton Central Jr/Sr High School, Oxford
- Wade Toth, Knightstown High School, Knightstown
- Gabrielle Vincent, NorthWood High School, Nappanee
- Kaylee J. Waskom, Seymour High School, Seymour
- Karlee Waugh, Plainfield High School, Plainfield
- Khain Nin Way, East Allen University, Fort Wayne
- Marley White, Marion High School, Marion
- Rilyn Wonnell, Kokomo High School, Kokomo
- Hunter Wood, Kouts Middle/Sr. High School, Kouts
- Rose Yang, Franklin Community High School, Franklin

The Indiana Association of School Principals leads in the advocacy and support of all principals in their commitment to every child. The Department of Student Programs hosts academic competitions for students in grades 4-12, as well as a Martin Luther King Jr. essay contest, the Academic All-Stars Program, and the Indiana Cheer Championship. Annually, over 40,000 students are involved in Department of Student Programs sponsored events. To learn more about the Indiana Association of School Principals and the Department of Student Programs, visit [www.iasp.org](http://www.iasp.org)

## Registration for FPD Summer Teen Academy Open Now, Ends May 20th

The 20th session of the Fishers Police Department Teen Academy will be held in conjunction with the Fishers FOP and the Fishers YMCA from July 11-15, 2022. This year's academy will be held at Riverside Intermediate School. The Teen Academy is one week of law enforcement-type training that will allow teens to better understand how law enforcement works.

The purpose of the academy is to provide teens with an opportunity to better understand police officers and, more specifically, to strengthen the relationship between the officers of the Fishers Police Department and the community. Officers will provide an overview of the roles and responsibilities of FPD Officers and insight into some of the specialized units and skills within FPD. Topics will include how to make a traffic stop, how the K-9 Unit works within

the agency, the role of the Fishers Dive Team, how Crime Scene Investigators process scenes, and how to safely navigate social media and the internet. Students will have some classroom instruction and practical role play training each day.

The academy will begin with physical fitness at 9 a.m. each morning. Participants will then attend informational sessions followed by practical hands-on training to reinforce the lesson(s) of the day. Each day will end with a social activity between officers and students, and participants will be dismissed at 3:30 p.m.

The academy is open to youth in junior high who have completed the seventh grade through students entering their senior year in high school. Applicants must be enrolled in or planning to attend a junior high or high school in Fishers in the fall of 2022. FPD

Officers will complete a background check on each applicant. There is no fee for the Teen Academy, but advanced registration is required. Walk-ins will not be permitted. There are a total of 40 spots available for this year's academy.

Begin the registration process by submitting interest at this link, <https://app.smartsheet.com/b/form/6f9bf135ea0e-44c4a86eb3f00aa13ad5>. Registration is a two-step process. Step one is a pre-registration application and background check; once pre-registration and the background screening have been completed and an applicant has been approved for participation, applicants will receive an email from FISHERS, IN with final registration information and camp details.

Registration will be open April 25, 2022, until May 20, 2022, or until the camp reaches capacity.

## Inland Stream Trout Season Opens Saturday, April 30th



Nearly 22,000 trout are being stocked by the DNR Division of Fish & Wildlife in 16 different streams across Indiana for inland trout season, which starts at 6 a.m. local time on Saturday, April 30.

The stocked trout come from Curtis Creek Trout Rearing Station near Howe in LaGrange County and average roughly 11 inches in length.

To find a stocked stream near you, see the second page of the trout stocking plan at [bit.ly/36XmSgi](http://bit.ly/36XmSgi).

One body of water that is absent from this year's April stocking list is the tailwater of Brookville Lake in Franklin County. Scheduled maintenance by the U.S. Army Corps of Engineers is delaying rainbow trout stockings there until fall.

Trout will bite on a variety of artificial baits such as spinners and flies, but natural baits such as worms and bee moths tend to be the most popular.

The bag limit for trout in inland waters, other than Lake Michigan and its tributaries, is five per day with a minimum size of 7 inches. No more than one of these can be a brown trout. Additionally, any harvested brown trout caught below the Brookville tailwater must be 18 inches or larger. There is no closed season for taking trout from inland lakes.

To fish for trout, anglers 18 and older need an Indiana fishing license and a trout/salmon stamp. Both can be bought at [on.IN.gov/INhuntfish](http://on.IN.gov/INhuntfish).

## Indiana Voters: for May 3rd Primary, Ivoterguide.Com Provides Precise and Well-Researched Facts on Candidates

State primaries and local races around the nation are especially significant this election year, and iVoterGuide.com is helping to ensure that voters everywhere are informed before they head to the polls.

"Regardless of how they cast their votes, Americans want accurate, well-researched information and trusted guidance in order to remove all uncertainty from the most important part of voting—making the right choice," said iVoterGuide.com President Debbie Wuthnow. "The largest threat to our republic is the indifference many Americans exhibit by not participating in the elections, especially the party primary, which is often when the real choice occurs. One key reason is the lack of information on candidates. Now more than ever, Americans need reliable, honest, comprehensive facts about candidates that our trusted voter guide provides through just a couple of clicks."

In 2022, iVoterGuide.com's expert researchers will give an in-depth analysis — and overall rating — from a Christian and conservative perspective for 12,000+ candidates nationwide.

Additionally, iVoterGuide.com offers election dates, registration deadlines, polling locations, and other information needed to help Americans vote wisely and identify candidates on the ballot who share their values. Related tools are also available to inform family, neighbors, and business associates about getting their own personalized ballots.

In order to provide the most comprehensive, educational information on thousands of races across the country, iVoterGuide.com has researched over 36,000 candidates in more than 17,000 races and offers personalized voting information and candidate evaluations. Learn more at [ivoterguide.com](http://ivoterguide.com).

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iVoterGuide.com provides accurate, up-to-date information on thousands of candidates. Because differences between candidates aren't as readily apparent in the primary as in the General Election, iVoterGuide.com's research and ratings can be extremely valuable in helping voters determine the distinctions between candidates who all run under the same party banner.

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For more information on iVoterGuide.com, visit [ivoterguide.com](http://ivoterguide.com) or follow iVoterGuide.com on Facebook, Twitter or Instagram.

## Celebrate Visit Indiana Week with the Indiana State Nature and Culinary Trails Passports



Visit Indiana Week is May 1-7, in conjunction with National Travel & Tourism Week. This week aims to educate the public about the importance and impact of travel and tourism. The Office of Lt. Governor Suzanne Crouch, the Indiana Destination Development Corporation (IDDC), Indiana Department of Natural Resources (DNR) and Indiana Foodways Alliance (IFA) are inviting people to explore the state.

"Over 25,000 people have signed up for the passports," Lt. Gov. Crouch said. "DNR is offering free gate admission to all DNR properties on Sunday, May 1. It's also a free fishing day without

a permit."

All week during Visit Indiana Week, visitors will be eligible for prizes when they check in using the Indiana State Nature Passport. At the end of the week, one person will win the grand prize, a 2022 State Parks Pass, a \$50 gift card for camping and a subscription to Outdoor Indiana magazine. Visitors who donate to the DNR Foundation throughout the month will also earn a free check-in.

Indiana is home to incredible frozen treats, from monster sundaes to an array of bountiful flavors. And throughout the month of May, anyone who checks in via the I Scream for Ice Cream Trail™ is eligible to win a

gift card from one of the trail stops courtesy of Indiana Foodways Alliance.

"From farms that produce unique flavors and local businesses specializing in ice cream, hundreds of flavors are waiting to be sampled," said Elaine Bedel, IDDC's Secretary and CEO.

For more information on the Indiana Culinary Trails Passport or Indiana State Nature Passport, go to [VisitIndiana.com/Explore](http://VisitIndiana.com/Explore) or scan the QR code. To follow Visit Indiana on social media: Facebook, Twitter or Instagram.

*\*The passport does not replace the entrance fee for a state property.*

*\*\*All prizes are available while supplies last.*

Thanks for reading The Times!

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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](http://www.thetimes24-7.com).

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## Indiana Arts Commission, Department of Education Partner to Offer Arts Integration Learning Opportunity



The Indiana Arts Commission (IAC) announced today that it is partnering with the Indiana Department of Education to offer two Arts Integration Learning Labs for K-12 educators and teaching artists. Arts integration is the work of skillfully combining arts learning with other learning goals. The Learning Labs are designed to empower teaching artists and classroom educators to partner together on meaningful arts integration experiences for their

students. This partnership follows the Partnering Arts, Communities, and Education (PACE) program, a research program conducted by the IAC from 2015 to 2021, which explored the impact of a long-term artist residency in elementary classrooms. Research findings from the PACE program demonstrated clear growth and a positive impact on the learning outcomes and engagement of young people involved in the program.

The Arts Integration Learning Labs will utilize the learnings from the PACE program to expand educators' and artists' tools in creative teaching strategies. The in-person, hands-on trainings will feature dual tracks for classroom educators and teaching artists to learn content specifically

tailored to them, as well as opportunities for the two groups to come together to network with and learn from one another. Following the Learning Labs, educators will be eligible to apply for up to \$3,000 in fellowship funding to put their learning into practice in their own classrooms.

"Activating the learnings from the PACE program for a broader cohort of classroom educators and teaching artists has been the goal since we launched the program in 2015," said Miah Michaelsen, IAC Executive Director. "The PACE program clearly demonstrates the impact that a focused quality education infused with arts provides for learners over time. We are grateful for the partnership of the Department of Education in broadening access to arts integration for classroom

educators, teaching artists, and students."

The two Arts Integration Learning Lab full-day trainings will occur on Wednesday, July 13th in Muncie, IN and Friday, July 15th at the Thyen-Clark Cultural Center in Jasper, IN. Each training is free to attend with limited spots available. This opportunity is open to all Indiana classroom educators, though the design of the content will be especially beneficial for K-8 non-arts educators and teaching artists who have some previous experience in working with youth.

To participate, apply online at <https://forms.office.com/pages/responsepage.aspx?id=ur-ZIQmKE0-wx-Bi0WTPYjYDqy41nL-g1cLq7r-BQJUNDA1UI-hWTE82Sk42NthIVVFN-SEVBTVhYSiQIQCN0P-Wcu>.

## Make a Powerful Impact by Giving Blood This Spring

The American Red Cross, Pro Football Hall of Famer Jerry Rice and Suburban Propane have joined together to encourage communities to commit to a simple act with a powerful impact – giving blood or platelets for patients in need.

This spring, it's critically important the Red Cross maintains a readily available blood supply for those who rely on transfusions for treatment. Since donated blood has a limited shelf life, supplies must be constantly replenished to ensure a sufficient inventory of blood products. With no substitution for blood and no way to manufacture it, volunteer donors are the only source of blood products for patients with sickle cell disease, car accident victims and parents experiencing difficult childbirths.

As a blood donor himself, Jerry Rice urges individuals to roll up a sleeve and take pride in the life-saving impact they're making. "Here's your chance to make a difference," said Rice. "You never know who you might be helping. It could be a friend or family member who needs blood – and that's why it's so important."

As a thank-you, Suburban Propane is fueling a lifetime of road-tripping memories with a special opportunity for donors who answer the call to give power to patients. Those who come to give blood, platelets or plasma April 19-May 19, 2022, will be automatically entered to win a travel trailer camper that sleeps eight. Plus, those who come to give will also receive a \$10 e-gift card to a merchant of choice, all courtesy of Suburban Propane.\*

"We are honored to join our longtime partners at the American Red Cross and football legend Jerry Rice to raise awareness about the need for blood this spring," said Nandini Sankara, spokesperson, Suburban Propane. "This effort is a wonderful addition to our Suburban-Cares initiative, aimed at giving back to our local communities throughout the nation, and we are delighted to sponsor the camper giveaway in hopes of motivating even more people to donate blood and give the gift of life."

The Red Cross is testing all donations for COVID-19 antibodies for a limited time. Results may indicate if the donor's immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed symptoms.

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

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

At a time when health

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

Donors can expect to receive antibody testing results and sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at [RedCrossBlood.org](http://RedCrossBlood.org).

The Red Cross follows a high standard of safety and infection control. The Red Cross will continue to socially distance wherever possible at blood drives, donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are asked to schedule an appointment prior to arriving at a drive.

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org) or [CruzRojAmericana.org](http://CruzRojAmericana.org), or visit us on Twitter at @RedCross.

## Centerpoint Energy Reminds Customers Contact 811 Before Digging to Keep Communities Safe

In recognition of National Safe Digging Month, CenterPoint Energy urges customers to call 811 before beginning projects that require digging to prevent damage to essential underground utilities and keep communities safe. With warmer weather, outdoor projects begin such as gardening, building a fence, installing a mailbox or installing a pool. Before beginning the work, customers should request that the approximate location of buried utilities be marked with paint or flags to prevent unintentional digging into an underground utility line. Private-owned lines, such as sprinklers or lines serving outdoor appliances, are not marked by the utility.

CenterPoint Energy's natural gas transmission and distribution business has been serving customers for more than a cen-

tury, carrying natural gas used to heat homes and fuel appliances. According to Common Ground Alliance's (CGA) 2021 omnibus study, an association dedicated to voicing best practices used to prevent damage to underground infrastructure, 49% of U.S. homeowners plan to dig this year without contacting 811 beforehand to learn the approximate location of underground utilities, putting themselves and their communities at risk.

"Utilizing 811 is the law in most states and required to properly locate all of the utilities prior to beginning digging projects," said Shane Alexander, Director, Damage Prevention for CenterPoint Energy. "Everyone is expected to use the 811 system and have utilities marked, regardless of how big or small you think the project is."

As part of National Safe Digging Month, CenterPoint Energy encourages homeowners to take the following steps when planning a digging project this spring:

- Always contact 811 two to three days before digging, regardless of the depth or familiarity with the property.
- Plan ahead. Make a no-cost 811 request on Monday or Tuesday for work planned for an upcoming weekend, providing ample time for the approximate location of lines to be marked.
- Confirm that all lines have been marked.
- Consider moving the location of your project if it is near utility line markings.
- If a contractor has been hired, confirm that the contractor has contacted 811. Don't allow work to begin if the lines aren't marked.

• Visit [www.811beforeyoudig.com](http://www.811beforeyoudig.com) for complete information.

Customers calling 811 will be connected to a local one call notification center that will take their information and communicate it to local utility companies. Professional locators will then visit the dig site to mark the approximate location of underground utility lines with spray paint, flags or both. Once a site has been accurately marked, it is safe to begin digging around the marked areas.

In the case of hit pipeline, one should leave the area immediately. Once in a safe location, report the leak by calling the CenterPoint Energy utility emergency line at 888-876-5786.

Additional information about pipeline safety can be found at [www.centerpointenergy.com/callbeforeyoudig](http://www.centerpointenergy.com/callbeforeyoudig).

## Victims' Rights Awareness Week Puts Focus On Survivors, Families

National Crime Victims' Rights Week, observed April 24 - 30 this year, is a time when communities across the nation join together in recognition and support of survivors. As commemorative vigils and events are held across the state, the Indiana Criminal Justice Institute is ramping up efforts to spread awareness about its Victim Compensation Program and other resources that exist to assist those impacted by violent crime.

"Much of the work we do at the agency is dedicated to supporting crime victims and the organizations that advocate on their behalf," said Devon McDonald, ICJI Executive Director. "Ultimately, we wish these resources weren't needed, but it's important for people to know they exist in the unfortunate event that they become a victim of a crime."

Established in 1978, the state's Victim Compensation Program works to make victims and their families whole by covering certain expenses incurred as a result of a violent crime. Compensation, which typically comes in the form of reimbursement to providers, can be used to help with items such as medical bills, funeral costs and counseling services, in certain circumstances.

For instance, the crime must have occurred within the past two years,

resulted in physical injury and be reported to law enforcement within 72 hours. If eligible, claimants can be reimbursed up to \$15,000 in cases involving bodily injury. If the criminal act resulted in loss of life, the family of the victim may be eligible for an additional \$5,000 to recoup funeral and burial expenses.

In March, the Indiana General Assembly passed legislation, authored by State Rep. Sharon Negele (R-Attica), that expands the list of expenses eligible for compensation. Starting on July 1, the program will be able to reimburse costs associated with crime scene cleanup and the replacement of windows or door locks – a request that's often made, according to the agency.

The new law also provides flexibility and removes a common barrier to sexual assault victims receiving compensation. Currently, claimants are required to report the

crime and cooperate with law enforcement as an eligibility requirement. Once in effect, the law will allow victims who have had a forensic exam conducted to be eligible for compensation, whether they choose to involve the police or not.

"Crime can take a serious toll on innocent victims who are often left to deal with the emotional, physical and even financial aftermath," Negele said. "Victims and their families are not alone, and we wanted to do more for them. That's why this new law expands important resources and creates further opportunities for reimbursement to help those who may be struggling."

In addition to the Victim Compensation Program, ICJI also oversees the Indiana Sexual Assault Kit Tracking System. Survivors who are interested in tracking the status of their sexual assault kits can do so by visiting [on.in.gov/TrackMyKit](http://on.in.gov/TrackMyKit) and then entering their sexual assault kit serial number and assigned pin. The website is simple, secure and confidential, and the results are available within seconds.

Along with providing direct support to victims, ICJI also administers several state and federal grant programs to assist organizations in their efforts to provide services and support to victims and prevent violent crime.

For a list of those programs and other CJI resources, like a brochure of sexual assault victims' rights, visit [www.cji.in.gov/victim-services](http://www.cji.in.gov/victim-services). For victim-centered resources on topics ranging from domestic violence to human trafficking, visit [HopeAndHelpIN.org](http://HopeAndHelpIN.org).

The Indiana Criminal Justice Institute (ICJI) is the state planning agency for criminal justice, juvenile justice, traffic safety and victim services. ICJI is designated as the state administering agency for distribution of federal funds and as the state Statistical Analysis Center for research. ICJI is responsible for coordinating and collaborating with local, state and federal entities to identify, assess, plan, resource and evaluate new and emerging issues facing the criminal justice and public safety spectrum. Visit [www.cji.in.gov](http://www.cji.in.gov) to learn more about the agency.



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**NOTICE OF ADOPTION**

To the taxpayers of the City of Fishers, Hamilton County, Indiana. You are hereby notified that on April 18, 2022, the Common Council for the City of Fishers, Hamilton County, Indiana, pursuant to notice heretofore given, and under and by virtue of Indiana Code section 36-9-15.5, duly adopted a plan whereby a Cumulative Capital Development Fund was established for all applicable uses stated within Indiana Code section 36-9-15.5.

The fund will be provided for by a property tax rate of Five Cents (\$0.05) on each one hundred dollars (\$100.00) of taxable real and personal property within the taxing unit beginning in 2022 payable in 2023 and thereafter, continuing until reduced or rescinded.

Twenty-Five (25) or more taxpayers in the taxing unit who will be affected by the tax rate and corresponding levy may file a petition with the Hamilton County Auditor not later than noon 30 days after the publication of this Notice setting forth their objections to the proposed cumulative fund. Upon the filing of the petition, the County Auditor shall immediately certify the same to the Department of Local Government Finance, at which point the Department will fix a date for and conduct a public hearing on the proposed cumulative fund before issuing its approval, disapproval, or modification thereof.

Dated this 5th day of April, 2022.

CITY OF FISHERS,  
/s/ Christopher P. Greisl  
City Attorney, Administration  
One Municipal Drive  
Fishers, IN 46038  
TL18976 4/26 11 hspajlp

## BETSY

From Page A1



The Times photo by Betsy Reason

The first creation on the Welcome to Fairyville Trail was the Queenie Martini house by Martin & Martin of Noblesville.



The Times photo by Betsy Reason

Noblesville's Andy Schomburg, a teacher at HSE Schools, performs as the roving Andy Schomburg Band – made up of himself, his 12-string guitar and his harmonica – on Saturday afternoon along the Fairyville Trail.



The Times photo by Betsy Reason

Nickel Plate Arts executive director Aili McGill (back left) assists guests to Welcome to Fairyville activities at the campus on Saturday afternoon in downtown Noblesville.

fairy library books and photo opportunities.

A tree tour that featured the city's oldest trees and fun stories started at the Boys & Girls Club of Noblesville.

Hamilton County Artists' Association artist Nate Thacker of Carmel demonstrated painting a picture on an easel on Saturday in the fairy booth vendor area

located in the Hamilton County employee parking lot next to Riverside Cemetery in downtown Noblesville.

There were kids and adults dressed in costumes, from wearing pointed Fairy ears to Kelsey Bowyer of Noblesville donning a mushroom hat at her Kelsey Bee Art Collection booth.



The Times photo by Betsy Reason

Conner Prairie youth volunteers in the museum's spinning program – Addison McMillan (from left), Victoria Kalscheur and her sister, Anna Kalscheur (standing) – demonstrate spinning, carding and other techniques during Welcome to Fairyville on Saturday at the Hamilton County Artists' Association Birdie Gallery.

My daughter was among the Conner Prairie youth volunteers, who are in the spinning program, and who demonstrated spinning, carding and other techniques all day Saturday at the Hamilton County Artists' Association Birdie Gallery in downtown Noblesville, just a brief

stroll from the Fairyville vendor area and Riverside Cemetery.

After Bolden's Cleaners closed on Saturday, the parking lot transformed into a dance floor where Crossroads Dance Indy performed.

There was also a Fairy Toadstool Fashion Show by Lil Bloomers chil-



The Times photo by Betsy Reason

Maroline Ritter of Fishers and Diane Reed of Noblesville dress as The Belfry Theatre fairies and give out upcoming show and audition information during Welcome to Fairyville Saturday at the Nickel Plate Arts campus in downtown Noblesville. Ritter organized Belfry fairies who roamed Fairyville events.

dren's boutique, where face painting also took place.

Welcome to Fairyville actually kicked off on Wednesday. Caravan Classes, Kiln Creations and Shine Yoga also participated with theme activities.

While I didn't participate in the new Fairyville

After Dark, I did see photos of some of the groupings on Facebook, including Noblesville Common Council member Darren Peterson, who sported a crown and pointed ears for bartending during Fairyville.

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

## COMMITTEE

From Page A1

in downtown Noblesville in the early 1900s. Richardson is semi-retired and owns two buildings on the historic square. In his free time, Richardson serves as a board member of the Noblesville Preservation Alliance and Noblesville Schools Educational Foundation and is a committee member of Noblesville Main Street. He previously attended Noblesville's sesquicentennial celebration 50 years ago.

Megan Wiles is the executive director of Riverview Health Foundation. She has served in that role since March 2015. Her responsibilities include working with the Riverview Health Foundation Board of Directors and community members to raise charitable dollars for the

benefit of patients and their families of Riverview Health, the county hospital for Hamilton County. Wiles also is in her second term as a member of the Noblesville Common Council and is currently serving as council president. She has previously served as council vice president, chaired the Economic Development Committee and Finance Committee and created the Downtown District Committee.

Conner and Josiah Polk laid out what is now downtown Noblesville in 1823, which was designated as the Hamilton County seat in 1824 and incorporated in 1851.

Those interested in helping with the event can email [bicentennial@noblesville.in.us](mailto:bicentennial@noblesville.in.us) for more information.

## SHERIDAN

From Page A1



Photo courtesy of the Sheridan Historical Society

Amber Kiger and Sharon Phillips display some of the offerings to be available at the Sheridan Farmers and Artisan Market.

candles, hand-made cards and hand-crafted blankets. The hope is also that local musicians could potentially come out and play during the market hours for entertainment. Food

truck vendors will also be available for customers' convenience.

On opening day on May 7th, the market hopes to have a Sheridan fire truck and its crew and a

police cruiser and officer on scene to interact with the public and respond to public safety questions and concerns. For the Saturday of the Independence Day holiday weekend on July 2nd, the kids can enjoy a bounce house.

To entice younger entrepreneurs, the market is offering up Junior Vendor spots. And if your not-for-profit organization would like to have a presence, the market will collaborate with you to find a date for your group to have a spot at the market. Junior Vendors and not-for-profits are asked to contact Sharon Phillips (317-345-1682 or [sphillips55@sbeglobal.net](mailto:sphillips55@sbeglobal.net)) to make arrangements to participate.

Vendors who want to participate need to contact Sharon Phillips at (317) 345-1682. A full season

vendor pass costs \$200 and will be good for the 12 Saturdays of the season from May 7 through October 8. The per-market vendor pass is \$30 per session.

Sheridan has experienced many markets over the years, some more successful than others. Successful or not, it is wonderful that people like Sharon and Amber keep trying to provide a venue for folks to come on a Saturday morning and avail themselves of a wide variety of locally grown, locally prepared and locally hand-crafted items. The Sheridan Historical Society hopes the community will come forward to participate and support this effort so that it can sustain itself year after year. It is good for our community, and good for you, too.

## MARLOWE

From Page A1

Ed seemed happy here.

Through the weeks, Ed and I carved out a strong interpersonal relationship. We greeted each other each morning. Most days, I'd invite Ed to join me for lunch on my back deck. Without fail, day in and day out, Ed stopped outside the window of my home office, just to poke his head against the pane to say hello.

Well, he didn't really "say" hello, I guess. He communicated nonverbally. He used a series of body displays and gestures, yet it wasn't difficult to figure out what Ed wanted to convey.

Trust me, I wanted to talk with Ed. I wanted desperately to know what was on his mind. Howev-

er, as much as I searched, I could never find anyone offering a "Peacock as a second language" course.

That's right, Ed is a peacock. Was a peacock.

On Easter morning, neighbors found in their back yard, evidence of a Herculean struggle for life or death. Green and gold feathers, adorned with the traditional eye-spot pattern lay strewn around the battlefield, and when they discovered a pile of beautiful indigo feathers -- the feathers that festooned Ed's elongated neck -- it was obvious that Ed was no more.

Rest in pieces, my friend.

Further exploration indicates that Ed was outfoxed by, well ... by

a fox.

We do have a female fox in the neighborhood, and she's raising a skulk of kits. True, she's the biggest fox I've ever seen -- easily the size of my neighbor's Dalmatian. Yet, I never thought she'd go after Ed.

Ed was too big, I thought. Too flamboyant. His crowned head towered over the hood of my car, and I'm not sure I could get my arms around Ed's corpulent body, even if I had tried. And I didn't try. Ed was certainly not a cuddler. He stayed aloof, brandishing human hand-sized talons to ward off those of us who ventured too close.

Yet, Ed never bothered anyone. Well, we do have

one neighbor who hoped somehow Ed would go away. I grant you, having Ed around your yard could be quite messy. It was a lot like owning a feathered St. Bernard.

Nevertheless, to most, Ed evoked joy not irritation.

There is something spiritual about having a peacock. He arrived on Thanksgiving, during a year when I wasn't particularly grateful. He departed on Easter, when I needed reminding of the meaning of new life.

Early Christians, in fact, considered the peacock to be the symbol of the resurrection. Many Asians consider it the symbol of rejuvenation.

I called the peacock, Ed,

because the only other person that I knew with a peacock was a farmer named Ed. Ironically, Ed -- the farmer -- passed away one week before Ed -- the bird -- showed up in my driveway. Makes one think, doesn't it?

I really loved telling people that I had a peacock, not that he was ever mine. He belonged to all of us, maybe to even something greater than us.

The children in the neighborhood called the peacock "Blue," because of his bright blue feathers. His death has been particularly hard on the kids. For most, this is their first experience. Together, we stood around Ed's grave in an impromptu funeral

ceremony.

The children wanted it. I'm glad they did. It helps us all understand life.

The kids placed spring flowers of violets and cherry blossoms on the soft dirt, and they asked me to say a few words. I've done a few eulogies through the years, but never for a peacock. I decided to end the service with a familiar hymn.

All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
'Twas God that made them all

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

Thanks for reading The Times, Hamilton County!



# TUESDAY

## In The Kitchen

# DAY

Tuesday, April 26, 2022

A9

## WHIP UP A BOUNTIFUL WEEKEND BRUNCH



Overnight Apple Cinnamon French Toast Casserole

### FAMILY FEATURES

**F**resh air, warm sun and delicious foods make brunch a favorite weekend event. Set the stage (and the table) for an inviting experience with recipes that cover all the bases from snacks and desserts to a mouthwatering main course.

Tide the appetite of your guests with Spiced Grass-Fed Lamb Over Hummus served with toasted flatbread or tortilla chips before dishing out Overnight Apple Cinnamon French Toast Casserole for a simple centerpiece. Just as those delectable dishes are vanishing, pull Brown Sugar Pound Cake out of the oven and pair with sweetened whipped cream and fresh fruit for a sweet finishing touch.

Visit [Culinary.net](http://Culinary.net) to find more ways to broaden your brunch menu.

### Wake Up to a Wonderful Brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at [Culinary.net](http://Culinary.net).

### Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

Spray 8-by-8-inch glass baking dish with nonstick cooking spray.

In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes. Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

### A Fresh, Flavorful Brunch Bite

Brunch is a perfect opportunity to entertain friends and family with delicious recipes that will delight their taste buds. For example, this smooth hummus is paired with tender New Zealand grass-fed lamb loin chops and fresh toppings for flavor in every bite.

Ready in less than 30 minutes, this Spiced Grass-Fed Lamb Over Hummus recipe is made using Atkins Ranch lamb, which is available at your local Whole Foods Market and hails from New Zealand where the animals are grass-fed 365 days a year and allowed to roam and graze freely over lush green hills and pastures. The result is a lean, finely textured, flavorful meat that tastes just as nature intended.

Visit [beefandlambnz.com](http://beefandlambnz.com) for more recipes, cooking tips and information.

### Spiced Grass-Fed Lamb Over Hummus

Prep time: 15 minutes  
Cook time: 5 minutes  
Servings: 4-6

- Lamb:**
- 4 Atkins Ranch grass-fed lamb loin chops
  - 1 teaspoon cumin powder
  - 1/4 teaspoon salt
  - 1 tablespoon extra-virgin olive oil

- Hummus:**
- 1 can (15 ounces) chickpeas
  - 3 cloves garlic, chopped
  - 1/4 cup tahini
  - 3 tablespoons fresh lemon juice
  - 1/2 teaspoon salt

- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 3 tablespoons olive oil

### For serving:

- 1 Persian cucumber, small diced
- 1 small tomato, diced
- 2 tablespoons roasted pine nuts (or 2 tablespoons pomegranate seeds)
- parsley, chopped
- lemon wedges
- toasted flatbread or tortilla chips

To make lamb: Remove lamb from bone, dice meat into small cubes and transfer to medium bowl. Add cumin powder and salt. Toss to coat. Marinate while preparing hummus.

To make hummus: Drain chickpeas, reserving 1 tablespoon liquid. Rinse chickpeas under running water then drain.

In bowl of food processor, pulse chickpeas, chickpea liquid and garlic until chickpeas and garlic are chopped.

Add tahini, lemon juice, salt, cumin, paprika and olive oil. Mix until smooth paste forms. Taste and adjust by adding more salt, lemon juice or olive oil, as desired.

Transfer hummus to large platter and spread it out.

In large skillet, heat extra-virgin olive oil over high heat until hot. Add lamb and cook 30 seconds without moving.

Turn lamb over and cook 30-60 seconds, repeating until all sides are browned. Remove from pan and let rest 5 minutes.

To serve, place cucumbers and tomatoes in well of hummus then top with lamb, pine nuts and parsley.

Top with squeeze of lemon juice and serve with flatbread or tortilla chips.



Spiced Grass-Fed Lamb Over Hummus

### Satisfy Cake Cravings with a Brunch-Worthy Dessert

Whether your brunch feast consists of bacon and eggs, pancakes and waffles or a combination of favorites, you can cap it off with a sweet treat for the perfect ending. After all, no celebration is complete without dessert.

Once the table is cleared of the main courses, dish out decadent bites of this Brown Sugar Pound Cake baked with high-quality ingredients like C&H Sugars to end the meal on a sweet note. Top with whipped cream and your crowd's favorite fruits like strawberries and blueberries or serve the toppings separately for a customizable treat.

Visit [chsugar.com](http://chsugar.com) for more brunch recipe ideas.

### Brown Sugar Pound Cake

Prep time: 20 minutes  
Cook time: 1 hour  
Servings: 8

- 1 3/4 cups all-purpose flour, plus additional for coating pan, divided
- 1 cup packed C&H Light Brown Sugar
- 1 cup (2 sticks) butter, softened
- 4 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- sweetened whipped cream, for topping (optional)
- fresh fruit, such as strawberries and blueberries, for topping (optional)

Preheat oven to 350 F.

Grease and flour 9-by-5-by-3-inch loaf pan. In large bowl, beat sugar and butter until fluffy. Beat in eggs one at a time. Add vanilla. In separate bowl, combine 1 3/4 cups flour, baking powder and salt. Gradually add to sugar mixture. Pour batter into pan.

Bake 1 hour, or until toothpick inserted in center comes out clean. Remove from pan and turn out on rack to cool completely.

Top with sweetened whipped cream and fresh fruit, if desired.



Brown Sugar Pound Cake

# TUESDAY

## Health and WELLNESS

Tuesday, April 26, 2022

A10

### Shoulder Pain – Part 1

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.

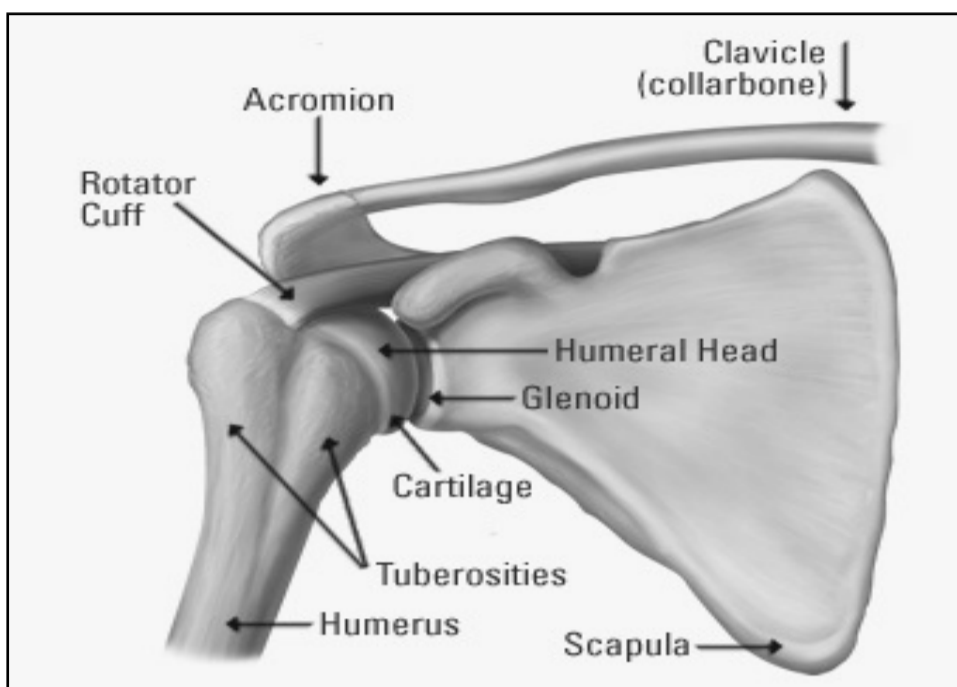
The easiest way to describe the shoulder joint is to picture a basketball sitting on a dinner plate. The basketball represents the head of the humerus, the spherical top part of the upper arm bone. The plate represents the glenoid, the part of the shoulder blade (scapula) that articulates with the head of the humerus. If you imagine the basketball sliding around



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

### Think Your Child Might Have Asthma? Take These Steps

(Family Features) Does your child sometimes wheeze? Are they short of breath? If so, they may need to see a health care provider to determine if they have asthma. Asthma affects the airways, or tubes, that carry air in and out of the lungs. In people with asthma, inhaling an irritant causes the airways to become inflamed and the airway muscles to tighten, making it harder to breathe.

Asthma is the most common long-term health condition in children, affecting about 5 million kids in the United States. It usually starts before age 5. Asthma impacts some groups of children more than others. For example, boys are more likely than girls to be diagnosed with it. Black, Puerto Rican and Native American children are more likely than white children to have asthma.

Poorly controlled asthma can cause kids to miss school or even end up in the hospital. The good news is that with the right management, most kids with asthma can lead healthy, active lives. Here are several things you can do if you think your child has asthma:

Look out for common signs and symptoms of asthma. These include coughing, wheezing, chest tightness and shortness of breath. According to the National Heart, Lung, and Blood Institute (NHLBI), up to 40% of children who wheeze when they get colds or respiratory

infections eventually get diagnosed with asthma. Notice when and where your child has symptoms. Do the symptoms interrupt your child's sleep? Do they occur during a specific time of the day? Do exercise, allergies or illness make them worse?

If your child's symptoms persist, see a health care provider. The health care provider may ask about your child's medical history and symptoms and do a physical exam. They may also conduct tests to measure your child's breathing.

Work with the doctor to develop an asthma action plan if your child is diagnosed with asthma. This is important. The plan will help you track medicines, monitor symptoms and changes, and understand when emergency care is necessary.

Learn about the triggers that can bring on an asthma attack. Try to avoid the triggers that make your child's symptoms worse. These may include things that cause allergies – such as pets, pollen, mold and dust – or cold or low-quality air, infections such as the flu and tobacco smoke.

Your family and health care provider can work together to control your child's asthma and keep your child doing the activities they love.

Find asthma information and resources from NHLBI's Learn More Breathe Better® program at [nhlbi.nih.gov/breathebetter](http://nhlbi.nih.gov/breathebetter)

### May Is Mental Health Awareness Month

May is Mental Health Awareness Month and a local group of mental health providers has planned public events for three weeks in May to better connect and inform the community. Sessions are planned at a variety of locations, days and times. Each week focuses on a particular age group. Week one focuses on youth. Week three concentrates on adults and parents of adults and week four highlights seniors. There are other highlights focusing on mental health happening in the community that are also listed below.

Sheri Moore, Executive Director of National Alliance on Mental Illness – West Central Indiana and chairperson of the group says, "This collaborative effort from our local network of mental health providers is meant to inform and support those dealing with mental illness on a variety of levels in any stage of life or more generally to anyone interested in the topics. The Mental Health Collaborative Network is unified in our hope that no one feels isolated in this community. We encourage everyone to join in at least one of these sessions to learn more and consider your part in reducing of the stigma of mental illness."

You are not alone."

Week 1 is Youth:  
• Sunday, 5/1: QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention (virtual) 1-2:30pm.  
• Wednesday, 5/4: QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention - 9-10:30am at Mental Health America - Wabash Valley Region, 914 South Street, Lafayette, IN 47901

Also, that week:  
Monday, 5/2: 3-5pm Mayoral Proclamation & Community Partner Appreciation Cook-Out at Mental Health America - Wabash Valley Region, 914 South Street, Lafayette, IN 47901

Thursday, 5/5: 6-8 Toast to Mental Health at Tippecanoe County Fairgrounds. \$30/ticket.  
Look up! Tippecanoe County will honor Mental Health Awareness Month by lighting the courthouse green at night in the first weekend in May.

Week 3 is Adults and Parents of Adults:  
• Sunday, 5/15 is registration deadline for 5/17 & 5/18 two-part virtual series 6-8pm  
Parenting The Teen Brain. register at <https://tinyurl.com/2p82h7n3>

• Monday, 5/16: Schizophrenia Simulation - 6:00pm at Howarth Center, 615 North 18th Street, Lafayette, IN 47904  
• Tuesday, 5/17: NAMI Family Support Group - 7-8:30pm at the NAMI office, 615 North 18th Street, Suite 104 (back of building) Lafayette, IN 47904  
• Wednesday, 5/18: NAMI's Family & Friends presentation - 11:30-1:00 at St. Andrews United Methodist Church, 4703 N 50 W, West Lafayette, IN 47906  
• Thursday, 5/19: "How to handle your loved one's mental health crisis" - 6:00pm at Howarth Center, 615 North 18th Street, Lafayette, IN 47904  
Also, that Week:  
Tuesday, 5/17: - 4-6 pm Valley Oaks Open House and Ribbon Cutting for Adult Substance Use and Mental Health Housing at 2323 Ferry St.  
Week 4 Speaker Series for Senior Care:  
Time: 6pm - 7:30pm  
Location: Mental Health America-Wabash Valley Region, 914 South Street, Lafayette, IN 47901  
Monday, 5/23: Care-giver Resources and Support

• Hospice  
• Adult Day Services  
• Skilled Nursing Facility  
• Caregiver Support group  
Wednesday, 5/25: Mental Health Challenges Experienced by Seniors  
• Suicide  
• Grief/Bereavement  
• Isolation, Anxiety, Depression  
Thursday, 5/26: Hoarding  
The Mental Health Collaborative Network's mission is to strengthen access and equality in mental health services in the Greater Lafayette community and surrounding areas by forming connections and facilitating collaboration as mental health leaders. Member organizations include:  
National Alliance on Mental Illness – West Central Indiana  
Bauer Family Resources  
Indiana Youth Institute  
IU Health  
Mental Health America - Wabash Valley Region  
Meridian Addiction and Recovery Center  
Purdue University  
Sycamore Springs  
Tippecanoe School Corporation  
Valley Oaks Health  
West Lafayette Police Department  
Willowstone Family Services

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