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TODAY'S VERSE

Psalm 37:5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.



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

What makes Tom Kenley smile?
"What makes me smile is my family, seeing old friends and receiving my Social Security check." The 1970 Noblesville High School graduate has two daughters, Holly and Heather; and two grandchildren, Liam and Kinsey, and he said, "They make me smile." He said, "My grandson Liam is 14, and I love beating him in basketball because it makes him mad. I enjoy visiting with my 8-year-old granddaughter. She is in the second grade and goes to school in Plainfield where my daughter works." The Noblesville Township Trustee plans to retire at the end of his term in December 2022. Hobbies and interests? "I enjoy warm weather and sunshine, gardening and fishing." Before he was elected as Township Trustee, he was a Realtor for 12 years with Brian Ayer, and before that, he worked 25 years for Kenley's Supermarket, his family's business of 57 years. "I'm always known as Luke Kenley's little brother." Plans for retirement? "After retiring from the Trustee Office at the end of this year, I plan on traveling to historic points of interest across the country and visiting out-of-state relatives and friends." What's he looking forward to most? "A 9 o'clock cup of coffee and a newspaper sounds good."

And Another Thing...

Governor Eric J. Holcomb and Secretary of Commerce Brad Chambers concluded an economic development trip to Sweden, the United Kingdom and Monaco Saturday after attending the Formula E World Championship race in Monaco. The week was spent cultivating new business relationships, strengthening trusted partner ties in Western Europe, harnessing opportunities to advance innovation and investment.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Noblesville's Julia Kozicki (left) arrives for Early Voting on Friday afternoon at the Hamilton County 4-H Fairgrounds in Noblesville, where she draws the attention of poll workers Nancy Hartley (right), and Sandra Laux (second from right) and Dottie Young (standing left) and Steve Shaw (standing right).

Early Voting Polls Slow, Election Day is Here



BETSY REASON
The Times Editor

Poll workers played trivia games, worked on crossword puzzles and discussed their favorite movies and TV shows. They read books, put together jigsaw puzzles and did "a lot of talking." These are just a few of the ways that poll workers pass the day while waiting for voters to come in. Poll workers kept busy and passed the time during Early Voting, which started April 20 and ended at noon Monday, at the Hamilton County 4-H Fairgrounds' Annex Building and at the Hamilton County

Government & Judicial Center in Noblesville. Registered voters who live anywhere in the county were allowed to vote early at either of the polling sites. Plus, there were also satellite locations in Carmel, Fishers and Westfield open through noon Monday. Poll workers packed up at noon Monday in preparation for moving to new polling sites for Primary Election Day today, when polls are open 6 a.m. to 6 p.m. Today, registered voters with a valid driver's license cast

See BETSY Page A6

Bringing Me into the Fold



JOHN O. MARLOWE
With the Grain

The one thing that you will not find in my underwear drawer is organization. There are no neat stacks; no neatly regimented ranks and files of folded tidy whites, ready to serve the underlying cause. What you will find is row after row of briefs, rolled tightly, and stacked like cordwood, cushioning the top drawer of my dresser. The idea for rolling underwear came from my Mother. She once packed fourteen days worth of clothing for a family of four into a single beer case for our camping trip. She laid each garment out, one by one on

the bed, folded them once, then rolled the entire wardrobe into individual tight coils, pressing the air out as she went along. She surmised that, when packing traditionally, much of the space is used up by air, thus limiting the amount of available space for other items. By applying pressure, she was able to squeeze out much more than anyone ever thought. The IRS adopted her thinking some time ago. Personally, I don't care whether my underwear drawer has too much air in it or not. Nevertheless, I've used her roll-up method of storage for years. That's because I can't fold. For some reason, when Mother Nature was restocking my gene pool, she failed to give me the folding gene. It's true. Even as a child, I couldn't fold things. I hated making paper airplanes, because while my friends' airplanes were streamlined, and soared gracefully on the gentle breeze, my paper airplanes tumbled through the air like someone left the cargo bay door open. I can't fold anything. My towels are all rolled neatly in the linen closet. Cloth napkins are

See MARLOWE Page A6

IHSAA Announces Baseball State Tournament Pairings



A host of Hamilton County schools will feature in the 2022 IHSAA Baseball sectionals, announced by the IHSAA yesterday. Hamilton Heights High School, reigning 3A sectional champions, will host New Castle in game 1 of Sectional 24. Fishers High School, also reigning sectional champions in Class 4A, will face Carmel in game 4 of sectional 8. The winner of that game will go on to face the winner of the Zionsville vs. Noblesville and Westfield vs. Hamilton Southeastern games, games 1 and 2 respectively in Sectional 8. Guerin Catholic also features in Sectional 24. They will play host to Delta in game 4 of that sectional. University is slated to play Speedway in game 1 of Class 2A's Sectional 43 University School is playing up one

class due to prior tournament success; they are currently three-time reigning sectional champions. In Class 1A, Sheridan will host Frontier in game 1 of Sectional 54. A field of 383 teams will begin play later this month for the 55th Annual IHSAA Baseball State Tournament Series. Host schools will announce playing schedules which will then be added to the online brackets at MaxPreps.com the week before the tournament begins. Sectional competition begins Wednesday, May 25, and continues through Monday, May 30 (Memorial Day), with the 64 champions advancing to the four-team regionals on Saturday, June 4. Two semifinal games will be played early that day at each site with the two winners returning for a championship game that evening. The 16 regional winners will be assigned to four semi-state sites and play a single game on Saturday, June 11, with the winners moving into their respective state championship game. The four state championship games will be played at Victory

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OBITUARIES
Antonio A. 'Tony' Lacharite
Betty E. Olszewski



HONEST HOOSIER
Anyone else heading over to 16th and Georgetown soon? See you there!



TODAY'S QUOTE
"Liberty must at all hazards be supported. We have a right to it, derived from our Maker. But if we had not, our fathers have earned and bought it for us, at the expense of their ease, their estates, their pleasure and their blood."
- John Adams

TODAY'S HEALTH TIP
Keep meat tenderizer in your first aid kit - apply it to stings to destroy the venom.
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.times24-7.com.



TODAY'S JOKE
The rookie racecar driver surprised everyone by defeating a field of talented veterans. He was asked how he managed to pull off the victory and he said, "Pretty simple. My brakes failed."

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



WTHR 13

70 PARTLY CLOUDY, BATA GETS SWIFTER	51/65 MOSTLY CLOUDY	53/70 RAIN RETURNS	53/65 RAINY CHANCE	49/68 SPOTTY RAIN EARLY, MILD	53/72 WARMER
MON	TUE	WED	THU	FRI	SAT

OBITUARIES

Antonio A. 'Tony' Lacharite February 3, 1928 - April 29, 2022

Antonio A. 'Tony' Lacharite, 94, of Noblesville, passed away on Friday, April 29, 2022 at Riverview Health in Noblesville.

He was born on February 3, 1928 to Antonio and Irene (Poulan) Lacharite in Winooski, Vermont.

Mr. Lacharite proudly served his country for 25 years in the United States Air Force. After retirement, he worked for Firestone Industrial Products for 16 years.

He was a member of Our Lady of Grace Catholic Church and the American Legion. Mr. Lacharite enjoyed playing cards, working in his yard, gardening, and playing computer games. He really loved candy! Most of all, Mr. Lacharite enjoyed visiting with his family.

Survivors include his four children David Lacharite, Bruce (Janice) Lacharite, Cindy Achenbach and Ed (Barbara) Lacharite; three grandchildren Rachel, Aimee and Tony; great-grandchild Zander; several nieces & nephews; as well as several step-grandchildren, step-great-grandchildren and step-great-great-grandchildren.

In addition to his parents, he was preceded in death by his wife of 72 1/2 years, Ramona Maxine Lacharite; granddaughter Anna Lacharite; two sisters Jeanine and Claire; and his brother Joseph.

Visitation is scheduled to be held from 11 a.m. to 1 p.m., with services scheduled for 1 p.m., on Wednesday, May 4, 2022 at Randall & Roberts Funeral Home, 1150 Logman Street, in Noblesville. Burial will follow at Oaklawn Memorial Gardens in Indianapolis.

Online condolences may be made at www.randallroberts.com.

Betty E. Olszewski

January 30, 1950 - April 29, 2022

Betty E. Olszewski, 72, of Noblesville, passed away on Friday, April 29, 2022 at Riverview Health in Noblesville.

She was born on January 30, 1950 to Ralph and Esther (Smith) Hertsel in Cassopolis, Michigan.

Mrs. Olszewski was a homemaker who loved old music and following current events. She was a very artistic and creative lady who enjoyed painting and doing crafts with her grandchildren.

Survivors include her husband, Jerry Olszewski; son Joshua (Barb) Olszewski; two granddaughters Olivia and Ava; three sisters Sally Baucom, Sharon (John) Smith and Diane (John) Arakiet; and brother Dan (Gail) Hertsel.

In addition to her parents, she was preceded in death by her brother David Hertsel and his wife Sherri.

Visitation is scheduled to be held from 1 p.m. to 3 p.m., with services scheduled for 3 p.m., on Wednesday, May 4, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. The Rev. Stanley R. Sutton will officiate.

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

Online condolences may be made at www.randallroberts.com.



THE TIMES

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Letters

The Times' Mischaracterization of Holocaust Remembrance Day

Dear Editor,

Newspapers have the opportunity to shape and influence their readership's views, opinions and attitudes. That opportunity carries a burden to be responsible guardians of liberty, civic and human rights.

We were shocked and disappointed to see the mischaracterization of the Holocaust Remembrance Day (Yom HaShoah) as a "wacky holiday" on the front page of The Times' 4/28/22 edition.

In this instance, The Times has severely mismanaged that responsibility

by devaluing a sacred annual commemoration for the approximately six million Jews who perished in the Holocaust and the Jewish resistance and acts of heroism performed.

We commend The Times for publicly apologizing to both the Jewish community and your readership and taking immediate steps to change the editorial review process to ensure a mistake of this magnitude does not happen again.

Sincerely,
Dana Randall
Noblesville Diversity
Coalition Advisory Board

The Job I Want



CARRIE CLASSON
The Postscript

"Dress for the job you want!" was advice I heard from an early age.

I took this advice to heart. I was working a lowly job in a government office while applying for jobs in businesses around town. I had never worked in business, but I had a freshly minted business degree, so I bought some suits and, every day, I showed up for my job (answering the same boring questions on the telephone) dressed for the job I wanted rather than the one I had.

The day I got the call for an interview, I clearly remember I was wearing a lavender jacket with gray slacks and a striped blouse. It was not one of my dressier outfits, but it was still considerably dressier than what anyone else in the office was wearing—other than my boss.

"I know this is short notice..." the voice at the other end of my phone said, "but could you come in for an interview at 5:00?"

Since I got out of work a little past four, a change in wardrobe was out of the question. On my lunch break, I bought a little dragonfly pin and pinned it to the lapel of my lavender jacket. I arrived early to my interview with my dragonfly pin.

I got the job. I decided that dressing for the job you want was advice with some merit after all.

That was many years ago. My approach to dressing has remained more or less the same. Almost all the clothes I buy are used and, once I settle on an ensemble, I wear the same thing day in and day out.

When I went back to school for a degree in writing, the degree was

paid for by teaching classes. Since I had never taught before, I figured I had better at least dress like a teacher. I chose a variety of full skirts and matching scarves.

I didn't notice their similarity until one of my students said, "We call you 'the green lady' because you wear green every day."

But green is a good color for new beginnings, and that was what I was doing. It turned out that I didn't need to worry about dressing like a teacher anyway. I was so much older than my peers in the program that everyone assumed I knew more than they did. I did not.

During the pandemic, I nailed my "writing costume," an ensemble that consisted of black stretch pants and the same shirt in a variety of colors. One day I'm in teal, the next in purple, but the shirt is exactly the same. I'm still wearing my writing costume. Today my shirt is black.

But I'm starting to wonder if a change might not be in order.

My husband, Peter, and I recently returned from Mexico, and spending an extended time in a different place has made me feel different. I returned to a closet full of clothes that I hardly recognize and have no desire to wear. The clothes in my closet look stodgy. The clothes in my closet seem to think I'm an older person than I am—no matter what my driver's license might say.

I thought of my old mantra about dressing for the job I want. What would I wear if I were dressed for the life I wanted right now?

I honestly don't know. But I'm wearing 13 bracelets all in various shades of blue, a leftover from my time in Mexico. They are impractical and a little silly and they are making me very happy. Maybe that's a start.

Till next time,
Carrie

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

Meeting Notes

Carmel Common Council

Special Meeting Agenda
Wednesday, May 4,
2022 - 5:55 P.M.
Council Chambers,
City Hall, One Civic
Square

1. Meeting Called To Order

2. Claims
 - a. Payroll (03.25.22) - \$3,227,641.74
 - b. Payroll (04.08.22) - \$3,281,068.63
 - c. General Claims - \$3,332,130.38
 - d. Retirement - \$101,297.76
3. Announcements
4. Adjournment

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Biblical Scenarios Surrounding the Despot Putin



BRIAN HOWEY
Howey Political Report

Are you losing sleep at night as Russian despot Vladimir Putin continues to rattle his nuclear saber? It's a question I've been posing to Hoosier Members of Congress these past few weeks.

"You need to know I am receiving fairly frequent classified briefings these days," U.S. Sen. Todd Young told me on April 13. "You need to know that and know there are certain classified things I cannot discuss."

When a senator begins his answer with that scary preface, we should take serious note. "What we also need to know is that we could invite the use of nuclear, biological or chemical weapons by showing weakness, just as we could by showing too much strength," Young continued. "The President is trying to get that balance right and he needs to because we have Vladimir Putin with nuclear capabilities; it's not clear we have the sort of protocols in place that we did during the Soviet era as you indicated."

What I had "indicated" was that in 1962 Soviet Premier Nikita Khrushchev and in 1973 when his predecessor Leonid Brezhnev held power at the Kremlin, they had a governing structure in place. They had to answer to the Politburo, which two years after Khrushchev attempted to put Soviet nukes 90 miles off the Key West beachline, sacked him. Vladimir Putin has no such structure. He's a solitary strongman losing a war.

It's also not clear how stable he is; the extent to which he is prepared to escalate when push comes to shove. "There are so many known unknowns that what we have right now it's a very tense and dangerous time."

This past week, Putin was at it again. "They must know that our response to counterstrikes will be lightning fast. Fast," he said just days after Russia tested its new intercontinental Sarmat (or Satan) nuclear missiles. "We have all the weapons we need for this. No one can brag about these weapons and we won't brag about them. But we will use them."

U.S. Rep. Victoria Spartz, returning from her native Ukraine after seeing the atrocities at Bucha, described a dire gathering threat. "We cannot be naive and not acknowledge that a major world conflict has already started," she said. "China and Russia are using a hybrid and multimodal strategy around the world to destabilize and control." The Noblesville Republican called for continued pressure on the despot Putin "to get to the table" and negotiate.

Earlier this month following the embarrassing sinking of its Black Sea flag ship Moskva, Russian state TV presenter Olga

Skabeyeva implored Rosiya 1 viewers to "recognize" that the country was now "fighting against NATO infrastructure, if not NATO itself. One can safely call what it has escalated into World War III."

In 2007 at the American ambassador's Spaso House residence in Moscow, I watched then Ambassador William Burns join U.S. Sen. Richard Lugar and Sam Nunn of the Nuclear Threat Initiative meet for the 200th anniversary of U.S. and Russian diplomatic relations. This past week, we watched Nunn question now CIA Director Burns on Putin's current state of mind.

"Given the potential desperation of President Putin and the Russian leadership, given the setbacks that they've faced so far, militarily, none of us can take lightly the threat posed by a potential resort to tactical nuclear weapons or low-yield nuclear weapons," Burns responded. "I have watched over the years as Putin has stewed in a combustible combination of grievance and ambition and insecurity."

According to Foreign Policy Magazine, in a 2014 speech, Putin referred explicitly to Russia's strategic weapons when he declared that other states "should understand it's best not to mess with us." That was the year that an amended Russian military doctrine stated this: "The Russian Federation reserves the right to use nuclear weapons in response to the use of nuclear and other types of weapons of mass destruction against it and/or its allies, as well as in the event of aggression against the Russian Federation with the use of conventional weapons when the very existence of the state is threatened."

When Defense Sec. Lloyd Austin III returned from Kyiv after meeting with President Zelensky on Sunday, he explained, "We want to see Russia weakened to the degree that it can't do the kinds of things that it has done in invading Ukraine."

At a Russian military base in Geodeziya, I watched Nunn, Lugar and Burns push a button in 2007 that incinerated a Soviet SS-25 missile motor that had once been aimed at the U.S. The Nunn-Lugar Cooperative Threat Reduction Program had secured Soviet nukes after the USSR had collapsed.

"Twenty percent of our electricity is fueled by nuclear power," Nunn said of U.S. energy needs. "Fifty percent of that fuel comes from the highly enriched uranium that has been blended down into energy producing fuel that was once on the end of a warhead that was aimed at America. So, by definition, 10 percent of the electricity in America comes from warheads that have been deactivated."

Nunn would add, "The Old Testament talks of converting swords to ploughshares and that's what we're doing."

Today, we are facing a vastly different biblical scenario of truly frightening dimensions.

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

TheTimes24-7.com

Musculoskeletal Injuries and How to Take Care of Them



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Summer sports will be beginning soon and gardening and other outdoor chores are well underway. If they haven't already, weekend warriors will soon be doing all sorts of things to keep doctors who treat musculoskeletal injuries busy. I want to give everyone some pointers in how to take care of the inevitable sprains and strains of spring and summer.

It's interesting to me how many people come to my office after suffering an injury and don't have any idea how to administer some basic

first aid. It's extremely important to treat injuries immediately to reduce the chances of additional damage and disability.

When a musculoskeletal injury occurs, a biochemical chain reaction is triggered to begin the process of healing the injury. Injured cells release various messengers that start the process; this also results in pain and swelling. The intent of this inflammation is to get the person to rest the injured area so it can heal. We naturally want to try and avoid pain and swelling associated with an injury.

The goal of orthopedic and sports medicine is to promote healing of an injury, but to also attempt to speed up the recovery process. We used to think the best way to do achieve this was to prevent or slow the body's normal inflammatory processes. However, our traditional treatment methodology may need to be tweaked. You may recall the memory aid "RICE" that

we have traditionally used to remind us how to treat acute injuries. This term was originally coined by Dr. Gabe Mirkin in his 1978 best-selling book, "The Sports Medicine Book." The RICE mnemonic has fallen into question more recently (bit.ly/3ktrrlE) with many starting to promote a more active recovery approach.

The "R" in RICE stands for Rest. If you have a strain or sprain, you should not continue to try and use the injured body part. Many people get up and dust themselves off and continue their activity, only to worsen the injury or suffer additional injuries or more severe problems later that evening or the next day. Everyone knows how stiff and sore an injured body part can be the day after it occurs. I like to have people rest for a day or two following an injury and then try to get them up and moving in a controlled fashion. Staying inactive for too

long leads to stiffness, reduced motion, and delayed recovery.

The "I" in RICE stands for Ice. We have traditionally recommended immediate icing after an injury. Recently, after a review of current medical literature, Dr. Mirkin has recanted his stance on icing. He is also not alone in advising caution when trying to shut down post-injury inflammation with oral medications.

It appears applying ice does reduce inflammation, but after about five minutes it also causes constriction of blood vessels that reduces release of Insulin-like growth factor 1 (IGF-1). This hormone is important for tissue growth and repair. Dr. Mirkin is now recommending application of ice for no longer than five minutes, and only for the purpose of decreasing pain. It will likely take a while for brief icing to be accepted in the sports medicine community.

The "C" in RICE stands for Compression.

We have traditionally recommended applying something like an ACE bandage, neoprene sleeve, or splint over the area to compress it and keep tissue fluid from accumulating. Swelling may result in decreased blood flow to the area and delayed healing. The evidence supporting this treatment is mixed.

The "E" in RICE stands for Elevation. This goes along with compression. Elevating the injured area also helps prevent tissue fluid from accumulating. Typically when we recommend elevation, we are talking about elevating the injured area a few inches above the level of the heart.

So, how long do you have to employ RICE following an injury? I usually advise the shortest period possible post-injury, getting patients to start moving the injured area to start to work on regaining motion. Also recall that shorter icing times may become the norm. Depending on the injury, you may also

need formal instruction in rehabilitation by a physical therapist or athletic trainer. Musculoskeletal injuries often result in weakened muscles that need to be strengthened and re-trained to return to proper function and to protect the involved area from additional injury.

Taking NSAID medications like ibuprofen (Motrin, Advil) or naproxen (Aleve) is controversial in the treatment of musculoskeletal injuries. Like ice, these medications may slow recovery by blunting the immune response and decreasing the release of hormones like IGF-1. It's best to stick with acetaminophen (Tylenol) initially and talk to your health care provider before using these anti-inflammatory medications.

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

The Times SERVICE DIRECTORY

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Photos courtesy of Subaru

2023 Solterra is the Electric Subaru for Subaru People

Subaru knows its people, who are among the most loyal to any automotive brand. They love their Outbacks, Foresters, Ascents, and WRXs. They are also among the most environmentally conscious, dog-friendly, off-roading auto owners around. They take their kids to school and hike on the weekends. What they haven't had until now is an electric vehicle of their own. That changes with the 2023 Solterra that I just sampled in California.

A little background. The Solterra was co-developed with Toyota, which offers the similar bZ4X and Lexus RZ 450e. Manufacturing is by Toyota in Japan, rolling out of the plant better known for the Lexus LC and Toyota Supra. It's the product of a thoroughly functional blended family.

Styling is more Toyota than Subaru with roof and pillars reminiscent of the RAV4, but Subaru

clearly influenced final details. The front fascia outline echoes Subaru's trademark grille, black wheelwell cladding and C-shaped lighting elements are pure Subaru, and the roof rack supports 700 lbs. of tent and campers. Aero is enhanced with flow-through air blades in front, underbody tray, and split hatch spoiler.

There's a lot of Toyota inside, too. The intuitive widescreen infotainment system could have come from a Tundra, but the flatscreen gauge cluster is placed high and deep for a heads-up effect. Seats come in cloth or StarTex vegan leather. Storage abounds with the flybridge console, door cubbies, and roomy luggage compartment.

Our test car was loaded like a Lexus with standard heated seats, Harman Kardon audio, panoramic sunroof, wireless Apple CarPlay/Android Auto,

and power hatch. A full suite of crash avoidance systems include automatic emergency braking front/rear, lane keep assist, and safe exit assist to keep passengers from stepping into traffic.

Getting to the numbers, the Solterra can travel 222 miles per charge and replenish to 80% in an hour. The electric powertrain delivers 215 horsepower and 249 lb.-ft. of torque - enough to whoosh 0-60 mph in 6.5 seconds. It's not Tesla fast, quick enough for a compact crossover. One-pedal driving engages regeneration early and often to maximize range and to ease city driving. It's also handy when flipping through curvy backroads, inducing the right amount of deceleration when you would normally downshift.

Our Solterra drive route left from our hotel a block from the beach in Santa Barbara - a perfect venue

2023 Subaru Solterra

Five-passenger, AWD Crossover

Powertrain: Li-ion batteries/motors

Output: 215 hp/249 lb.-ft

Suspension f/r: Ind/Ind

Wheels f/r: 18"/18" alloy

Brakes f/r: regen disc/disc

Must-have features: Performance, Utility

Driving range: 222 miles

0-60 mph: 6.5s

Economy: 104 mpg-e

Base price: \$44,995 (minus \$7,500 fed credit)

for testing urban and freeway driving. It's near-silent, with only faint motor whine, whether slipping through traffic or surfing on-ramps. All that torque carried us through coastal mountains as if propelled by a swift sea breeze. The suspension is tuned for comfort over athletics, but it's completely competent.

One expects an EV to excel in Southern California beach traffic, but might not imagine it scurrying up the side of mountains. A flight to Catalina, where we

drove miles on unpaved roads and straight-up rough trails, proves it can. Class-leading 8.3" of ground clearance is no match for the Forester Wilderness that served as our escort, but Dual Function X-Mode with Grip Control used all of the electric torque to deftly power up the trails and creep down the other side. Apply power whenever and wherever you want with zero drama. It's simply enchanting.

Subaru clearly understands its customers and



CASEY WILLIAMS
Auto Reviews

conjured an EV that will surely join many loyal owners' garages...and attract new acolytes as well. A base price of \$44,995 plus destination makes it one of the most expensive Subarus, but a \$7,500 tax credit brings down the price considerably. The hardest part of owning a Solterra may be getting one as they're sure to be in short supply.

Storm Forward!

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



Photo courtesy of S. Craig

Jessica Petty (right) with Lion VP Kim Luckey

Noblesville Lions Host Bicentennial Project Speaker

On Wednesday evening the Noblesville Lions had Jessica Petty, Executive Director of the Hamilton County Bicentennial Project speak to the club. Jessica spoke about plans in the county for

the bicentennial in 2023. The club is able to apply for a micro-grant to support a bicentennial project.

More info can be found at www.hamcoturns200.com.

Hamilton County Tourism Recognizes 11 Local 'Hospitality Heroes' During National Travel and Tourism Week

A key reason Hamilton County receives nationwide acclaim and generates more than \$960 million annually in direct visitor spending is the creative, hard-working local hospitality community, and Hamilton County Tourism (HCT) is pleased to honor 11 local "Hospitality Heroes" for their efforts.

The county's tourism agency is recognizing these local Hospitality Heroes during National Travel and Tourism Week, May 1-7, by making surprise presentations to each at their place of work.

The 2022 Hospitality Heroes class consists of professionals from across the spectrum of hospitality-related industries: lodging, sports, fitness, locally owned dining, the arts, historic attractions and local government.

"These heroes go above and beyond to make our guests feel welcome," said Hamilton County Tourism President/CEO Brenda Myers. "They are among the 12,000 hospitality professionals who depend on tourism spending to support their jobs. They know how important it is to showcase our community as a warm, welcoming and inclusive place to live and visit."

The members of the 2022 Hamilton County Hospitality Heroes class are as follows:

- Amber Carmichael, Prairie Guest House
- Molly Connolly, City of Fishers
- Craig Cox, Topgolf
- Alexis Harber, Wyndham Hotel Noblesville
- Lori Knight, Hampton Inn Fishers & Holiday Inn Express Noblesville

- Neil McGuffog, At the Core Yoga
- Anastasija Platonova, Bica Café
- J.C. Seig, Nickel Plate Arts
- Teresa Swift, Hyatt Place/Hyatt House Fishers
- Matt Trnjan, City of Westfield, Grand Park
- Danny Zell, Nickel Plate Heritage Railroad

In addition to honoring the county's dedicated front-line hospitality professionals, Hamilton County Tourism will revive a favorite activity during 2022 National Travel and Tourism Week: the NTTW Scavenger Hunt, with themed prizes ready to be claimed each day between May 2 and May 7.

The prizes will be attached to a yard sign in the shape of HCT's "Pin" logo. Follow Hamilton County Tourism social media on

Twitter, Facebook and Instagram at the address [@VisitHamiltonCo](https://www.facebook.com/VisitHamiltonCo), then look for the day's theme and a hint to the #PinPrize location each day at 8:30 a.m.

HCT Street Teams will also make appearances around the county during #NTW22, sharing the spirit of the Tourism Industry and giving away cool swag. Look for the teams at the following locations and times:

- Carmel: Tuesday, May 3 from 12:30 - 1:30 p.m. at All Things Carmel and Midtown Plaza
- Fishers: Wednesday, May 4 from 12:30 - 1:30 p.m. at Fishers District
- Noblesville: Friday, May 6 from 11:30 a.m. - 12:30 p.m. at Noble Coffee & Tea
- Westfield: Thursday, May 5 from 11:30 a.m. to 1:30 p.m. at Big Hoffa's BBQ

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

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Photo courtesy of K-Trails Equestrian Adventures

Noblesville's John Stewart, who owns and operates K-Trails Equestrian Adventures at Hamilton County's Strawtown Koteewi Park in Noblesville, looks forward to reopening of the sixth season today with Wrangler programs that offer hands-on experience with trail horses.

Koteewi Aerial and Equestrian Adventures Opened Saturday

Hamilton County Parks' two Strawtown Koteewi Park adventures open Saturday for the 2022 season in Noblesville.

Koteewi Aerial Adventure (Edge Adventures) opens today for the season and will be open weekends through Memorial Day weekend, then will be open daily, except Tuesdays.

K-Trails Equestrian Adventures, which offers

guided trail rides, sunset rides and pony rides, opens today with hours varying. K-Trails offers Junior Wrangler, Wrangler and Adult Wrangler trail (programs as well as birthday parties and chuckwagon dinner nights).

Koteewi Range Sport & Target Archery Center is open year-round, with summer hours currently 10 a.m. to 8 p.m. daily. Koteewi Lake is also

open for fishing, kayaking and canoeing, with no swimming allowed.

For more about the parks programs, visit <https://www.hamiltoncounty.in.gov/296/Parks-and-Recreation>. To read about parks programs in the Chatterbox magazine, visit <https://www.hamiltoncounty.in.gov/DocumentCenter/View/847/New-Chatterbox-Leisure-Guide-PDF?bidId=>

Governor Holcomb Applauds Hoosier Small Businesses' Success and Resilience, Recognizes Contributions of Entrepreneurs



Governor Eric Holcomb

Indiana Gov. Eric Holcomb issued a proclamation declaring May 1 - 7 as Small Business Week in Indiana, celebrating the more than 529,000 small businesses in Indiana and the more than 1.2 million hardworking Hoosiers they employ.

"This week, we recognize all the small businesses driving our state's economy forward," said Gov. Holcomb. "Indiana is laser-focused on fostering a healthy ecosystem for small businesses, startups and businesses looking to expand their footprint. It is the entrepreneurial drive, determination and grit that has become woven into the Hoosier spirit and vital to the great quality of life we enjoy in Indiana."

The Indiana Economic Development Corporation (IEDC) will recognize eight Hoosier small businesses that have worked with the Indiana Small Business Development Center (SBDC), a program of the IEDC, to start, grow or pivot their small businesses. These awards, presented in conjunction with the U.S. Small Business Administration's (SBA) National Small Business Week, honor the entrepreneurs' achievements and contributions to grow Indiana's economy and strengthen communities across the state.

The 2022 honorees are:

1. Community Impact Small Business of the Year: 3 Sisters Investments (Terre Haute)

• Founded by Mark and Tiffany Baker in 2019, 3 Sisters Investments is a real estate investment company that creates community and family spaces in Terre Haute. Named after the couple's three young daughters, the company received a 2021 Building Community award and Mark and Tiffany are 2022

'12 Under 40' Honorees by the Terre Haute Chamber of Commerce.

2. Entrepreneur of the Year: Kristi and Kelsie Risk (Spencer)

• Founded by mother and daughter Kristi and Kelsie Risk, Diamond K Sweets & More LLC is a Spencer-based confectionery manufacturer of gourmet chocolate and candy products delivering quality sweets to consumers across the U.S.

3. Family-Owned Small Business of the Year: AMERI-CAN Engineering (Argos)

• Founded in 1988, AMERI-CAN Engineering is a third-generation, family-owned business that manufactures specialty sanitation trailers. In 2005, AMERI-CAN Engineering founders, Gladys and Ron Bird, were awarded The Andy Gump Award, the most prestigious honor within the portable sanitation industry. Located in Argos, Indiana, AMERI-CAN Engineering manufactures trailers that are distributed throughout the world.

4. Innovative Small Business of the Year: NanoBio Designs LLC (Indianapolis)

• Founded in 2017, NanoBio Designs LLC is an Indianapolis biotechnology company that develops a simple, fast and cost-effective genetic detection platform using its novel microparticle pairing technology. NanoBio Designs LLC moved from Iowa to Indiana in 2021 and has hit the ground running in the state's agbioscience space.

5. Minority-Owned Small Business of the Year: ROCKaBLOCK LLC (Merrillville)

• Founded by artist Rockland Page in 2017, ROCKaBLOCK LLC is a lifestyle brand that designs apparel and accessories. Page began designing t-shirts as a creative outlet, and his hobby quickly grew into a successful business in northwest Indiana.

6. Rural Small Business of the Year: Beneker Family Farms (Brookville)

• Founded in 1884, Beneker Family Farms is a family-owned and operated farm that offers premium Angus beef raised in Whitewater Valley Farm. Beneker Family Farms has fed families in

Southern Indiana for 130 years. In 2016, Beneker Family Farms was recognized as a historic Indiana Homestead by the Indiana State Department of Agriculture.

7. Start-Up of the Year: FIA Technologies Inc. (Indianapolis)

• Founded in April 2021 by Isaiah "Izzy" Branam, Krishna Thiru and Emma Hamilton, Fia Technologies Inc. is a talent acquisition software provider that uses machine learning to bring together jobseekers and employers in the most effective, efficient and equitable manner. The three founders participated in the 2020 Regional and State Innovate WITHIN pitch competition as well as the Origin Program and Nexus Pitch Competition through Elevate Ventures to help bring their idea to life.

8. Woman-Owned Small Business of the Year: Sea Salt & Cinnamon (Muncie)

• Amanda Reninger founded Sea Salt & Cinnamon in 2014 and became the first vegan food company in the city of Muncie. Her husband, Kyle Reninger, joined her venture, creating the savory side of the company's menu.

The Indiana SBDC, a program of the IEDC, helps Hoosier small businesses and entrepreneurs start, grow, finance, innovate and transition through no-cost, confidential business advising and training. For more information about the Indiana SBDC, visit isbdc.org.

The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers, @SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit iedc.in.gov.

Chief Nursing Officer at Riverview Health Recognized by American College of Healthcare Executives



Joyce Wood, RN, MBA, FACHE, chief nursing officer of Riverview Health

Riverview Health announced that Joyce Wood, RN, MBA, FACHE, chief nursing officer of Riverview Health, was given the American College of Healthcare Executives (ACHE) Regents' Senior Level Healthcare Executive Award.

"Joyce's dedication to not only Riverview Health but the healthcare profession is an inspiration to us all," said Seth Warren, president and CEO of Riverview Health. "She has been a part of the Riverview Health team for more than 31 years and has been an instrumental part of our growth. Joyce leads by example and advocates for others in the organization to build their careers. This award is well-deserved, and we are thrilled she is being recognized for her

achievements."

The ACHE Regents' Senior Level Healthcare Executive Award recognizes healthcare executives who have demonstrated outstanding leadership abilities that have led to significant growth and innovation for his or her organization. Recipients are evaluated on leadership ability, innovative and creative management, executive capability in developing their own organization and promoting its growth and stature in the community, contributions to the development of others in healthcare profession, leadership in local, state or provincial hospital and health association activities, participation in civic/community activities and projects, and participation in college activities and interest in assisting ACHE in achieving its objectives.

"I'm honored to receive this award," Joyce said. "Healthcare is a passion for me, and a primary focus has always been to ensure that people have excellent healthcare close to home. I'm grateful to have such a great team of clinicians and leaders to work with that continually help to advance healthcare in our community and bring it all to fruition."

Joyce started her career with Riverview Health in 1990 as a bedside regis-

tered nurse. Joyce became the vice president of Organizational Improvement and chief nursing officer in 2004. Joyce has her MBA from Indiana Wesleyan University and her bachelor's in nursing from Indiana University.

Riverview Health is comprised of a full-service, 156-bed hospital in Noblesville, a 16-bed hospital in Westfield, as well as three freestanding combined ER and urgent care facilities. Also included are more than 25 primary, immediate and specialty-care facilities in Hamilton County. Riverview Health provides comprehensive inpatient and outpatient services in more than 35 healthcare specialties and has been frequently recognized for its clinical and service excellence. National achievements include Healthgrades 5-star rating (2020) for total knee replacement and spinal fusion and Newsweek magazine annual rankings as a top acute inpatient rehabilitation unit in the state of Indiana (2021). Riverview Health was also recognized by the Indiana Hospital Association for its infant and maternal health with the INSpire Hospital of Distinction award two years in a row (2020, 2021). For more information on Riverview Health, visit riverview.org.

Consumer Alert: Products Recalled in April



Attorney General Todd Rokita

Attorney General Todd Rokita is alerting Hoosiers of important consumer protection concerns for products recalled in April. Consumers are encouraged to take advantage of opportunities available for those who purchased the recalled items.

"Whether it's a pressure washer, pajamas, or pain relief products, Hoosier consumers need to know if the products they purchased are flawed," Attorney General Rokita said. "Protecting consumers is a priority of my office. If you have difficulty finding a solution for your recalled product, call my office."

According to the

Consumer Product Safety Commission, the following consumer products were recalled in April:

- Klick High Chairs from Stokke
- Wall Beds from Bestar
- Sodium Hydroxide from biOrigins
- Hot Glue Guns from Dollar Tree
- Prenatal and Immunity Dietary Supplements from Rae Wellness
- Hempvana Pain Relief Products from Telebrands
- Bottom Freezer, French Door Refrigerators from GE Appliances
- Craftsman and Troy-Bilt Riding Lawn Mowers from MTD
- Toy Wood Play Smart Robot Buddy(s) and Wood Sensory Boards from MerchSource
- Diving Inflation Valves from SI TECH
- Ceramic Knives from Norwex
- LUXE + WILLOW Heated Blankets from MWA
- Children's Pajamas from The Red League
- Air Fryers and Air Fryer Ovens from Best Buy
- Nectar Premier Mattresses from Elite Comfort Solutions

- Wooden Push Toys from Monti Kids
- Overhead Garage Storage Racks from Eagle Industrial Group
- Woven Bunny Baskets from Bed Bath & Beyond
- Organic Wintergreen Essential Oil from Best Nutritionals
- Competition Off-Road Motorcycles from Yamaha
- Electric Start Pressure Washers from Generac Power Systems
- School Classroom Stack Chairs from Amazon
- RZR Recreational Off-Road Vehicles from Polaris

If you believe you purchased a recalled product, stop using it and check its recall notice (linked above for all products). Follow the notice's instructions, including where to return the product, how to get the product fixed, how to dispose of the product, how to receive a refund for the product, or what steps must be taken to receive a replacement product.

To view recalls issued prior to April, visit the Consumer Protection Safety Commission website at <https://www.cpsc.gov/Recalls>.

U.S. Army Veteran
Purple Heart Recipient
Experienced Magistrate Judge

MURPHY for JUDGE

Hamilton County Indiana Superior Court 7

Darren Murphy has spent over four years as an appointed Magistrate Judge, serving Hamilton County with integrity.

Appointed Magistrate Judge by the seven elected Superior and Circuit Court Judges of Hamilton County, Darren Murphy has proven his extensive ability to preside over the new Superior Court 7:

- Appointed Magistrate Judge in 2017
- Only candidate with judicial experience
- Experience presiding over every case type that will be assigned to the new Superior Court 7
- Auxiliary Judge of Hamilton County Veteran's Court
- Committee member for the State Judiciary Protective Order Committee
- Former Deputy Prosecuting Attorney for Hamilton County

Darren was inspired to go into law after he was awarded the Purple Heart and medically retired from the 3/75 Ranger Regiment of the U.S. Army due to injuries received during combat. He began his legal career with the Hamilton County Prosecutor's Office in 1997, and continued to work in and around Hamilton County, including serving as Assistant County Attorney for Hamilton County and Assistant City Attorney for the City of Noblesville before he became an appointed Magistrate Judge.

Darren has lived with his family in Fishers for 22 years, and is honored to live and work in such a wonderful community.

f @DarrenMurphyforJudge
DarrenMurphyforJudge.com

ENDORSED BY THE COMMITTEE TO ELECT DARREN MURPHY



The Times photo by Betsy Reason

Pam and Joe Trexler of Cicero check in for Early Voting on Friday afternoon at the Hamilton County 4-H Fairgrounds, with poll worker Nancy Hartley.

their vote in their own precinct in Hamilton County.

Being a non-Presidential election year, the poll locations for Early Voting have experienced a light turnout, which means poll workers have had to find ways to pass the time while waiting on voters to check in and vote.

"It's been very slow here. Even though this is our third time being out here, people still tend to migrate toward the Courthouse because that's the place they're familiar with," said Steve Shaw, 72, Noblesville, poll inspector for the Early Voting location at the Fairgrounds. (A poll inspector is the leader of a voting location and ensures that the location opens and closes on time, oversees accounting of ballots and assists poll workers in their duties. He also answers questions from voters and addresses any concerns.)

"The last couple of days, we've had a really good turnout. Yesterday (Thursday), we had almost 100 people out here as

opposed to 13 the second day," he said.

By noon Friday, the polling site had just more than 40 voters, while the day before, there were 99 voters at the 4-H Fairgrounds polling site. By the end of Friday, the Fairgrounds had a busy day of 110 voters, the first time to break triple digits and the second largest day of early voting at the location; the busiest day was Monday morning with 135 voters, with the third-largest turnout on Saturday with 107 voters.

Beth Sheller, Hamilton County Election administrator, compared this Primary Election to May 2018. In 2018, there were 230,252 registered voters, compared to this year, which has 263,672 registered voters, an increase of 33,420.

In 2018, 1,549 voters voted by mail and 4,628 voted early in person for a total of 6,177 early/absentee voters. By The Times newspaper deadline on Monday, there were 1,604 ballots returned, with 993 ballots still outstanding,

Sheller said. On Election Day 2018, 36,844 voters came out and voted.

The Judicial Center's biggest day for Early Voting was Friday, with 163 voters and the second-largest day was Monday morning with 154 voters. In total, there were 4,309 voters who participated in Early Voting in Hamilton County. There were a total 289 voters who voted on Monday morning, the final day of Early Voting before Election Day, throughout the county, including all of the Early Voting satellite location, Sheller said.

"It is a primary, and as we all know, a lot of people don't get out to vote in the primary unfortunately ... but they don't realize that the off years are the ones that really set the tone for the presidential (year). And it's really important locally, because you get the people you want in the place that you want," Shaw said.

Early on, during the less busy time, Shaw said some poll workers read author Mark Sullivan's book, "The Last Green Valley,"



Steve Shaw

and then discussed it.

There have also been a couple of lunchtime cookouts on Fridays. Shaw set up his barbecue grill just outside the back door of the 4-H Annex Building. One week, he served up hamburgers and hot dogs, and everyone else pitched in side dishes and chips. On Saturday, they ate pizza. Every day, poll workers take two different lunch shifts.

Poll worker Nancy Hartley, 69, Noblesville, brought in a Chinese coleslaw salad, chips and cookies for the cookouts.

She also brought in a 1,000-piece jigsaw puzzle and put it out on a table for poll workers to pass the time when the polls weren't busy. "People (poll workers), not the voters, could just drift over, and do that for five or 10 minutes," she said. Hartley also reads and works crossword puzzles, and says the days go pretty fast. "You always get interrupted to do something different."

Shift changes come every couple of hours, so that workers learn all of the jobs, from greeters to

Want MORE?

Primary Election Day polls are open 6 a.m. to 6 p.m. today. Deadline for absentee ballots is noon today. All mailed-in ballots must be received by the Election Office on or before 6 p.m. today. You can also drop off your ballot in person at the Clerk's Office in Noblesville. Hamilton County has 217 voting precincts and 118 voting locations for Election Day. To find your polling place, visit <https://indianavoters.in.gov/> or call Hamilton County Election Office at 317-776-8476.

those checking in voters at the Poll Pads, which are used in place of paper poll books to check in voters and see whether or not they have voted.

Poll workers come from all walks of life, but most of them are retired.

"You know one thing I really like is a lot of people my same age. So we have a lot in common," said Dottie Young, 75, Noblesville. She's been a poll worker since former President Barack Obama came into office, in 2009, she said.

Speaking of politicians, Young said, "We don't talk about politics, because we're not allowed to. We like everybody."

When the polls open this morning, Young will be at the Government & Judicial

Center polling place, and Hartley will work at Bethel Lutheran Church, the location of four Noblesville precincts.

Shaw is a retired North Elementary School teacher, who taught there for 34 years, and since 2010 has been a substitute teacher in grades K-5 for Noblesville elementaries.

Both he and his wife, Linda Shaw, who retired from Hamilton East Public Library in 2014, enjoy working the elections. She works part-time in the Judicial Center in the clerk's office during election timing.

Shaw said, "It gives me something to do, and I'm a people person."

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

BASEBALL From Page A1

Field in Indianapolis, home of the Triple-A franchise Indianapolis Indians, for the 24th year overall. This year's games will be played in a doubleheader format on Friday, June 17 and Saturday, June 18.

Among the top-ranked teams in this week's poll from the Indiana High School Baseball Coaches Association (IHSBCA), Class 4A's Center Grove Trojans will begin their journey hosting Greenwood Community in Sectional 13. The Andean Fighting 59ers, the No. 1 team in Class 3A, will meet home-standing Griffith in Sectional 17; the Wapahani Raiders are No. 1 in Class 2A and will take on Lapel in Sectional 40 at Frankton and the Barr-Reeve Vikings, the top team in Class 1A, drew a bye into the semifinals and will await the Vincennes Rivet-Shoals winner in Sectional 63 played at Loogootee.

The teams that won state championships last year include the Jasper Wildcats

who will take on Evansville Harrison in Class 4A Sectional 16 at Evansville Reitz. The Southridge Raiders will meet Gibson Southern in Class 3A Sectional 31 at Princeton Community. The Class 2A champion, the Providence Pioneers will host Eastern (Pekin) in Sectional 46. The Class 1A Washington Township Senators, which won the school's first state championship in any sport last year, will square off with Kouts in the Sectional 49 opener at Westville.

To conduct the random drawing for the baseball state tournament, the IHSAA places ping-pong balls representing each school in a given sectional into a lottery-style air mix machine. A motorized fan in the bottom of the machine blows the balls around the inside of the transparent container and air then forces each ball up through a tube in random order. For example, the first ball retrieved from the machine will be the visiting team in game

one with the second ball representing the home team in game one. The third ball to come out is the visitor in game two and the fourth ball the home team in game two. That same method is followed through all 64 sectionals and 16 regionals.

The IHSAA is a voluntary, not-for-profit organization that is self-supporting without the use of tax monies. Since its founding in 1903, the Association's mission has been to provide wholesome, educational athletics for the secondary schools of Indiana. Its 407 member high schools - public, institutional, parochial and private - pay no annual membership fee or incur entry fees to play in the Association's tournaments. A state tournament series is conducted annually in 22 sports, 10 for girls, 10 for boys and two co-ed (unified flag football and unified track and field). A 19-person board of directors, elected by member school principals, governs the organization.

MARLOWE From Page A1

rolled tightly in the cherry chest. Extra blankets are rolled up in the laundry room. I rolled up my tuxedo for the plane ride to my brother's wedding, last fall in Los Angeles.

I can't fold in egg whites, and I've lost a fortune playing poker, because when I have a bad hand, I can't fold. I even have trouble folding my arms.

At Christmas time, I never purchase presents that don't come in a square box, because gift wrapping is essentially folding with something in the way.

This week, my friend Brian, received a phone call from a professional recruiter, requesting that he apply for a Quality Engineer job at ILC Aerospace in Dover, Delaware. The job was in their space suit division. Personally, I can't see Bri-

an being responsible for the safety of our astronauts in space, but honestly, he did a great job in his last position assuring the public's safety from the packaging that the COVID-19 vaccines use.

To date, there have been no COVID-19 related paper cut deaths.

Brian wasn't going to take the the job at ILC, until he learned that they also make blimps. It seems that the giant airships that flourished in the 1930's are making a comeback. They are slow, but they can carry huge payloads at low fuel costs.

The recruiter told Brian that ILC is shipping everything from high altitude weather balloons to luxury airliners. Once a month, every employee at the Dover facility is required

to assemble in the giant hangar to fold a blimp for shipping.

Fold the blimp? Logic would tell me that to ship a blimp, all you have to do is fill it with helium and fly it to the customer. But no! These things are going out UPS!

My thoughts immediately returned to my Mother. How long would it take to squeeze the air out of a blimp? How big is that beer case?

Regardless, I thought this might just be the job for me. Folding a few blimps would surely give me the skills to fold anything. Well, maybe not anything.

Even God can't fold a fitted sheet.

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

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TUESDAY

In The Kitchen

Tuesday, May 3, 2022

A7



A NEW WAY TO SEAFOOD

Royal Salmon with Romesco Sauce and Aioli

FAMILY FEATURES

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

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

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

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

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

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

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

Salmon and Shrimp Coconut Curry

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

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

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

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

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

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

Serve with rice and lime quarters. Sprinkle with cilantro.



Salmon and Shrimp Coconut Curry

Royal Salmon with Romesco Sauce and Aioli

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

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

Romesco Sauce:

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

Aioli Sauce:

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

Preheat oven to 400 F.

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

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

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

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

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

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

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



One-Pan Japanese Salmon with Sweet Potato

One-Pan Japanese Salmon with Sweet Potato

Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey

- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini

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

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

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

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

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

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TUESDAY

Health and WELLNESS

Tuesday, May 3, 2022

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Shoulder Pain - Part 2

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.



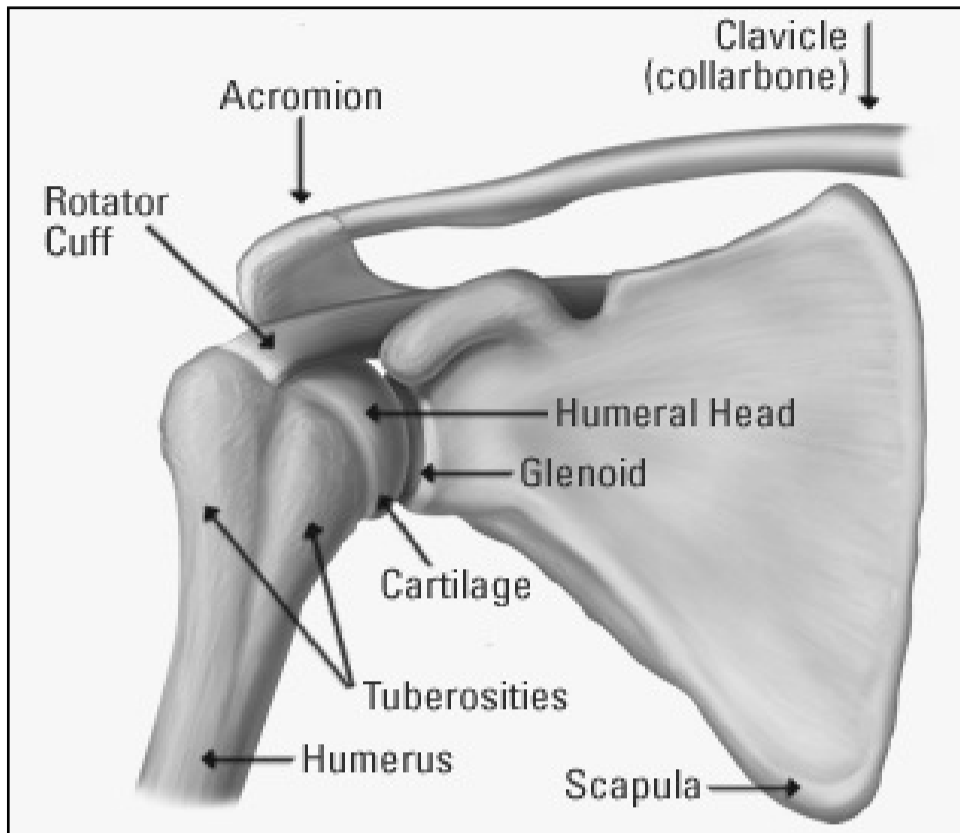
JOHN R. ROBERTS, M.D.
Montgomery Medicine

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 anti-inflammatory 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 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

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

Giving Blood Or Platelets Is A Simple Act With A Powerful Impact

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 lifesaving 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



American Red Cross

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."

A simple act can lead to lifesaving care. To schedule an appointment

to donate blood, platelets or plasma, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Health insights for donors

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.

Blood drive safety

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.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit 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 or use the Blood Donor App.

About the American Red Cross

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 or Cruz-RojaAmericana.org, or visit us on Twitter at @RedCross.

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