

TODAY'S VERSE

Ecclesiastes 3:14 I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Mark Kipp smile?
"Being with my wife Kathy while we are surrounded by friends enjoying life," said the 60-year-old Noblesville resident. He and his wife, Kathy, own Vector Sign Solutions at 1385 S. 10th St., Noblesville, and were found at the 2021 Noblesville Chamber of Commerce Taste of Business. They will celebrate two years in business in August. "We opened in the middle of COVID." He is a Rose-Hulman Institute of Technology graduate and an electrical engineer, and she is a Purdue University graduate and former pharmacist who has done pharmaceutical sales and consulting pharmacy. "Kathy and I were struggling, trying to find replacement positions, and we wanted to use our customer relationship skills to interact with clients. We were introduced to this business model. It's not a franchise. We own the business." Mark, in his former job as an engineer, was always visiting customers. "We wanted to get into business helping other people out. This was the best we knew that matched our skills. We design. We install. We do banners, exterior channel (letter) signs to car wraps." They came up with the name for their business. "Vector means 'providing direction.'" Mark was born in the suburbs of Chicago and moved to Indiana 25 years ago for a job on the northside of Indianapolis. "I met Kathy; she was already in Noblesville... She brought me to Noblesville," he said. "We have a blended family. I have two, she has three." They have been married 23 years. When they're not working? "In the past, I did Scouting in Cicero, Troop 103... I do a lot with my fraternity (Delta Sigma Phi), on the alumnae level and national level, and I do a lot for Rose-Hulman." What else makes Mark smile? "Spending time with my kids, who are scattered about. I love planning parties for my family and friends and getting beautiful flowers to grow in our yard. We both enjoy wine trips and delivering smiles to our customers." Mark said, "We're hopefully going to live the American dream. We've been in Noblesville a long time. We want to be part of the community and try to help to give back. This year's Noblesville Chamber Taste of Business is 4 p.m. to 7:30 p.m. Wednesday, May 18, at Embassy Suites by Hilton in Noblesville, with tickets available for \$5 in advance at <https://www.noblesvillechamber.com/> or \$7 at the door. Read more about the event in Wednesday's edition of The Times.

And Another Thing...

On Monday, June 6, 2022, Sheridan Youth Assistance will be hosting a Charity Golf Tournament at Purgatory Golf Club with a 10 a.m. shotgun start. With your help they will be able to raise a generous amount of funds for the youth and their families in the Sheridan community. The event will be a full 18 holes of golf, lunch and appetizers, door and raffle prizes, and Hole in One Vacation Prizes. Funds generated from this summer event will be used to fund the needs of the Sheridan youth and provide positive opportunities students will only have because of your support. Registration is now open for the Golf Tournament. Visit www.youthassistance.org/sheridan-news and secure your spot today. Register as an individual, a team or be a sponsor!

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo courtesy of Hamilton County

Hamilton County Commissioners Christine Altman, Steve Dillinger and Mark Heibrandt cut the ribbon on the new Hamilton County government employee parking garage on Friday morning.

Ceremony Opens New County Parking Garage After Defacing with Paintballs



BETSY REASON
The Times Editor

We drove by the new Hamilton County government employee parking garage on Thursday night. Although there were blockades at the two entrances, the kiosk at the front gate was lit brightly with public hours posted as well as a photo of the new garage alternating on the screen. The garage was well lit inside and outside.

Just hours later, on the morning of Friday, the 13th, guests arrived to join the Hamilton County Commissioners in a ribbon-cutting ceremony to celebrate the parking garage's grand opening.

Although it was a joyous occasion, the celebration was brought down momentarily by news that the garage had already been defaced with paintballs.

"We came in here this morning, all excited about this, and found someone decided to do paintballs all around our new building," Hamilton County Commissioner Steve Dillinger said.

County building and grounds employees quickly cleaned the paint as best they could before the ribbon-cutting ceremony.

➔ See BETSY Page A5



Photo courtesy of the Sheridan Rotary Club

Sheridan Community School Educators of the Year and the Top Ten academic scholars are (from left to right) Christian Clausen, Elijah Kinkead, Lexi Woodcock, high school principal Rick Davis, elementary principal Valery Roberts, Michael Cronin, Primary Teacher of the Year Lisa Zola and Secondary Teacher of the Year Ryan Kelleher. Students not pictured but receiving recognition are Silas DeVaney, Gabe Holler and Emma Collins.

Sheridan Rotary Salutes Class of '22 Academic Achievers and the 2022 Teachers of the Year

The educational endeavors of Hamilton County's youth are an important aspect of Rotary's continuing support to local community development. As they have done for the last 40 years, the Sheridan club has an annual spring banquet where they honor students who comprise the top

10% of their academic class.

Sheridan Rotary welcomed to the meeting students from Sheridan Community Schools who finished in the top ten percent of the Class of 2022 to our meeting. This year's

➔ See ROTARY SALUTES Page A5

2nd Best Brothers



JOHN O. MARLOWE
With the grain

I have three brothers, and together, we couldn't be more different. Well, that's not quite true. Two of us think similarly. Two of us behave similarly. Two of us react similarly.

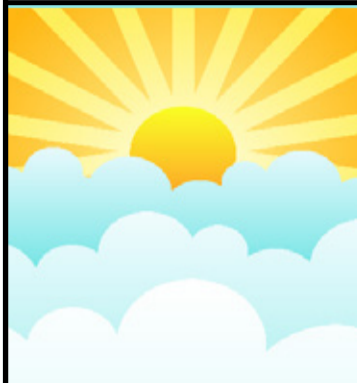
The matter is that, at any given time, we are never sure which two.

Maybe that's because we are the offspring of our father, and two different mothers. Maybe it is simply because we are products of two different generations. Brothers One (me) and Two (Todd) were born in the waning years of the Baby Boomer generation. Brothers Three (Ben) and Four (David) are Millennials.

Perhaps our differences and similarities lie in that two of us have spent most of our lives

➔ See MARLOWE Page A5

The Daily Almanac



Sunrise/Sunset
RISE: 6:26 a.m.
SET: 8:54 p.m.



High/Low Temperatures
High: 79 °F
Low: 54 °F



Today is....

- International Day Against Homophobia, Biphobia and Transphobia
- National Walnut Day
- Pinot Grigio Day



What Happened On This Day

- 1954 The U.S. Supreme Court declares racially segregated public schools unconstitutional
- 1972 Germany ratifies the Treaty of Warsaw
- 1990 The WHO deletes homosexuality from its list of mental diseases



Births On This Day

- 1936 Dennis Hopper American actor, director
- 1956 Sugar Ray Leonard American boxer, actor

Deaths On This Day

- 1829 John Jay American jurist, 1st Chief Justice of the United States
- 2011 Harmon Killebrew American baseball player

INSIDE TODAY

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HONEST HOOSIER

On this date in 1939, Columbia and Princeton played a baseball game. What was notable about it was that it was the very first televised sporting event in the U.S. - and no, no highlights were shown on Sports Center that night.



TODAY'S QUOTE

"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes - understanding that failure is not the opposite of success, it's part of success."

- Arianna Huffington

TODAY'S HEALTH TIP

Three-quarters of U.S. teens and adults don't get enough vitamin D in their diets. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S JOKE

What kind of shorts do clouds wear?
Thunderpants!

OBITUARIES

Obituaries on page A2.



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



13 WTHR 7 DAY FORECAST

54/79 SUNNY AND WARMER	60/75 PARTLY CLOUDY	63/83 BRIGHTER SKY	70/89 MISTY, COOL	59/70 WET START, P.M. SUN	50/66 SUNNY AND COOL	48/71 PLEASANT
TUE	WED	THU	FRI	SAT	SUN	MON

OBITUARIES

Beverly Ann Bingham

August 27, 1933 - May 13, 2022

Beverly Ann Bingham, 88, of Carmel, passed away on Friday, May 13, 2022 at Bickford of Carmel.

She was born on August 27, 1933 to Henry Moore and Virgie (Walpole) Moore in Halls, Tennessee.

For 35 years, Mrs. Bingham worked as an LPN for Parkview Convalescent Center in Elwood. She was a member of Faith Apostolic Church.

Survivors include her husband Raymond Max Bingham; son Bart Matthew (Kathy) Bingham; four grandchildren; seven great-grandchildren; three great-great-grandchildren; and several cousins.

In addition to her parents, she was preceded in death by her son Dan Bingham; and her brother Franklin Moore.

Visitation is scheduled to be held from 11 a.m. to 2 p.m., with services scheduled to take place at 2 p.m., on Tuesday, May 17, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Burial will be at Sunset Memorial Park in Elwood.

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



Maria Estela Franco-Velez de Almanzar

October 17, 1924 - May 10, 2022

Maria Estela Franco-Velez de Almanzar, 97, of Westfield, went home to Christ on May 10, 2022.

She was born on October 17, 1924 in Santiago, Dominican Republic, the baby in the family and the only girl.

Mrs. Franco-Velez grew up playing on her uncle's farm with her brothers and cousins, riding donkeys and resting under mango trees. She attended local Catholic grade schools and high school, where she played tennis and was the captain of her volleyball team.

As a young adult, she fled the dictatorship of Rafael Trujillo and settled in New York City, where she met and married William Franco-Velez. They had two children, Denise and Marlene, and lived on Long Island. Mrs. Franco-Velez was a devoted caretaker with a heart for service. She fostered many children over the years, worked in hospitals with disabled patients, and, in her later years, cared for infants and young children.

After she retired, she moved to Indiana with William to help raise their grandchildren. Mrs. Franco-Velez was an avid knitter, gardener, and cook, maintaining her hobbies well into her 90's. She was loved for her vibrant personality, her deep devotion to friends and family, and her gumption.

Survivors include her daughter, Denise Smyth, and husband, Jim Smyth; grandchildren, James and wife, Jean, Patricia, Kelly and boyfriend, Todd, David, John, and Cole; great-grandchildren, James, Joanna, Sunny, and Joshua; nephew; Dr. Eduardo Almanzar and wife, Linda; nieces, Ana Maria Almanzar, and Laura Sanchez and husband, Marino.

She was preceded in death by her husband William Franco-Velez; daughter Marlene Franco-Velez; parents Virgilio Almanzar and Ercilia Almanzar de Fernandez; and three brothers Virgilio, Alberto and Fernando Almanzar de Fernandez.

Family and friends are scheduled to gather Monday, May 16, 2022 at 11 a.m. in Our Lady of Mt. Carmel Catholic Church, where the Mass of Christian Burial is scheduled to be conducted at 12 p.m.

Burial will follow in Union Chapel Cemetery.

Bussell Family Funerals is privileged to assist the family in arrangements.



Sharon Kay Tolle

February 14, 1957 - May 12, 2022

Sharon Kay Tolle, age 65, of Sheridan, Indiana, passed away on Thursday morning, May 12, 2022 at Riverview Health in Noblesville.

She was born February 14, 1957 in Indianapolis, Indiana, the daughter of the late Walter Junior and Norma Jean (Meador) Strough.

Mrs. Tolle was a 1975 graduate of Carmel High School and a graduate of Ivy Tech where she earned her Associates Degree in Accounting. Her education served her well during her tenure with St. Vincent Hospital, where she worked in the accounting department for 18 years, retiring in 2013.

She lived life in the moment - and whatever she happened to be involved in at any given time was the absolute perfect place for her to be. Mrs. Tolle spent countless hours fussing over her garden, but to her it was time well spent. She loved flowers and enjoyed the various critters that would visit her garden from time to time. Birds were visitors she liked the best; she had feeders on just about every square foot of her property. Mrs. Tolle also liked to let her artistic side take over. She enjoyed arts and crafts, especially ceramics, pottery and crocheting. One of her favorite projects was when she was able to use the flowers from her garden to create the floral pieces for her son's wedding. It was the perfect combination of her creative side and her professional, attention to detail side. Mrs. Tolle was an avid and competitive bowler, playing in various leagues throughout the years, as well as being a member of the 600 club.

Any activity involving family was her happy place. Mrs. Tolle was there for anything and everything. As the kids were growing up, she made it a priority to be involved in their activities. From running here, there, and everywhere for various sports activities, to being an active band parent - she was always there. And when the cycle started all over again, this time as a grandparent, Mrs. Tolle was front and center.

Survivors include her loving husband Christopher Alan "Chris" Tolle, they were married on May 22, 1993; son Jason M. (Christina) Flint of Noblesville; three daughters Kira D. Flint of Noblesville, Tiffany Shari (Seth) Hill of Jamestown and Felicia Renee (Nick) Sample of Noblesville; eight grandchildren Trinity Hill, Lydia Hill, Sadie Hill, Alexander "Alex" Flint, Abigail Flint, Nicholas Sample, Jr., Jayden Sample and Devon Sample; brother Paul Strough of West Virginia; two sisters Diane Strough White and Melissa Strough, both of Phoenix, Arizona; and by her golden retriever Crosby. Everybody loves Crosby.

She was preceded in death by her parents; and sister Susan Strough.

Visitation is scheduled to be held from 4 - 7 p.m. on Wednesday, May 18, 2022, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana.

Memorial contributions may be made to the Hamilton County Humane Society.



Scott Lockhart

May 12, 2022

Scott Lockhart, of Fishers, passed away on Thursday, May 12, 2022. He was 64 years old.

He was born in Iaeger, WV to the late PD and Verna (Campbell) Lockhart.

Mr. Lockhart grew up in Iaeger, WV, Chicago and Indianapolis. He graduated from Ball State University and was a member of the Sigma Phi Epsilon Fraternity where he served as president and had continued to enjoy the lifelong brother ties. He was an avid Bears football, Cubs baseball and IU basketball fan. Mr. Lockhart became a commercial insurance adjuster in 1982. In 2005, he and Ken Solmon, his brother-in-law, opened an insurance agency in Noblesville that they both were very proud of. He worked at Sears Hardware where he was also a trusted friend to many customers and co-workers.

Mr. Lockhart loved Jesus with all he was. He completed in-depth Bible studies and encouraged others to do the same. He proudly shared his testimony often and he prayed heartfelt prayers daily. He baptized his three daughters and loved knowing that he led them to Jesus. Worship through music was one of his favorite things to do. He blessed many services by singing with worship teams over the years with his beautiful base voice. Mr. Lockhart made the trip of a lifetime a few weeks ago with his church family to Israel. No one enjoyed the trip more! He was a trustee at his White Chapel Church.

He and his wife Cathy married May 1, 1982 and recently celebrated their 40th anniversary. They lived in Peoria, IL until they moved to Fishers in 1989. She was his best friend and they were seldom seen apart, even working together daily at the agency. He loved to spoil her with surprise gifts out of the blue and always insisted that she was his better half while she insisted that he was hers. Mr. Lockhart and his wife faced the good and bad together as one. God blessed their marriage in countless ways.

He often bragged that he was outnumbered all these years and that he "survived and thrived" with three teenage daughters in the house along with their friends. He was King of his castle, a superhero and miracle worker! He was not a complainer about anything. Mr. Lockhart loved Cathy and his daughters well. They were his pride and joy.

He was always the life of the party, a trivia buff and a history lover and so much more. He loved telling corny jokes and making people laugh. Most of all, Mr. Lockhart was a loving husband, father and grandfather. His favorite names were Dad and Grandpa Scott.

Survivors include his wife Cathy Lockhart; three daughters Kelly Jo, Stacie (Jordan) Bistodeau and Kimberly (Kevin) Dobbyn; five granddaughters Alice, Evie, Vivian Scott, Margot and Andie; two step-sisters Cindy (Jeff) Cline and Yvonne (Gene) Harris; his beloved mother-in-law Lorreta Solmon; four nieces; and one nephew.

In addition to his parents, he was preceded in death by his two brothers Matthew Lockhart and Marty Lockhart; sister Jeanna Denton; step-mother Carol Lockhart; and father-in-law Craig Solmon.

Services are scheduled to be held at 7 p.m. on Tuesday, May 17th, at Randall and Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers, with Pastor David Cottrell officiating. Visitation is scheduled to be held from 4 p.m. until the time of service.

Memorial contributions may be made to White Chapel Church, 5155 E 116th Street, Carmel, IN 46033.

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



Bill Atkinson

October 3, 1930 - May 15, 2022

Bill Atkinson, 91, of Noblesville, passed away on Sunday, May 15, 2022 at his home.

He was born on October 3, 1930 to Coy and Ava (Willmuth) Atkinson in Evening Shade, Arkansas.

Mr. Atkinson proudly served in the United States Army in 1953 during the Korean War and later was a member of the American Legion. He owned and operated NAPA stores around the area, was the second largest dealer in Indiana, and was able to retire at the age of 50. He was a mechanic and licensed electrician, who enjoyed working on cars.

Survivors include his wife Martha Atkinson; two daughters Teresa (Shawn) Salge and Gianna (Derek) Haas; four grandchildren Kara Martens, Ashley Dailey, Addison Haas and Ryne Haas; and two great-grandchildren Clementine Dailey and Amos Dailey.

He was preceded in death by his parents.

Visitation is scheduled to be held from 12 p.m. to 1 p.m. at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville. Services are scheduled to be held at 1 p.m. with Pastor Shawn Graham officiating. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Disabled American Veterans, PO Box 508, Greenwood, IN 46142, www.davmembersportal.org/in/default.aspx, or Alzheimer's Association, 50 East 91st Street, Suite 100, Indianapolis, IN 46240, www.alz.org/indiana.

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



PUBLIC NOTICES

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Commissioners of Hamilton County, Indiana (the "Board") will hold a public hearing at 1:00 PM, on May 23, 2022, in the Commissioners Courtroom located at 1 N 8th St., Noblesville, IN 46060, concerning a recommendation to the Board to award a public-private agreement for the development, construction, operation, and transfer of certain public projects, in accordance with Indiana Code 5-23, et seq. (the "Act"). After review and analysis of proposals received pursuant to a request for proposals in accordance with the Act, a recommendation has been made to the Board to award the public-private agreement to Reynolds Construction (the "Developer") of Orleans, IN. Copies of the proposals and a written explanation of the basis upon which the recommendation is being made are with the County Administrator and are available for public inspection and copying at the County Commissioners Office during regular business hours. The Board's office is at 1 Hamilton County Square, Suite 157, Noblesville, Indiana, and it can be contacted by phone at 317-776-8493. This notice of public hearing is required by the Act. The public is invited to comment on the matters herein noted, and all taxpayers, residents or interested parties who appear will be given a reasonable opportunity to express their views on the recommendation.

Dated this 12 day of May, 2022.

Mark Heirbrandt, Commissioner
Hamilton County, Indiana
TL19083 5/17 5/18 21 hspaxlp

'Liberty Defense' GOP Insurgency Was a Dud



BRIAN HOWEY

Howey Political Report

This "trend" bubbled up in the homestretch leading into the May 3 Indiana primary in several media quarters: A slate of "Liberty Defense" candidates was poised to pull the Republican House and Senate super majorities even further to the right. Liberty Defense, based in Bluffton, was formed to confront Gov. Eric Holcomb's pandemic mandates and to preserve "your freedoms and traditional family values. Our firm conservative stance is held tight to a no-compromise view on the issues of the sanctity of life, the 2nd Amendment, and religious freedom."

But there was no anti-incumbency trend in the May 3 primary. Five General Assembly incumbents lost, but three (State Reps. Curt Nisly, Jeff Ellington and State Sen. Kevin Boehnlein) fell victim to other incumbent legislators after they were drawn into the same districts with the new.

With the defeat of Reps. John Jacob and Nisly, who were championed by Liberty Defense, two major headaches of Speaker Todd Huston are now gone.

As for the challenges by the Liberty Defense organization in 25 House races, only four on its list won and three of them - State Rep. Bruce Borders, State Sen. Gary Byrne and Wabash County Councilman Lorissa Sweet - had already won multiple elections. Of these 21 Liberty Defense races where endorsed candidates lost, none were close to matching Howey Politics Indiana's 7% threshold that would suggest a potential breakthrough in the 2024 cycle.

Here's how the Liberty Defense races ended:

HD7: Sarina Williams lost to Rep. Jack Teshka, 48.8% to 18%.

HD20: Heather Oake lost to Rep. Jim Pressell 65.6% to 34.5%.

HD21: Stephen Gray lost to Rep. Timothy Wesco 84% to 15%.

HD22: Rep. Curt Nisly lost to Rep. Craig Snow 73.1% 26.9%.

HD31: Andy Lyons lost to Rep. Ann Vermillion 73.9% to 26.1%.

HD33: Brittany Kloer lost to Rep. J.D. Prescott 58 to 42%.

HD47: Luke Campbell lost to Robb Greene 19.4% to 47.9% while 29.9% voted for Rep. John Young.

HD41: Liberty Defense endorsed candidate Richard Babsby finished third with 28% in a race won by the Mark Genda with 42.6%.

HD54: Melissa Meltzer lost to Cory Criswell in this open seat, with Criswell getting 39.6% while Meltzer had 11.3%.

HD56: Mark Pierce lost to Rep. Brad Barrett 74.1% to 25.9%.

HD57: Melinda Griese-mer lost to Craig Haggard 66.7% to 33.3%.

HD60: Brittany Carroll lost to Rep. Peggy Mayfield 64.2% to 35.8%.

HD62: Greg "No Bull" Knott lost to Dave Hall

56.7% to 43.3%.

HD72: Jackie Bright Grubbs lost to Rep. Ed Clere 50.2% to 36.7%.

HD78: Sean Selby lost to Rep. Tim O'Brien 66% to 34%.

HD79: Russ Mounsey lost to House Republican Majority Leader Matt Lehman 66-34%. Lehman had sponsored the House Republican pandemic response legislation vetoed by Gov. Holcomb.

HD81: David Merver lost to Rep. Martin Carbaugh 65.3% to 34.7%.

HD88: Chrystal Sisson lost to Rep. Chris Jeter 74.9% to 25.1%.

HD90: David Waters lost to Rep. Mike Speedy 82.1% to 17.9%.

HD91: David Hewitt lost to Rep. Robert Behning 61.8% to 38.2%.

HD93: Rep. John Jacob lost to Julie McGuire 61.1% to 38.9%.

The Liberty Defense campaign was based on the notion that House Republicans weren't conservative enough. The results revealed that voters thought most incumbents were sufficiently conservative.

A classic example was State Rep. Mayfield, who in 2013 was named a "Defender of Liberty" by the American Conservative Union. She was perplexed when I moved her race from "Likely" to "Leans" in her favor after the House Republican Campaign Committee made about \$3,000 in late expenditures on her behalf. "I've always been told the hardest election is your first, the second hardest is your first reelection and the third is after new maps," she said. "Over 50% of my district is new so there is a variable of the unknown at play. And never underestimate the power of the pissed off voter."

Of the four Liberty Defense "victories," Sen. Byrne had been elected three times in local races, Rep. Borders had held HD45 for most of the past two decades, Sweet had held office, and Hamilton County Councilman Fred Glynn had also won outside the label. Glynn had a six-vote lead over Suzie Jaworowski in the open HD32.

In Sen. Byrne's defeat of Sen. Boehnlein, the victor's allies said that Liberty Defense had nothing to do with it. Harrison County Republican Chairman Scott Fluhr told me, "While there were plenty of factors in Gary Byrne's defeat of Kevin Boehnlein, the Liberty Defense organization wasn't one. Gary Byrne wasn't on their pre-election endorsement list and received no support from them. If they are saying that now, it might be post-election revisionism to make their rather sorry record look better than it actually was."

As for Gov. Holcomb, who has been under attack by the far right for his pandemic-era restrictions as well as his veto of a transgender athletics bill (the governor maintains it was a poorly-written bill that didn't exist), he pointed to his 2020 reelection, where his 56.5% victory came with a record 1,706,739 votes. "Let's just review the facts: I ran a race," Holcomb said. "I received more votes than anyone that's run for governor in the history of this state."

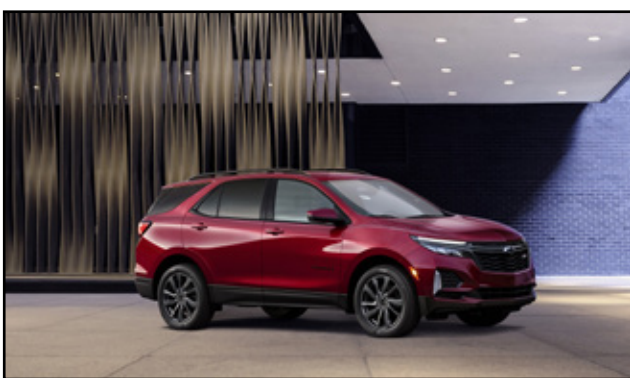
- The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

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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Thanks for reading The Times!



Photos courtesy of Chevrolet

2022 Chevy Equinox RS Mixes Cayenne Pepper With Vanilla Frosting

The 2022 Chevrolet Equinox is one of the best-selling crossovers in America, but it's not terribly exciting. It could use a bit of a makeover to attract younger and more affluent buyers. So, designers went to work to imbue a bit more attitude, adding cayenne pepper to the compact Chevy's vanilla frosting. The result is the Equinox RS.

Coming off of a refresh that saw all Equinox models receive revised front and rear lighting, the RS looks like an athlete ready for a good run. Sporty RS editions receive black chrome grille trim, dark window outlines, black logos, and 19" Dark Android alloy wheels. A brooding sinister aesthetic is the key, even when painted pearl white.

The RS reserves its best for the interior where it's dressed up with black-

and-red-stitched leather seats that are heated up front and face a heated red-stitched steering wheel. There's no fancy twin-panel sunroof, but passengers do enjoy Bose audio, dual-zone automatic climate control, and easy device connections through 4G Wi-Fi, Bluetooth, Apple CarPlay, and Android Auto. Chevrolet's touchscreens are easy to understand, but should come with a proper tuning knob. Click-clicking through stations with buttons is a bit much.

My parents owned two of the previous generation Equinox, which splits the difference in size between the current model and larger Blazer. Unlike in my parents' version, three-across seating is a little tight in the rear, but legroom and luggage space are plentiful. Split-

fold rear seats let longer items slide right in. There's always the roof if that's not enough space.

On paper, the RS' 1.5-liter turbocharged four-cylinder engine seems unimpressive with its 170 horsepower and 203 lb.-ft. of torque, but when connected to a six-speed automatic transmission and all-wheel-drive, it's plenty capable. Towing only rates 1,500 lbs., not enough to pull campers or boats of any real size, but fuel economy rates a relatively frugal 25/30-MPG city/highway.

There's a difference between being fast and being quick. Quick cars rip off 0-60 mph at a pace that crimps neck muscles, but fast cars can maintain high speed with reserved composure. The Equinox RS is not a quick car, but it is fast, able to ride a wave of turbo torque into

2022 Chevy Equinox RS

Five-passenger, AWD Crossover
Powertrain: 1.5-liter T4, 6-spd trans
Output: 170hp/203 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 19"/19" alloy
Brakes f/r: disc/disc
Must-have features: Style, Turbo
Fuel economy: 25/30 mpg city/hwy
Assembly: Ramos Arizpe, Mexico
Base/As-tested price: \$25,800/\$37,015

the left lane, click down a cog or two, and stream on down the road. The four-wheel independent suspension, quick steering, and narrow track make the Equinox feel much smaller and sportier than it actually is while rumbling over rough pavement with nary a squeak, creak, nor rattle.

Beyond competent handling, there's plenty of technology to protect everybody. Adaptive cruise keeps

a safe distance on the highway while automatic emergency braking with pedestrian detection, lane keep assist, rear cross traffic alert, and blind zone warning work whenever. No matter the conditions, the Equinox feels solid and robust - ready to take a crunching if necessary.

Nobody will confuse the Equinox RS with a sport wagon, but it adds enough spice to attract a younger and more open-minded set.



CASEY WILLIAMS
Auto Reviews

And, that's exactly the point. Even better, it's pretty affordable. A base Equinox costs \$25,800, but our well-optioned RS rose to \$37,015. With that, competitors include the Ford Escape Titanium, Subaru Forester Sport, Hyundai Tucson N Line, and Honda CR-V Touring. Storm Forward!

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

Friends Like Angel



CARRIE CLASSON
The Postscript

This time of year still hits me hard.

It is the anniversary of the death of my best girlfriend, Angel, who died too young and left an Angel-shaped hole in my life.

"Can it be six years?" I ask my husband, Peter, in disbelief. Angel died at 50 years old, six years ago.

In the years since she

died, I have tried to fill the spot she occupied without success. I expect new friends to be like Angel, and this is, of course, unfair. I expect they will be willing to listen to whatever mad idea has entered my head at any hour of the day. I expect them to type as fast as they speak and keep up three conversations at once—usually with people on different sides of the globe.

While I considered Angel my best girlfriend, I had no illusions that she felt the same about me. Angel was rich in friends. There was no limit to her ability to support and encourage and cajole and occasionally berate her legions of friends into

being more hopeful and less gloomy and better able to face the very particular challenges of their lives. Angel floated into and over so many lives. I was just lucky to be one of them.

Of course, she was no angel.

I remember her boyfriend, Alain, discovering she had thawed out all the baguettes he had been saving in the freezer. He was enraged and at a loss for words.

"She is not perfect!" he finally exploded.

This was not news to anyone who knew her. We did not seek her out because she was perfect. We sought her out because she was so unbelievably real.

There was no experience she would dismiss out of hand, no passion she did not think was worth exploring, no body of knowledge she felt was beyond her depth. Art and cooking and politics and string theory and Disney movies and bad '80s rock 'n' roll and fashion and trashy novels and whatever else the person she happened to be talking to was interested in—this is what Angel was interested in. She tried everything. She was the first to admit she was wrong—and she frequently was. But it never discouraged her from experiencing another thing, learning a bit more.

Today, I felt a little wicked.

I spoke the truth to a friend. I told him he had hurt me and that I didn't want to put up with his nonsense anymore. It's the sort of thing I don't often do. Usually, I tell myself how lucky I am and how much easier things are for me than for some people and how I should just forget about the slight. This time I did not. I felt a little guilty, I confess.

And I heard Angel laughing.

Angel would chide me for being so anxious, so careful, so worried about things—things that were never worth worrying about in the long run. She was all about speaking her truth. She was all about getting her needs met without shame or

embarrassment. She has been dead for six years, and she is still teaching me. She was bigger and freer and more lively than any person I've known, which is why it is so hard to accept that she is no longer alive.

I don't need another friend like Angel, because there are no other friends like Angel. Besides, the goal was never to replicate her. The goal was to try—in my cautious, nervous, high-strung way—to become a bit more like her.

Till next time,
Carrie

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

Duke Energy Sponsorship Will Expand Bicentennial Outreach



Duke Energy will serve as lead sponsor for Hamilton County's upcoming 200th anniversary in 2023, the Hamilton County Bicentennial Commission announced.

Financial support from the local energy company will provide dozens of grants to local non-profit community organizations to create outreach programs and activities related to the celebration.

"Duke Energy has been a part of the local community for decades," said Mark LaBarr, Hamilton County Government & Community Relations Manager. "We hope this support can not only encourage local organizations to celebrate the past, but also explore ways to create an even brighter future."

The Hamilton County Bicentennial in 2023 was designated as a year-long celebration by the Hamilton County Board of Commissioners, who along with the Hamilton County Council and Hamilton

County Tourism, are also dedicating financial resources to focus on all nine of the community's townships.

An appointed Bicentennial Commission also will publish a commemorative book, host opening and closing ceremonies, distribute "Bicentennial Celebration Kits," and explore other opportunities for residents and visitors to acknowledge this important milestone.

Bicentennial Co-Chairs Kathy Williams and Kent Ward noted the Duke Energy sponsorship will significantly broaden the reach of the bicentennial, enabling organizations of all sizes to be involved.

Four levels of additional corporate sponsorships also are available to allow organizations of all sizes to support this 200th anniversary year. Our top level sponsors currently include Beck's Hybrids, the Center for the Performing Arts, the Hamilton County Reporter, Riverview Health, Spencer Farm & Winery, and Towne Post Network - Noblesville, Westfield, Carmel, and Fishers Magazines. Other sponsors include Current Publishing, QR Pursuits, and Randall and Roberts Funeral Homes. Information and deadlines can be found at HamCoTurns200.com.

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Sun and Water Safety



JOHN R. ROBERTS, M.D.
Hamilton Health

We finally got a taste of some warm weather which means it's time to starting thinking about summer activities. Most people enjoy a good day in the sun. Whether it's lounging by the water, participating in sports or working outdoors, we all get our fair share of sun every summer. This week, I want to briefly review some sun and water safety tips.

Sun and water safety are key things to be aware of as you venture outdoors. Everyone knows you can get a burn if you're out in the sun too long. However, many people don't re-

alize that you can still get a burn in the shade or on a cloudy day. Ultraviolet rays come in two forms: UVA and UVB. UVA accelerates aging of the skin, while both UVA and UVB can cause skin cancer.

Sunscreens lotions work by absorbing the UV rays before they penetrate your skin and cause damage. They can be effective, but only if used properly. Dermatologists will all tell you it's safer and more effective to use physical blocking agents like sun-protective clothing and wide-brimmed hats.

Sunscreens are rated using the "SPF" scale. Don't bother with lotions with an SPF below 15. An SPF of 15 hypothetically allows you to stay in the sun 15 times longer before you burn. However, the effectiveness does not last near that long since the lotion usually wears off from sweating, swimming, or friction. Sunscreens should be applied liberally before going out in the sun (at least 2-3 Tablespoons per application). They

also need to be re-applied at least every two hours. It's important to get a broad-spectrum lotion that absorbs UVA and UVB. You should also use lip balm containing sunscreen.

There was a study in the Journal of the American Medical Association a couple of years ago that raised some concerns about four chemicals found in sunscreens: avobenzone, oxybenzone, ecamsule, and octocrylene. The chemicals, particularly oxybenzone, were found in the blood of the 24 study participants after applying the agents to 75 percent of their bodies four times a day for 4 days. The amounts applied in the study were about twice what would be considered normal in the real world. The FDA is requiring safety testing to determine if the increased levels have any adverse health effects. Current thinking is that the risk of sun damage to the skin is much higher than any health effects from these chemicals in the bloodstream.

Try to minimize sun exposure between the hours of 10 a.m. and 4 p.m. when the intensity of ultraviolet radiation is highest. Sunburns suffered in childhood are a major risk factor for skin cancer later in life so model good behavior and teach your kids the importance of protecting themselves. Regular use of sunscreen in kids can lower their risk of skin cancer by around 75 percent.

Don't forget your sunglasses! While most folks apply sunscreen to their skin, they forget to protect their eyes. Ultraviolet radiation can cause damage to the lenses in your eyes leading to the development of cataracts. Be sure and read the tag on the glasses to make sure they're rated to block 99 to 100 percent of both UVA and UVB rays. Wraparound glasses are the most effective.

If you're in the sun, water often isn't too far away. An estimated 260 children under age five drown each year in residential swimming pools

and spas. Another 3,000 are treated in emergency rooms for submersion accidents that often lead to permanent brain damage. Nationally, drowning is the fourth leading cause of death in children under five.

If you have young children, you must NEVER leave them alone near a pool or in the care of an older child. It only takes a brief lapse in supervision to result in tragedy. Although most communities require only an automatic pool cover for safety purposes, you should also include a fence around the pool that has self-closing gates that is at least four feet high. If your kids are visiting a friend's pool, make sure the adults understand your kids are not to be left alone near the water. While swim lessons are advisable, they do not decrease the risk of drowning in kids under four. Flotation devices and swim lessons are not a substitute for adult supervision. Rescue equipment, including a life preserver

and shepherd's hook, should be kept near your pool. Have a cell phone or portable phone by the pool so you don't have to go inside and leave kids unattended. Know CPR and consider taking a lifesaving class if you own a pool.

When boating, skiing or tubing, always wear a personal flotation device (life jacket) approved by the U.S. Coast Guard. Remember that alcohol and boating don't mix. Half of all drownings are caused by boating accidents involving alcohol. If you must rescue someone in the water, don't become a victim yourself. Always remember the saying, "reach, throw, row, go." Try to first reach the person with an object. If you can't, throw something to them or maneuver a boat to them. Finally, as an absolute last resort, enter the water to try and reach them.

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

IDHS Honors EMS Personnel During Indiana EMS Week



The Indiana Department of Homeland Security (IDHS) is celebrating Indiana EMS Week May 15-21 as proclaimed by Governor Eric J. Holcomb.

"Indiana's Emergency Medical Services personnel are a dedicated group of people going into scenarios where people are having the worst day of their lives. Hoosier EMS responders are trained and prepared to act quickly and professionally to help anyone in their time of need," says IDHS Executive Director Stephen Cox. "We cannot honor these first responders enough for all they do at a

moment's notice."

Indiana EMS Week aligns with National EMS Week 2022. This year's theme is Rising to the Challenge. This week, IDHS is sharing the stories of Hoosier EMS crews rising to the challenge. You can follow along and read the stories that affected EMS providers the most on the IDHS website or on Facebook, Twitter and Instagram.

Indiana has more than 800 EMS provider agencies and more than 24,000 emergency medical personnel. IDHS supports the EMS community by issuing certifications, trainings and offering guidance on the new patient-centered model of care, Mobile Integrated Health.

National EMS Week was authorized in 1974 by President Gerald Ford to celebrate EMS practitioners. This week brings together medical personnel and the local communities they serve to celebrate their day-to-day lifesaving services.

'Click It or Ticket' Seat Belt Enforcement Campaign Launches Across Indiana



Starting this week, more than 200 state and local law enforcement agencies will be increasing patrols as part of the national "Click It or Ticket" campaign ahead of Memorial Day weekend. For the next three weeks, officers will be out in full force making sure drivers and passengers are buckled up and children are properly secured.

Their goal is to reduce the number of traffic injuries and fatalities from lack of seat belt use, a continuing concern. Data from the Indiana Criminal Justice Institute (ICJI) shows that unbuckled motorists make up almost 40% of all passenger vehicle deaths in the state.

The overtime patrols are funded by the National Highway Traffic Safety Administration (NHTSA)

with grants administered by ICJI.

"We cannot tolerate another deadly year like the one we just had on our roads," said Devon McDonald, ICJI Executive Director. "Many of the people we lost would still be alive today had they made the decision to buckle up. Seat belts make a difference. They save lives."

Since the "Click It or Ticket" initiative began more than 20 years ago, seat belt use has gone up 30% in Indiana to 92.9%, which is slightly higher than the national average of 90.3%.

Despite making progress and advances in vehicle safety, in 2020, 226 unbuckled vehicle occupants lost their lives on Indiana roads - the second highest in the past decade. Young drivers, especially males, were the least likely to be buckled during a crash.

Research has repeatedly demonstrated the safety benefits of seat belts and the dangerous consequenc-

es when people choose not to use them. Buckling up can reduce the risk of injury or death in a crash by 50%. Without a seat belt fastened, people can be ejected from a vehicle and killed, and that risk increases if the driver is speeding or impaired.

Tragically, vehicle collisions continue to be a leading cause of death for children ages 1 to 13, and NHTSA data shows that approximately 46% of all car seats are being used incorrectly. Parents and caregivers who do not buckle up are more likely to have kids who are improperly restrained.

"There's nothing more tragic than reading the news about a child who was injured or killed because they weren't properly secure in a vehicle," said Robert Duckworth, ICJI Traffic Safety Director. "Parents are responsible for their child's safety, and car seats are only effective if and when used correctly."

Indiana law requires the driver and all passengers

to buckle up. Children under age eight must be properly restrained in a federally approved child car seat or booster seat.

Throughout the campaign, officers will be watching for seat belt and car seat violations while conducting high-visibility patrols during the day and night, when unrestrained driving is at its peak. Drivers can be cited for lack of seat belt use, but also for each unbuckled passenger under the age of 16.

Parents and caregivers are encouraged to make sure children are in the right car seat and that it's used correctly and properly installed. Resources can be found at www.nhtsa.gov/TheRightSeat. To schedule an appointment with a certified car seat safety technician at one of Indiana's 100 fitting stations, visit on.in.gov/SafeKids. An appointment with a certified car seat safety technician at one of Indiana's 100 fitting stations, visit on.in.gov/SafeKids.

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.

Meeting Notes

Hamilton Heights School Corporation Board
Meeting Agenda
Wednesday, May 18, 2022 at 6:30 p.m.
Hamilton Heights Student Activity Center - Board Room, 420 W. North St., Arcadia, IN 46030

1. Pledge of Allegiance
2. Call to Order: Julie Davis, President
3. Minutes: (motion)
A. April 20, 2022, regular meeting
4. Curriculum / Board Information and Policy Updates - Derek Arrowood:
A. 2022-2023 Revised School Calendar (motion)
B. 2023-2024 School Calendar (motion)

5. Business and Operations - Kristin McCarty:
A. April 2022 Financials
B. 2022-2023 Capacity & Student Transfer Applications (motion)
C. 2022-2023 Certified Staff Handbook (motion)
D. Transportation Dept. Vehicle Purchase (motion)
E. Facility Update
F. Accounts Payable 1

- 2 3 and Payroll Claims 1 2 (motion)
6. New business:
A. Personnel report: (motion)
1. Separation(s) from Service
2. Recommendation(s)
3. Conference request(s) / report(s)
7. Adjourn
A. Next scheduled meeting is Wednesday, June 15, 2022 at 6:30 p.m.

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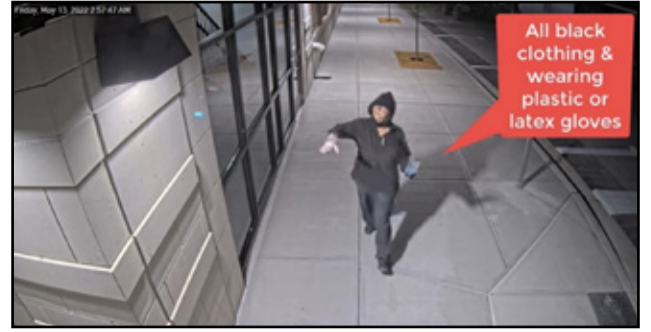
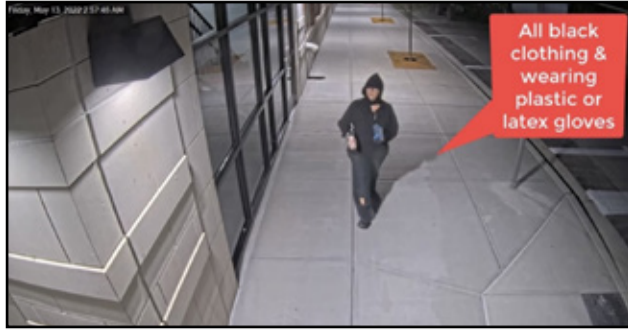
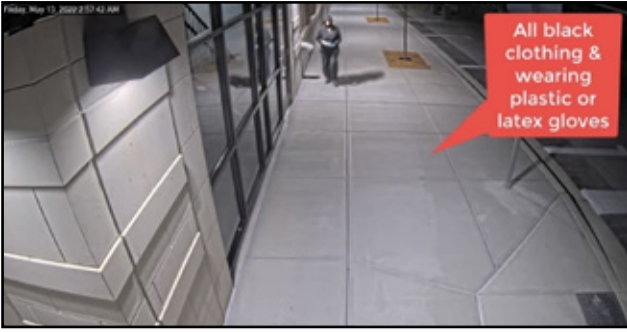
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BETSY From Page A1



Screenshot from Hamilton County Sheriff's Office video

The new Hamilton County government employee parking garage has already been defaced with paintballs prior to last Friday's ribbon-cutting ceremony. In photo one (left), we see the individual approaching the new garage; in photo two (center), a bag with a blue tint is noticeable for the first time; and in the last photo, we see the individual moments after throwing the paintballs, which can be seen as a blue flash in the upper right left-hand side of the image. To view the full video and learn more information about the suspect, go to <https://fb.watch/d2z-dW08zD/>.

"Luckily, all of our cameras were activated," Dillinger said. "We have pictures of the people who were responsible. Our police chief has assured me that we will be giving every effort to bring to justice whoever has done this, and to publicize it, why someone would want to deface something like this for the citizens of Noblesville, and it would cost all of you"

Hamilton County Sheriff's Office posted a video at 2:06 a.m. Saturday, asking for the public's help in identifying the subject in a video "in reference to criminal mischief." In Case #2022-9475, "Defacing Public Property," the Hamilton County Sheriff's Office is investigating a criminal mischief that occurred at the parking garage near 8th and Clinton Street in Noblesville, on the morning of 05/13/2022, at 2:56 a.m., a subject wearing a black shirt, a detach-

able hoodie covering their head, dark pants, and possible eyeglasses, was walking around the east, south and west side of the Hamilton County Parking Garage in Lot 1 defacing public property." The subject was wearing "plastic or latex gloves." Anyone who has information, please call the Sheriff's Office at 317-776-4067 or to remain anonymous call Crime Stoppers at 317-626-TIPS (8477).

Onto more positive news, during the ribbon-cutting ceremony, Dillinger made a point to share that the budgeted \$11.5 million project came in at \$11.5 million. "In this trying time, with inflation, fuel cost and everything else, that is absolutely amazing," he said.

"This garage has been a project that has taken years to develop," Dillinger said. "It was dependent on the sale of a parking lot, across from Conner Street, as well

as many other factors ... We had many proposals over the years, many, many meetings over the years..."

Commissioner Mark Heirbrandt said the neighbors were "extremely cooperative." And it takes this type of collaboration to make that happen, he said.

Heirbrandt talked about the great collaboration -- from the use of Riverview Hospital's vacant lot, where employees could park and ride, to bus shuttles provided by Janus Developmental Service, the Boys & Girls Club of Noblesville and Noblesville Schools. "I really want to recognize all of them."

He also recognized Garmong Construction Services, an Indianapolis company that headed up the project and built the garage. "I think the design really fits in downtown and is a beautiful building, and I think it complements this downtown area very well,"

Heirbrandt said.

"I'll never forget the interview that we had, because we interviewed several firms for this particular project ... This is the first project that Garmong Construction has ever done with the county," he said. "I'll never forget the sincerity in somebody that really wanted the opportunity to get in there, who'd never done business with the county. (Garmong president) Paul Okeson coming in and pleading, 'Just give us the opportunity. I want to be involved in this, and I will make you guys look good.' And you know what, I think you did, I think you made us look good."

Dillinger followed up: "As Mark said, this could not have happened without full cooperation and collaboration with the City of Noblesville and the county working together."

He introduced Noblesville Mayor Chris

Jensen, who said, "This project represents an exciting time for Noblesville. We're on the eve of our 200th birthday in 2023. We look pretty good for 199 ... But times change. But at the same time, our core and our Historic Square stay the same. And in order for that to stay the same, enhancements must be made, and that's what you're seeing here today...."

Dillinger also introduced Mitch Hannum, vice president of business development for Garmong.

"Ribbon-cuttings are everyone's favorite day of the project," Hannum said, thanking a list of people who had their hands in the project.

"I want to begin by thanking Commissioners (Christine) Altman, Dillinger and (Mark) Heirbrandt for putting their faith and confidence in our team to deliver this project. We didn't take that selection lightly and

hope our team performance lived up to your expectations." He also thanked the neighbors, the county and city. He thanked RQAW architecture and engineering firm in Fishers, and the entire design team, "in bringing this beautiful project to life."

The first government employees could park their vehicles in the garage on Friday afternoon. Also, the streets that have been closed for the past year, are now open.

And driving by Friday night, I noticed there were cars in the garage already taking advantage of free parking for the public on nights and weekends. There were people walking around inside the garage, likely taking the opportunity to see what a great asset this new parking garage will be for the community.

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

MARLOWE From Page A1

living out of state (brothers Two and Four), and two of us (One and Three) have never strayed far from home for very long.

Two of us are conservative in our politics and general beliefs, but in differing intensities. I likely would be deemed "middle of the road". Todd is closer to a Trumper, although he tends to vote for whomever he feels will leave more money in his paycheck.

Ben and David are liberals, ranging from "government doesn't do enough to help people," to "that @#&%! Bernie Sanders is a closet Republican," respectively. Two of us voice our politics openly (Nos. Two and Four), and two of us don't unless we are pinned down.

Two of us are church-going. I go almost every week, Ben less so. David is a staunch atheist. Todd will be happy to buy God a beer, if he shows up.

Two of us have pursued careers in the arts -- me (writing), David (acting) -- with about the same level of success. We are in the game, but still waiting to be discovered. Ben (IT) and Todd (Oil Industry)

have more traditional careers, but actually enjoy their jobs.

Todd has a two-hour commute one way. David's day job requires a company truck. Ben and I work from home.

Emotionally, Ben and I are the closest. We both wear our hearts on our sleeves. You'd have to take off a yellow mack, two overcoats, a suit coat, a blazer, cummerbund and vest, and two T-shirts to get to Todd's and David's real feelings. Yet, they are indeed there.

Two of us love pie. Two would rather have fruit.

Dad was a sportscaster, so not surprisingly in our early years, we loved sports -- two of us. Ben and David preferred the grease paint of the theater. The only time they used a jock strap was in the opening act of La Cage aux Folles.

All four of us get moody and depressed. Thanks Dad.

Two of us have kids: Todd (two girls) and Ben (twin girls!).

All four of us love dogs! We each have owned two simultaneously -- B.F.

and Sweetie, Dottie and Oliver, Sophie and Teddy, Charlie and Lilly. Ben has a twenty year old turtle named "Spike". I had a peacock named "Ed".

Ben and I tend to follow the rules and stay out of trouble. In his youth, Todd was on a first-name basis with most of the local deputies. David has been mugged six times! (Indianapolis 2, Chicago 2, New York and Los Angeles 1 each).

My brother, Todd, has the best outlook, but he is the least likely to reveal it. He has a saying that my sister-in-law shared with me. When asked whether something was to his liking, he al-ways responds: "It's the second best thing I've ever had."

When asked why he gives that answer, he explains it this way: "I'm always hopeful that something better will come along, tomorrow." That's a great mantra. I think it applies to just about everything.

Everything, that is, except brothers.

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

ROTARY SALUTES From Page A1

honorees were seven students who have excelled academically through their high school years and are looking to continue their education with advanced degrees from various schools of higher learning.

In addition, each year Sheridan Rotary asks Sheridan Community Schools to choose one primary and one secondary educator to recognize for their outstanding work in the Sheridan corporation. The 2022 Primary Educator of the Year is kindergarten teacher Lisa Zola, and the 2022 Secondary Educator of the Year is science teacher Ryan Kelleher.

Sheridan Rotary also recognized the previous two years of Top Ten

students. The COVID pandemic curtailed the club's meeting schedule for the 2020 and 2021 years and while these students were not honored at the time, they should likewise be noted for their achievement. The Class of 2021 Top Ten included Abigail Clouser, Sierra Duke, Allison Delph, Baylee Murray, Leah Moorman, Shelby Hammack and Carter Brazzell. The Class of 2020 Top Ten included Nicholas Roberts, Margaret Adams, Allacyn Rogers, Emery Habig, Josie O'Brian and Kara Morelock.

Sheridan Rotary took time to recognize the academic and educational achievements of Sheridan students and teachers.

Their scholastic achievements and dedication to their profession have been part of keeping Sheridan the strong and resourceful community it continues to be.

For those interested, Sheridan Rotary's special guest at its Tuesday evening, May 17 meeting will be Hamilton County Commissioner Mark Heirbrandt. The Commissioner will be giving an overview of what Hamilton County is working on and planning for the Sheridan community presently and in the future. Members of the public are cordially invited to attend Commissioner Heirbrandt's talk, which begins at 6:45 pm in the Community Room of the Sheridan Public Library.



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Chef-Worthy Summer Classics

FAMILY FEATURES

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts and burger lovers alike can show off their summer cooking skills with these recipes for Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries and Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries while savory lobster is combined with all-American burgers.

For seafood connoisseurs, Grilled Shrimp Tostadas with Guacamole and Pico de Gallo offer an easy way to add shrimp to the menu. Just fire up the grill and allow seared seafood to mingle with fresh, homemade toppings for a light summertime bite.

Find more summer favorites at OmahaSteaks.com/Summer.

Fried Lobster Po Boy Cheeseburgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

Pimento Remoulade:

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncini, seeded and minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

Fried Lobster Tails:

- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food processor
- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks Cold Water Lobster Tails (5 ounces each)

Cheeseburgers:

- 1 pound Omaha Steaks Premium Ground Beef salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncini, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well-incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut-side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut-sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.



Fried Lobster Po Boy Cheeseburgers



Grilled Shrimp Tostadas with Guacamole and Pico de Gallo

Grilled Shrimp Tostadas with Guacamole and Pico de Gallo

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

Pico de Gallo:

- 3/4 cup Roma tomatoes, diced into 1/4-inch pieces
- 3 tablespoons white onion, diced into 1/4-inch pieces
- 1 tablespoon fresh cilantro, chopped fine
- 1 teaspoon jalapeno, minced fine, with seeds
- 1 teaspoon fresh lime juice
- 1/2 teaspoon sea salt

Guacamole:

- 2 medium avocados, peeled, seeded and chopped into 1/2-inch pieces
- 1 tablespoon fresh lime juice
- 1/4 cup pico de gallo
- 1 tablespoon fresh garlic, minced
- 1 tablespoon olive oil
- 1/2 teaspoon jalapeno, minced
- 1/2 teaspoon sea salt

Shrimp Tostadas:

- 12 ounces Omaha Steaks Wild Argentinian Red Shrimp, thawed
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1 cup canned refried pinto beans or refried black beans
- 4 tostada flats
- 1 cup shredded romaine lettuce
- 1 cup guacamole
- 1 cup pico de gallo
- 2 tablespoons shredded Cotija cheese
- 4 cilantro sprigs
- 4 lime wedges

To make pico de gallo: In bowl, mix tomatoes, onion, cilantro, jalapeno, lime juice and salt. Cover and refrigerate until ready to use.

To make guacamole: In bowl, mix avocados, lime juice, 1/4 cup pico de gallo, garlic, olive oil, jalapeno and salt. Cover and refrigerate until ready to use.

To make shrimp tostadas: In bowl, combine shrimp, olive oil, chili powder, cumin and salt. Marinate in refrigerator at least 15 minutes or up to 2 hours.

Preheat grill to medium-high heat. Clean and season grill grates. Grill shrimp 2-3 minutes per side until lightly charred and opaque.

Heat refried beans and spread 2 tablespoons beans on each tostada flat.

Spread shredded romaine lettuce on top of beans followed by guacamole and remaining pico de gallo.

Top each tostada with 3-4 grilled shrimp and sprinkle with Cotija cheese. Garnish each tostada with one cilantro sprig and one lime wedge.

Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

Southwest Steak Rub:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

Parmesan-Herb Fries:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

New York Strip Steaks:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

Peppercorn Cream Sauce:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked salt, to taste
- pepper, to taste

To make Southwest steak rub: In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

To make Parmesan-herb fries: Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

Remove fries from oven and toss with Parmesan herbs.

To make New York strip steaks: Season steaks generously with Southwest steak rub on both sides.

In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare doneness.

Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

To make peppercorn cream sauce: Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.



Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries

TUESDAY

Health and WELLNESS

Tuesday, May 17, 2022

A7

Leaflets Three...Let It Be!

Summer is almost here and a lot of folks are finally getting out in the yard to play with their plants. This will probably result in a lot of rashes showing up in doctors' offices. Most of the rashes we see in the summer are caused by poison ivy, one of three plants in the genus *Toxicodendron* that are found in Indiana. This genus also includes poison sumac, and poison oak.

The physical appearance of the poison ivy plant is highly variable, though it always has leaves in sets of three (see illustration). A memory aid from my days in Boy Scouts lets me recall what it looks like – "leaflets three let it be, berries white a poisonous sight." The plant sometimes has white berries in wintertime. Younger Poison Ivy plants are small and low to the ground. As they grow, they can be found in various sizes all the way up to thick vines attached by small tendrils to trees or other structures.

The rash of poison ivy, like most contact rashes, is caused by the reaction of the immune system to the plant's oil on the skin. When dealing with poison ivy, sumac or oak, it causes a typical rash, known as "rhus dermatitis."

In the case of poison ivy, oak and sumac, the

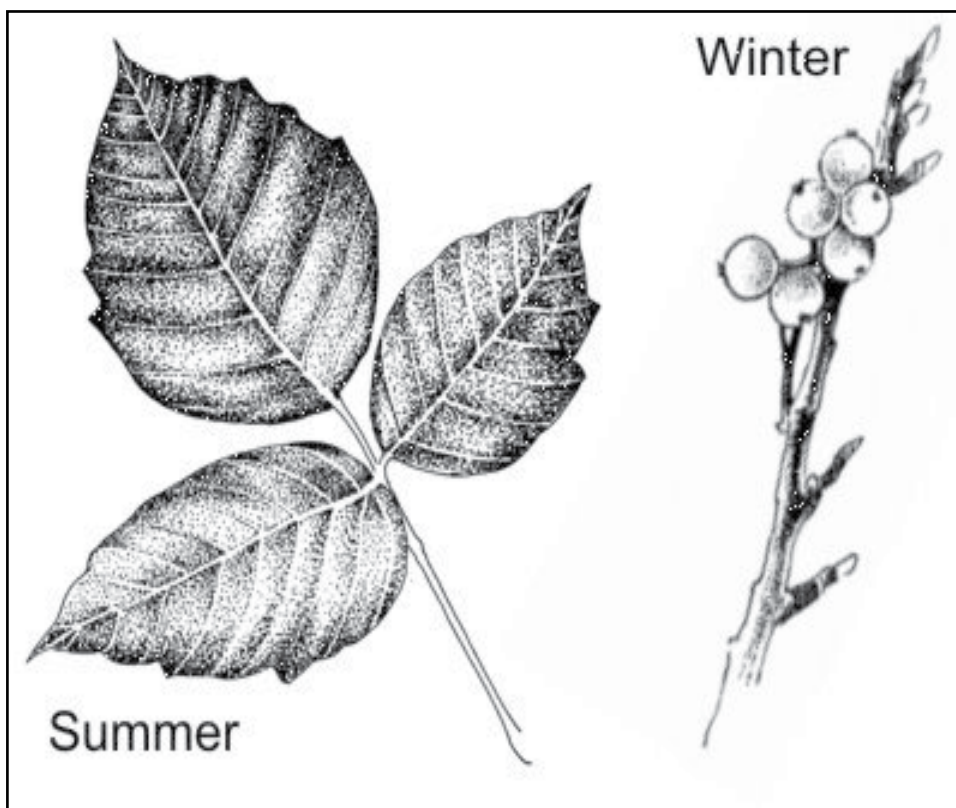


JOHN R. ROBERTS, M.D.
Montgomery Medicine

offending chemical is the plant resin or oil urushiol. Urushiol is also found in mangos and the shells of cashew nuts. This oil can remain in the environment for years after a plant dies.

To develop rhus dermatitis, you must be sensitized to urushiol. This means you have to have had a prior exposure to the resin to activate your immune system. The typical rash then develops on subsequent exposures. Between 15 to 30 percent of people require numerous repeated exposures to urushiol before they have any reaction at all. It's interesting to note that Native Americans, who have lived around these plants for centuries, react the least of any race.

The initial rash usually occurs 24 to 48 hours after exposure to urushiol. It



appears as redness with blisters, usually found in a line where the plant brushed the skin. Areas of skin covered with clothing are generally spared unless the victim transfers the oil from clothing to skin that was covered (important health tip to males – if you've been clearing brush, always wash your hands with soap and water before using the bathroom).

People often have the misconception that fluid from the blisters can

spread the rash. However, once the oil is washed off the skin with soap and water, the rash can no longer spread. Patients often wonder if it's not contagious, why does the rash seem to spread? This depends on the amount of oil the skin is exposed to. If an area is exposed to a large amount of oil, it will break out sooner after contact. Areas that get a smaller dose may not break out for up to two weeks after the exposure. Someone might also be

getting repeated exposures from clothing they were wearing or from pets that might have the oil on their fur. The entire course of the rash may last up to a month or so if left untreated.

Treatment of rhus dermatitis is based on the severity of the rash. If you know you have touched poison ivy, wash the area of contact immediately with lots of soap and warm water. Minor rashes usually respond well to cool compresses and either

topical or oral diphenhydramine (Benadryl®). Over the counter 1% hydrocortisone cream applied three to four times a day can also speed resolution, though you should not use it around the eyes or mouth, areas of the body that have thin skin, and very sparingly on children.

More severe cases may require a trip to the doctor. We usually prescribe a steroid cream, ointment, or sometimes steroid pills. Pills are usually prescribed if the rash is found on the face or around the eyes. Occasionally scratching the rash may cause infection with skin bacteria. If this happens your health care provider may also prescribe antibiotics.

As always, an ounce of prevention beats a trip to the doctor. Know what the plant looks like. When you're in an area with possible poison ivy, wear long sleeves, pants, and gloves. Avoid rubbing your skin with clothing or gloves that have come into contact with vegetation. Take a hot soapy shower or bath as soon as possible. Wash your clothing in hot water as well.

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

How Purdue Biomedical Engineers Innovate Health Care

Biomedical engineers are innovators in a laboratory: bringing concepts and dreams of future technology and science fiction to life today to better people's health and longevity.

These faculty experts from Purdue University's Weldon School of Biomedical Engineering can explain a process or procedure regarding various areas of research – and in many times build, design and bring these concepts to the marketplace.

Below is a list of innovations from the Weldon School of Biomedical Engineering.

What inspires and pushes a biomedical engineer? A look behind the scenes of Purdue BME's leader

Artificial intelligence has the potential to help engineers explore how cell signals are integrated to fight off invaders or activated to repair wounds, which are both essential for survival. David Umulis, a multidimensional mentor, professor, the Dane A. Miller Head of the Weldon School of Biomedical Engineering and senior research fellow at the Krach Institute for Tech Diplomacy at Purdue, is directing EMBRIO – an institute that is investigating how to use AI to crack the code of cellular defense. He credits a family friend and local pediatrician for pushing him to succeed and inspiring him to mentor faculty and students at Purdue.

Pediatric innovation: Tailoring new technology to the tiniest patients

- A breakthrough in biomedical acoustics by a team led by George Wodicka, professor of biomedical engineering, led to

the creation of a medical device that can alert nurses when a baby's breathing tube is in the wrong position or obstructed. After 30 years of development, the Purdue invention is on its way to becoming the standard of care for babies worldwide.

- Higher education, medical schools and manufacturers can work together to address pediatric health care resources and the need to expand FDA product testing for use in children, writes Mung Chiang in a column for Forbes. Chiang serves as executive vice president for strategic initiatives, the John A. Edwardson Dean of the College of Engineering and founding director of the Krach Institute for Tech Diplomacy at Purdue.

- Partnerships with Indiana-based biomedical device companies also could benefit pediatric device research and development, writes Craig Goergen, the Leslie A. Geddes Associate Professor of Biomedical Engineering, director of clinical programs in the Weldon School of Biomedical Engineering and adjunct associate professor of surgery at Indiana University School of Medicine.

Protecting medications from fraud – and improving how they travel through the body

- Small cyberphysical watermarks could prevent huge headaches caused by fake meds
- This all-terrain micro-robot can flip through a live colon

Building devices that could help you monitor your own health

- "Sticktronics" can

transform common items such as contact lenses into specialized biomedical devices

- Smartwatches may help you detect the earliest signs of disease
- Tech that makes it possible for pregnant women to detect their own risk of preeclampsia with a smartphone

Partnering engineers with medical professionals

An engineering-medicine partnership between Purdue's College of Engineering and Indiana University School of Medicine is developing technological solutions for pressing health care problems. Numerous programs, including expanded educational opportunities, degrees and access to clinical settings, are part of the partnership.

About Purdue University

Purdue University is a top public research institution developing practical solutions to today's toughest challenges. Ranked in each of the last four years as one of the 10 Most Innovative universities in the United States by U.S. News & World Report, Purdue delivers world-changing research and out-of-this-world discovery. Committed to hands-on and online, real-world learning, Purdue offers a transformative education to all. Committed to affordability and accessibility, Purdue has frozen tuition and most fees at 2012-13 levels, enabling more students than ever to graduate debt-free. See how Purdue never stops in the persistent pursuit of the next giant leap at <https://stories.purdue.edu>.

Here Are Six Exercise Safety Tips

(Family Features)

In the wake of the COVID-19 pandemic, many Americans are more aware of their health and wellness. Now, as social restrictions ease, you may find yourself stepping up your workouts, whether you're training for an event or working to improve your game in a recreational league.

Sprains, strains and injuries can happen to even the most seasoned athletes. When you're testing your limits, even a minor injury can alter your performance. Consider products and supports like these from the CURAD Performance Series product line, available at Walmart and Amazon, to help you get back in the game quickly and safely.

Find more resources to support your fitness journey at CURAD.com.

Keep Dirt and Germs Away

The more active you are, the harder it can be to find a bandage that stays with you all day or all game long. You can find serious staying power with CURAD Performance Series Bandages, which come in a variety of shapes and sizes to conform to the body and are made to stand up to mud, sweat, friction and heat. The rugged, heavy-duty fabric offers flexible, breathable protection to help seal out dirt and germs, and the highly absorbent, colored wound pads are antibacterial to help prevent infection.

Spray Away Sore Spots

Controlling mild pain can help keep you at the top of your game, and a topical analgesic works

fast to heal common pain brought on by fitness and exercise, such as pain in knees, feet, shoulders and backs. For advanced numbing support, ActivICE gel, roll-on and spray relieve soreness fast with ultra-strength 8% menthol that has anti-inflammatory properties to numb muscles pre-workout and relieve post-workout soreness. The gel also includes pharmaceutical-grade conditioners that moisturize for lasting protection and comfort to heal and relieve prolonged inflammatory pain.

Put Pain in the Past

When recovery becomes the name of the game and pain relief is needed after daily workouts or bodily injuries, home remedies like CURAD Performance Series small reusable hot or cold packs provide long-lasting chilling or heating relief for recovery from aches, pains and swelling. Cold packs work to heal bruises, reduce swelling and relieve headaches and general pain points while microwavable heat packs provide satisfying heat therapy to address sore and stiff joints, muscle cramps and tension.

Reduce Impact of Knee Strain

Weak, injured or arthritic knees can come from many sources, including tendonitis and a wide range of conditions that result in strain or overuse. An adjustable band can provide support for on-field sports and during workouts or everyday activities. An option like the CURAD Performance Series Knee Support has a universal, adjustable design that

fits either knee for most men and women. Its adjustable patella support pad fits a variety of knee shapes and sizes, and a special antimicrobial layer helps prevent stains and odor-causing bacteria.

Manage Pain and Relieve Pressure

If you participate in endurance and strength exercises or certain sports, you may ask a lot of your joints. Kinesiology tape can be configured a multitude of ways to help reduce pain and improve blood circulation, as well as relieve tension and pressure. Providing support and relief while active, CURAD Performance Series Far Infrared Kinesiology Tape features infrared technology, designed to absorb and redirect energy, and may be experienced as a gentle radiant heat. The tape is latex free, hypo-allergenic and can be worn for multiple days, even when swimming or participating in water sports.

Control Back Strain

When your back is strained, your body and performance can suffer. A mild or moderate sprain can benefit from strong support and compression, such as the CURAD Performance Series Back Support. The dual-pulley system provides quick, uniform, custom compression with an easy, one-hand pull and metal stays for added support across the lower back and abdomen. The soft, breathable material is discreet under clothing so you can wear it all day long and hardly notice it, and the adjustable design comfortably fits a wide variety of body types.