

➔ TODAY'S VERSE

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.



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

What makes Morgan Byer smile? My dog, my horses and just getting to work with them," said the then 17-year-old, a senior at Hamilton Heights High School. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. She was found in summer 2019 with Ollie, her then almost 3-year-old Labradoodle, scooping up multiple awards in the Hamilton County 4-H Dog project. She earned a Reserve Champion in Standard Agility, Champion in Jumpers, Champion in Overall Beginning Agility, Reserve Champion in second-year Dog Obedience and Champion in Dog Showmanship. She was with her mom, Susan Byer (now Hamilton County Treasurer), and sister, Madison Byer, then 19. Key to success? "Constant working, constantly encouraging him to want to work, making sure he's comfortable, I'm comfortable, we're happy and working as a team." It was her second year in 4-H Dog Obedience, her first year in Dog Agility and Showmanship. After her former dog passed away, she got Ollie as a 2-month old puppy. She said in 2019 that she worked with him every other day in the summer. She also showed two horses, Jet and Aries, and competed in barrel racing at the 4-H Fair. How does Ollie get so good at jumping? He practices using the horses' jumps at her house. Advice for 4-H'ers? "Constant working and treats and positive attitude." She plans to be a veterinary assistant or dog groomer. Favorite food at the fair? "Walking tacos and fried Oreos." The 2022 4-H Fair will be July 14-18 at the Hamilton County 4-H Fairgrounds in Noblesville.

And Another Thing...

UPCOMING ROAD CLOSURES:

Beginning on or after Monday, June 6, Cumberland Road between 96th Street and 106th Street will be closed to all thru traffic for the replacement of a large pipe. The estimated project completion date is Friday, June 10. Local traffic will continue to have access to their homes north and south of the hard closure (which is just north of 96th Street), while thru traffic should use the posted detour route of 96th Street, Lantern Road, and 106th Street.

Beginning on or after Wednesday, June 1, the intersection of 191st Street and Grassy Branch Road will be closed to all thru traffic for roundabout construction. Grassy Branch Road will be closed between 186th Street and 196th Street, and 191st Street will be closed between Flippins Road and Shady Nook Road. The estimated completion date is Tuesday, August 30, 2022, after a 90-day closure. Local traffic will continue to have access to their homes, while thru traffic should use the posted detour route of 186th Street, East Street, 196th Street, and Moontown Road.

The TIMES

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The Times photo by Betsy Reason

Noblesville Fire Department Deputy Chief Chris Gellinger visits with guests at NFD's booth, where there was information about smoke detectors, and more, at the Taste of Business event.

10 Things I Learned at the Taste of Business



BETSY REASON
The Times Editor

Last Wednesday, I attended the Noblesville Chamber of Chamber's annual Taste of Business/Made in Noblesville, for the fifth year at the Embassy Suites by Hilton.

What a great place to learn more about Noblesville and all that it offers.

It was so nice again to be

able to get out and visit with Chamber vendors -- artisans, businesses, organizations and restaurants -- interested in promoting and sharing new things with our community.

So again, for the fifth year, I am writing about the things that I learned at the annual Taste of Business/Made in Noblesville, while chatting with the vendors in the booths.

Every time that I attend a Noblesville Chamber of Commerce event, I learn something new.

For instance, check out these 10 things:

1. The Noblesville Tree Board will soon become the Urban Forestry Board, said Leslie Taljaard, a member of the board, who volunteered alongside tree board secretary Sandy Lynch at the Taste of Business. It was the tree board's first time to have a booth at the Taste.

"We feel like Urban Forest is kind of a better name for No-

➔ See BETSY Page Ax

Remembering Evan Whatshisname



JOHN O. MARLOWE
With The Grain

Wouldn't you know it! I've forgotten Evan's last name. It really aggravates me, because Evan is very important to me.

He brings me

food.

Every Sunday, while young parents and kids are pulling

into Applebee's for that special after-church meal, or while grandpa and grandma saunter into the cafeteria for "mush food" (chewing is optional), I have a different ritual.

Much too routinely, I show up at the drive-thru window of my local Arby's. Yes, I know. I'm always blaspheming fast food, and yet here I am. I'm sure not going to put a pot roast in the oven for just me.

Without fail, I pull to the window and hand Evan Whatshisname my money. Without fail, Evan Whatshisname hands me my food. I wish now that he had handed me his uniform's name plate.

Evan really is not forgettable. He stands approximately 6'4". I say approximately, because he has to crouch under the frame

➔ See MARLOWE Page Ax



Photo courtesy of Noblesville High School

NHS Newsmagazine 'Best in the Nation'

Noblesville High School's newsmagazine "Around the County" has been named the top high school news program in the United States by the National Federation of Press Women (NFPW). The program took "Best Newscast" in this year's national high school journalism contest. Congratulations to editors (from left to right) Nina Scroggin, Nolan Weaver, Blake Dawson and Hannah Hiatt (not pictured Sayne Jeong). To follow and support NHS journalism visit millermedianow.org.

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➔ OBITUARIES

Obituaries on page A2.



➔ HONEST HOOSIER

It's Indy 500 week! Let's go!



➔ TODAY'S HEALTH TIP

One or two sugary drinks a day can increase your risk of developing diabetes by 25 percent.

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



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



➔ TODAY'S QUOTE

"Your passion is waiting for your courage to catch up."
- Isabelle Lafleche

➔ TODAY'S JOKE

The scarecrow was outstanding in his field.
Hay, it's in his jeans!

13 WTHR 7 DAY FORECAST

47/70 PARTLY SUNNY MON	50/75 PARTY SUNNY TUE	65/76 AFTERNOON THUNDER WED	61/70 DAMP START THU	53/76 PARTLY CLOUDY FRI	60/84 WARMING UP SAT	66/86 BAY SUN AND WARM SUN
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INDY 500

OBITUARIES

Virginia L. Holt

September 10, 1931 - May 20, 2022

Virginia L. Holt, 90, of Noblesville, passed away on Friday, May 20, 2022 at Harbour Manor Care Center in Noblesville.

She was born on September 10, 1931 to Johnnie and Eva (Brown) Hall in Jackson County, Tennessee.

Mrs. Holt was a homemaker who enjoyed sewing, especially quilting. In her younger years she could be found gardening, canning, and providing childcare. She enjoyed visiting with neighborhood friends and classmates of her own children as they were growing up. Mrs. Holt loved family dinners and spending time with her family.

Survivors include her son Gary (Charlotte) Holt; daughter Karen (James) Fulton; four grandchildren Jamie (Clayton) Jennings, Lindsay Frey, Lora (Brandon) Marks, and Ryan (Janet) Holt; and five great-grandchildren Arabelle Jennings, Henry Marks, Carter Marks, Teddy Marks and Sam Frey.

In addition to her parents, she was preceded in death by her husband Edmund Hugh Holt; and brother Mayford Hall.

Visitation is scheduled to be held from 4 p.m. to 6 p.m., with services scheduled for 6 p.m., on Thursday, May 26, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road in Noblesville. Pastor Don Jennings II will officiate. Burial is scheduled to be held at 12 p.m. CST on Friday, May 27, 2022 at McDonald Cemetery in Clay County, Tennessee.

Memorial contributions may be made to Meals on Wheels of Hamilton County, 395 Westfield Road, Noblesville, IN 46060, (www.mealsonwheels.org).

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

Donald Gene Reddick

March 20, 1928 - May 20, 2022

Donald Gene Reddick, 94, of Noblesville, passed away after an extended illness with family by his bedside, on Friday, May 20, 2022 at Five Star Residences of Noblesville.

He was born on March 20, 1928 to Clarence and Edna (Wills) Reddick in Boone County, Indiana.

Mr. Reddick graduated from Sheridan High School in 1946 and was a football manager during his high school years. He met his wife, Maxine Ella Rogers, in 1948; they married in 1950.

Mr. Reddick came from a family of 14 siblings, and being the 3rd child, and oldest son, required some responsibility. He had many jobs, some of which included bringing in coal for heating the coal stove, helping his parents with all the chores, and gathering corn in gunny sacks to sell at Mendenhall Grain Elevator in Sheridan for money for the coal.

He proudly and honorably served in the United States Navy during 1945-1946 with rank of Seaman 1st Class (SIC) working the Atlantic and Pacific Oceans during some active duty in WWII.

Mr. Reddick humbly and proudly raised 5 daughters with a stern but gentle hand, often working two jobs to support the family.

He worked at Tiny Tot Diaper Service for 15 years, often taking daughters along as a treat to them during the summer to see "what Daddy did", seeing the sights and having the rare pleasure of frequenting restaurants for breakfast and lunch. While employed there he survived a robbery while being tied up and threatened.

In 1966 he joined Allison's of General Motors before retiring in the early 1990's. He also moonlighted at Kinzers Marathon Station in Noblesville.

Mr. Reddick was always meticulous in everything he pursued, from mowing the lawn to cleaning the garage. There was never anyone or ever will be anyone more precise and particular with record keeping.

He volunteered many years with Senior Citizens of Noblesville, being the Vice President in 1998. Mr. Reddick spent many hours there volunteering his time and services, by doing some of his expert trades involving plumbing, electric wiring, and carpentry, free of charge. He also worked with their recycling department.

After retirement, he and his wife took many trips with "Top Notch Tours", traveling through different states throughout the United States, including: Boys and Girls Town in Nebraska and Nashville, Gatlinburg, and Pigeon Forge in Tennessee, to name a few.

Mr. Reddick's hobbies included master carpenter - he single handedly built 3 room additions and a 2 car garage onto his home, doing all the plumbing and electrical work. He also enjoyed the "CB Radio Days" under the handle of "Donald Duck". He was always there when daughters/sons-in-law needed work done on their homes.

He has been a member of Calvary Baptist Church under the direction of Pastor Rick Bell for many years. Mr. Reddick also served as Deacon for many years before resigning his further services at the age of 86.

He valiantly and honorably took care of his loving wife, Maxine, during her precious and failing years, serving as primary care giver until requiring extensive help from family about 8 years ago.

Survivors include his wife of 72 years, Maxine Reddick; five daughters Pamela Brandenburg, Karen (Eddie) Doty, Lisa (Jim) Everitt, Teresa (Bob) Waugh and Tina (Gary) Owens; seven grandchildren Jason Sherrill, Nicole Green, Nathan Everitt, Natalie Spitler, Kelli Waugh, Eric Waugh and Derek Owens; 15 great-grandchildren and great-great-grandchildren Taylor, Nixon and Rory Linger, Kyli and Alexi Buzan, Dylan, Christina, and Adeline Ogle, Angel, Zita, and Isaac Everitt, Conner, Kendall and Caden Green and Julian Spitler; five sisters Mary Rose, Marsella, Nancy Sue, Linda Lue and Beverly; and two brothers Bill and Richard. He will be sadly missed by all who knew him.

In addition to his parents, he was preceded in death by two grandchildren, Jill and Kevin Doty; parents-in-law Paul and Cecil Rogers; six brothers and sisters Virginia, Phyllis, Alonzo, Carroll, Wayne, and Larry; and beloved dog, Bugsy.

Services are scheduled to be held at 3 p.m. on Tuesday, May 24, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, with the Rev. Richard D. Bell officiating. Visitation is scheduled to be from 1 p.m. to the time of service at the funeral home. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Hydrocephalus Association, 4340 East West Highway, Suite 905, Bethesda, MD 20814-4447, https://secure2.convio.net/hydro/site/Donation2?df_id=3740&3740.donation=form1 or the Humane Society for Hamilton County, 10501 Hague Road, Fishers, IN 46038, www.hamilton-humane.com

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



Letters

Reader Says Men, Women Need to Take Responsibility

Dear Editor,
The unfortunate leak from the Supreme Court's upcoming case load is the possible Roe v Wade Federal Law overturn.

All at once we have dissidents storming the steps of the Supreme Court, gatherings in front of county courthouses and egregiously at the homes of some Supreme Court Justices. Pro abortion and Pro life supporters are coming at each other head to head. I understand Pro life's stance on abortion but I question the reasons for abortion in these contemporary times because birth control and condoms have been available for

decades now.

So the question is - why do women allow themselves to become pregnant if they don't want to have a baby? Also, why do men not use contraception to prevent an unwanted baby? And most importantly, why do the MEN and BOYS who impregnate the mother of the child not take the responsibility of supporting the mother financially and emotionally during and after the baby is born?

There was a time before 1973 when abortion was illegal. It was morally wrong to consider such an act.

Women who became

pregnant were expected to carry their baby full term and care for it after birth. A lot of "shot gun" weddings happened to protect the mother from scandal of getting pregnant before being married to the father.

The sexual revolution of the 1960s changed the attitude of some in society about the freedom of sex, especially for girls and women. The result was a lot of unwanted pregnancies and no one was taking responsibility for this. What is most shocking about the attitude supporting abortion today is the attitude of allowing abortion even in the third

trimester of the woman carrying the child. And even more conspicuous is allowing an abortion right before a healthy baby is born! What normal minded adult would support this?

So the month of May has become the starter point for possible riots around our country this summer because of a purposeful leak to get it started. Instead of the immaturity of these protests, men and women need to take province for their actions and stop making unwanted babies!

Mari Briggs
Sheridan

'Any' Abortion Restriction Bill Poised for General Assembly Passage



BRIAN HOWEY
Howey Political Report

When the Indiana General Assembly reconvenes on Tuesday for "Technical Corrections Day" it will almost certainly override Gov. Eric Holcomb's veto of HEA1041, the transgender sports bill. But the subplot will be the looming U.S. Supreme Court decision of the Dobbs case, which is expected to repeal Roe v. Wade.

The U.S. Supreme Court voted 7-2 in the 1973 Roe v. Wade case that legalized abortion, Republican Lt. Gov. Robert Orr had been a contributor to Planned Parenthood. When a young Republican named Mike Pence first ran for Congress in 1988, the abortion issue wasn't a campaign hallmark.

As the nation grappled with the fallout of Roe, it was Northeastern Catholics who mounted the initial vanguard against legalized abortion. After the 1994 Republican Revolution, the pro-life bulwark shifted to the South and Midwest, helping to create the red center of the nation, while the coasts (along with Illinois and Colorado) became blue.

In the 1990s in the Indiana General Assembly, Republican House Speaker Paul Mannweiler and Senate President Pro Tem Robert Garton were pro-

choice, while Democrat House Speaker John Gregg was pro-life.

Elaine Godfrey noted in The Atlantic: "President Ronald Reagan detested abortion but endorsed exceptions for rape in the 1980s; George H. W. Bush, George W. Bush, and Donald Trump all also indicated their support for the measures. The National Right to Life Committee supported legislation that included exceptions in the 1990s. Even the Hyde Amendment, the federal law that prohibits federal funds from being used to pay for abortions, has long contained these exceptions."

Just 10 years ago, two Republican Senate candidates, Richard Mourdock of Indiana and Todd Aiken of Missouri, lost their contests following remarks about rape and abortion. Mourdock called rape during his final Senate debate with Democrat Joe Donnelly a "horrible situation" but "something that God intended to happen." Aiken lost after he said, "If it's a legitimate rape, the female body has ways to try to shut that whole thing down."

Donnelly would go on to win the 2012 Senate seat by surging to a 7% plurality.

Indiana - like Oklahoma, Florida, Kentucky and other states - now seems poised to pass a law to further restrict abortion. In a letter to Gov. Holcomb, Indiana Republicans called for a special session following the U.S. Supreme Court's decision on the challenged Mississippi law. This ruling is expected in late June or early July. "As a

state that recognizes that life is a precious gift that should never be neglected, it is our desire that you, as the governor of Indiana, ensure that those values are upheld without delay," the letter stated. "We have a responsibility to Hoosiers to ensure that our state laws are aligned with the Supreme Court's decision if Roe v. Wade is wholly, or partially, overturned."

Holcomb said a special session is "to be determined" and he is awaiting "specifics" of a final Supreme Court decision. How far will super majority Republicans go? Will they ditch the carve outs that would allow abortion in the case of rape, incest or the endangerment of the life of the mother?

Here's a clue: In an op-ed published in the Richmond Palladium-Item, State Sen. Jeff Raatz said he will support "any" bill that restricts abortion. "It is premature to say what legislation would look like, given no final ruling has been made, but the General Assembly will continue to watch this issue closely and be ready to act if given the chance," said Raatz, who chairs the Senate Education & Career Development. "I know I will wholeheartedly support any step the General Assembly takes to protect the lives of the unborn."

According to research by the Guttmacher Institute, an abortion rights organization, Indiana is classified as a state "likely to ban abortion." Indiana Department of Health statistics reported in the NWI Times, in 2020 there were 7,756 women who had an abortion in Indiana,

following a 5% decline in 2019. Altogether, 5.7 per every 1,000 Hoosier women between ages 15 and 44 had an abortion in 2020, up from 5.5 per 1,000 Indiana women of childbearing age in 2019.

These new abortion laws are being advanced by state legislatures that are overwhelmingly male and Republican. This issue could energize women, especially younger women who have grown up in an era of abortion restrictions but not to this degree where they will see a "right" disappear. We might not see impacts in the 2022 election but it could be a mobilizing issue in 2024 and, like the Senate races in 2012, the impact might be felt first in statewide elections.

The operative words in that last paragraph are "could" and "might."

Last October, four pollsters for Quinipiac, Kaiser Family Foundation, ABC/Washington Post and Fox News asked specifically about the Roe v. Wade decision. All found support for Roe in the 60% range, with 25% backing repeal. The Hoosier Poll published in 2019 found: 19% of Hoosiers expressing support for legal abortion in all cases compared to 17% who think it should be illegal in all cases. Another 29% of Hoosiers said abortion should be legal in most cases, compared to 28% who said it should be illegal in most cases.

What are the potential political impacts? Stay tuned.

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

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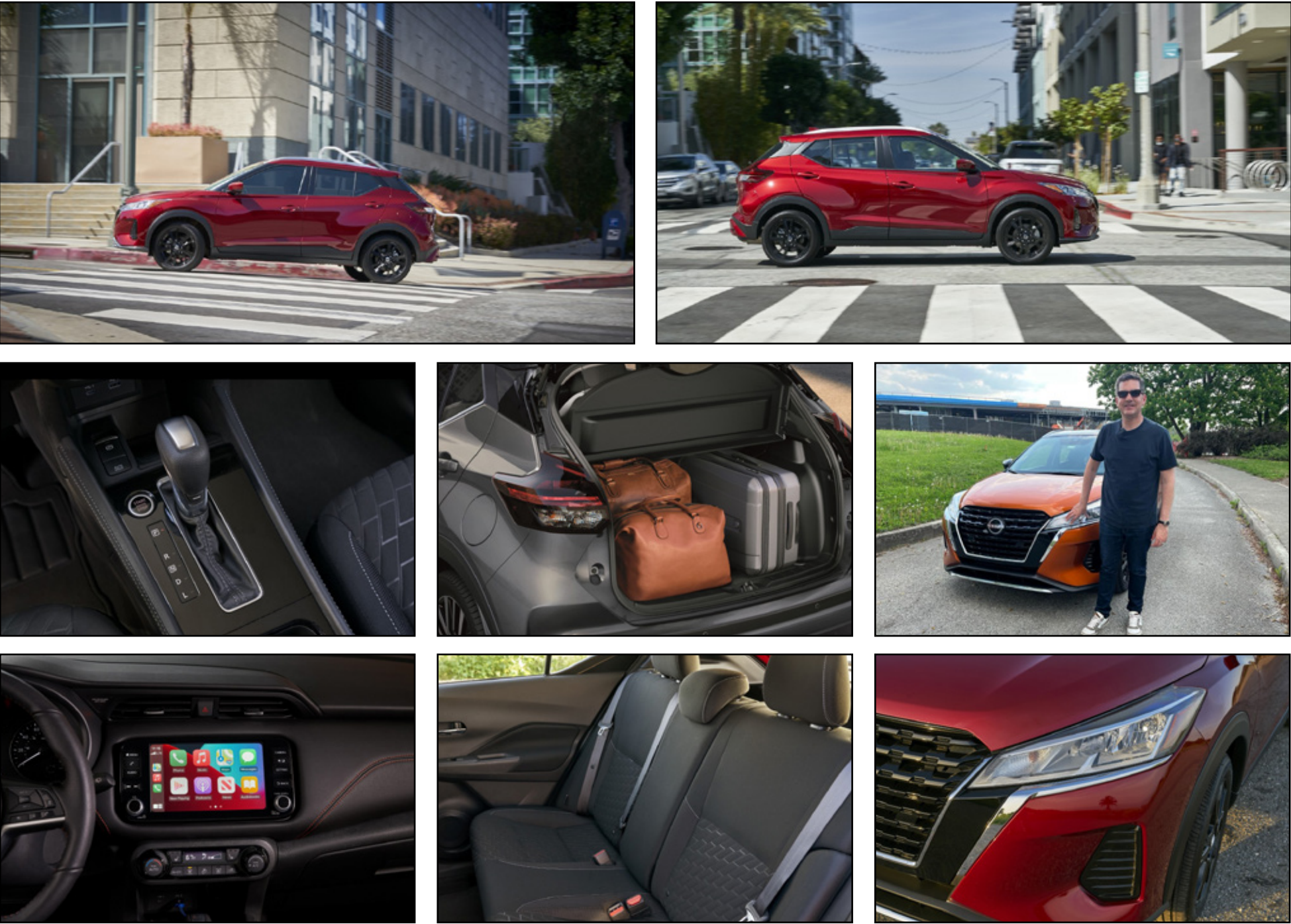
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Noblesville Lions Pork Chop & Chicken Dinner
Where: Noblesville Square, under the big tent
When: Friday, June 3rd from 11 a.m. to 8 p.m.
How much: Adults - \$10 (with ticket) or \$12 at the door; kids - \$5

Pancake Breakfast and Duck Race Hot Dogs
Where: Under the big tent (Breakfast) and Logan Street Bridge (Hot Dogs)
When: Saturday, June 4th, 7 - 11 a.m.; 12 - 3 p.m.
How much: Breakfast: \$5 per person; Hot Dogs: \$3 per person

Contact any Lions Member to pre-purchase tickets

Thanks for reading **The Times!**



Photos courtesy of Nissan

Funky 2022 Nissan Kicks Has Big Personality

What kind of car do you really need? My husband thinks he needs a twin-turbo German rocket wagon to get his kicks, but our budget determines otherwise. What we need is an affordable compact crossover with style, technology, fuel efficiency, and enough interior space for four and their luggage. Like many of you, we need a car like the 2022 Nissan Kicks. It's the smallest Nissan crossover, but it has a big personality.

The Kicks definitely strikes a pose in SV trim with its vivid orange metallic paint and black roof over 17" black alloy wheels. Styling themes echo the larger Rogue Sport and Murano crossovers with Nissan's V-Motion grille, squinty headlamps, floating roof, and thin wrap-around tail-lamps. Artful body sculpt-

ing helps diminish the impression of the vehicle's tall slab sides. I wouldn't call it beautiful, but it isn't ugly either and definitely is memorable.

It looks better from the inside where a high seating position enables surprising legroom front and rear. It's a cavern dressed with a wide dashboard, intuitive touchscreen, actual knobs for volume/tuning, and automatic climate control. Connect devices via Bluetooth, Apple CarPlay, and Android auto. Hands-free texting and rear USB ports for charging add conveniences. There's a lot of hard plastic on the dash and doors, but textured metal-look patches on the dash, stitched coverings on the console, and patterned black cloth seats feel upscale without breaking the budget.

There are some other

surprising touches. The center console provides deep cupholders, rubberized cubby for phones, and push button starting. Black piano finish adds class while a deep luggage compartment with split/fold rear seats can swallow virtually anything. I'm also a fan of the configurable instrument cluster. Safety is enhanced by adaptive cruise, automatic emergency braking, lane keep assist, rear cross path detection, and blind spot warning systems – quite an array of gear for an entry level crossover.

You can almost measure acceleration from a stop with an hourglass, but cruising is more acceptable. Step into the 1.6-liter four-cylinder engine and the continuously variable transmission will eventually send 122 horsepower and 114 lb.-ft. of torque

2022 Nissan Kicks SV
Five-passenger FWD Crossover
Powertrain: 1.6-liter I4, CVT
Output: 122hp/114 lb.-ft. torque
Suspension f/r: Ind/Torsion beam
Wheels f/r: 17"/17" alloy
Brakes f/r: disc/disc
Must-have features: Space, MPGs
Fuel economy: 31/36 mpg city/hwy
Assembly: Aguas, Mexico
Base/As-tested price: \$19,990/\$24,040

to the front wheels. While it won't accelerate like a bat out of anywhere, and needs a firm foot to get it to do what it can, the car does deliver a frugal 31/36-MPG city/highway.

Once up to speed, it's actually a peaceful drive. The CVT finds the right rev range for easy cruising on the highway or creeping through city traffic. The suspension system is nothing fancy, independent up front with a torsion

beam in the rear, but it provides the right balance of comfort and handling. It swallows long Interstate days and city potholes with equal aplomb. Four-wheel disc brakes feel confident. The Kicks is never going to be an Infiniti QX55, but is pretty pleasant drive daily. Get in and go.

My husband complained incessantly about the tall proportions, hard plastic interior, and cloth seats. He's spoiled and has no



CASEY WILLIAMS
Auto Reviews

concept of what most people need every day. It's not the sportiest nor prettiest crossover rolling, but makes a strong case for itself against the Honda HR-V, Toyota C-HR, Chevy Trailblazer, and Hyundai Kona. A base price of \$19,990 rose to very affordable \$24,040 well equipped.

Storm Forward!

- Send comments to Casey at AutoCasey@aol.com.

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Summer Safety – Part 2 Poking and Clicking



JOHN R. ROBERTS, M.D.
Hamilton Health

Last week I went over some sun and water safety topics. This week I want to write about wheeled conveyances that appear in the spring and summer months. It’s great to see kids and adults out on their bicycles now that the weather has warmed up. The downside is this will undoubtedly result in more bike accidents. Some of the most difficult experiences I had during my medical training were when I took care of kids who were brain injured as a result of bike accidents.

In 2020, there were 1,260 preventable deaths from bicycle injuries in the United States. This was a 16 percent increase from the prior year and a 44 percent increase from 2010 to 2020. Cyclists being hit by cars accounts for about two-thirds of the deaths. Bike accidents accounted for 425,000 visits to emergency departments in 2020 and resulted in over \$10 billion in health care costs.

While most kids own bike helmets, they often tell me they don’t wear them. Parents frequently bring up the fact that they never wore a helmet when they were kids. Most of the time the reason is because helmets did not exist when they were kids.

Helmets really do work – wearing one decreases the chance of a serious head injury by over 60 percent, brain injury by 58 percent and serious face and neck injuries by 33 percent. Wearing a helmet gives a rider a 17 percent chance of dying from a bicycle accident – a marked improvement from pre-helmet days. Deaths for persons under 20 years old have decreased almost

90 percent since 1975.

Children should be taught that they don’t ride if they don’t wear their helmets. Adults must also set good examples by purchasing and using helmets. Also teach your kids to ride with traffic (the same side of the road as the cars are traveling).

While any helmet is better than no helmet at all, take kids with you to try them on. It’s also worth the slight increase in cost to go to a bike store for a proper fit. Make sure the helmet meets Consumer Product Safety Committee standards. Also remember that accidents can occur anywhere, not just on the street.

Kids should not only be fitted for a helmet, they should also be fitted for a bike. It’s better to take children to the store to try out a bike than to surprise them with a new bike that is too big. Bikes that are too large or are purchased for the child to “grow into” can be very unsteady and lead to accidents. Don’t push your child to ride a two-wheeler until he or she is ready (usually 5 to 6 years old).

Doctors are seeing more scooter injuries in emergency departments and medical practices. Most involve either head injuries or broken arms and are almost universally the result of going too fast (i.e. down a hill). The tiny wheels on a scooter offer very little control at higher speeds. Motorized scooters are very dangerous. Often the speeds they produce far outpace the rider’s common sense (especially in males). If your child rides a scooter, the same bike safety rule applies – wear a helmet. In addition, he or she should wear wrist guards as well as elbow and knee pads. The same goes for rollerblades.

Another wheeled vehicle that has an extremely high potential to seriously injure or kill a child is an all-terrain vehicle or ATV. While they are no doubt fun, I still can’t fathom why any parent would allow their young child to ride one based on the injuries I’ve seen.

If you allow your child to ride one, make sure you supervise him or her closely. Purchase a good set of personal protective gear and a full-face helmet, have them take a safety course, and severely limit the power of the machine.

Remember, the experience and common sense of children lags far behind the potential speeds these vehicles produce as well as potential hazards they may encounter. The same advice goes for dirt bikes.

Lawnmower safety is the last thing I’d like to address. Keep small children indoors when mowing since you may not see them approaching the mower. No matter how fun it seems, never let small children ride on your lap when you’re on the lawn tractor. I’ve seen more than one limb amputation from mower accidents.

Parents ask me when it’s safe for their kids to mow the lawn. The American Academy of Pediatrics recommends they be at least 12 years old before allowing them to operate a push mower and 16 for a riding mower. When teaching your child to mow, get out the owner’s manual and go over all the safety equipment while making sure it’s all still functional. The mower should have a bale with a kill switch on the engine and/or blades. Adjust the height of the handle to allow the child to have good control of the mower.

If you feel uncomfortable mowing part of your yard, a hill for instance, certainly don’t allow your child to do it. Also follow general lawn mowing safety rules: wear sturdy shoes, minimize mowing backward, clear the yard of debris, don’t stick your hand in a grass chute with the engine is running, and wear hearing and eye protection.

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



CARRIE CLASSON
The Postscript

“You gotta keep poking and clicking,” a friend tells me. “That’s what my daughter does.”

By this, she means that learning new technology is not a straight path. I have to play with it. I have to find the process of learning fun and challenging and not get hung up when I make mistakes along the way.

I know I’m not the only one who finds the “poke and click” mindset a challenge when I just want to get the darned thing done and move on to something I enjoy. Like reading a book. With real pages.

My current frustration is with my phone. I use my phone for taking photos and, occasionally, for making actual phone calls. I don’t do well with texting. If you send me an email (and I hope you do!), I’ll likely respond within minutes because I am sitting at my computer all day pretending to write. Getting an email gives me an excuse to leave what-

ever I am working on and send off a cheery note.

My phone, on the other hand, sits on the corner of my desk, ignored. It must make a noise or something when people text me, but I never notice. It isn’t until I pick it up to make an actual phone call (which could be a very long time) that I see I have a message.

“Uh-oh. I hope it’s not Mom.”

It won’t be my mom. She learned her lesson ages ago and no longer sends me text messages because I never see them. She sends me an email, which—she will tell you—I respond to immediately.

I have never bonded with my phone. I don’t use it much because I’m already on my computer. I have this gigantic monitor, and switching over to the itty-bitty screen doesn’t make sense to me. I might have to put on my reading glasses. I don’t see the point.

The result is that I don’t know how to use my phone very well. But my phone isn’t helping me any. It doesn’t even take pictures easily. The response time is so slow that the person I am trying to photograph has allowed the smile to fade from their face. The dog I am photographing has been distracted and is looking in the other direction. The sun has gone under a cloud—or possibly set—be-

fore my phone gets around to snapping a photo.

“You need a new phone,” my husband, Peter, said after taking six photos in a row that looked as if the subject was under-water.

And so, after a lot of consideration, I decided to buy a new phone. I tried to buy one from a phone store, but they didn’t answer their phone. I realized what a dumb bunny I was. You’re not supposed to call a phone store. Duh.

So I did what they wanted me to do and ordered it online. Now it is coming in the mail, and I am filled with a faint dread because I am sure I will have to do something complicated to get it up and working—something involving a lot of poking and clicking—before I am allowed to simply take less fuzzy photos and ignore my text messages in peace.

It’s good for me, I suppose. Poking and clicking will fend off Alzheimer’s perhaps and make me believe I am not too old to learn new tricks.

But the truth is, I’m not really looking for new tricks. Today, I’d be perfectly happy with some old tricks that worked.

Till next time,
Carrie

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

Realtors Release April Central Indiana Housing Data; Hamilton County Housing Market Saw Increases in Price, Listings



Data released by MIBOR REALTOR Association shows home sales and listings increased in Hamilton County during the month of April. Closed sales increased to 456, up from 446 in March, while new listings went up to 665, up 16% from 574 in March.

Pending sales increased to 569, up from 512 in March, while average days on market fell from 12 to 9. Price per square foot increased 7%, from \$187 in March to \$200 in April, and percent of asking price received went up as well, from 103.1% to 104.4%.

The absorption rate, a supply-and-demand measure that takes the number of homes sold in a month and divides it by the number on the market, is used to determine how quickly homes are sold. Economists and housing market analysts generally agree that an absorption rate over 20% (.2) indicates a hot real estate market; Hamilton County’s absorption rate increased 50% from March to April, from .4 to .6.

Only one area saw a decline besides average days on market; median sale price fell from \$425,000 in March to \$417,558 in April.

“Once again, we saw Indianapolis home prices increase to a record high median sales price of \$275,000, a 15.5% gain over last April and a 3.8% gain over last month,” said Shelley Specchio, MIBOR CEO. “Additionally, the percent of list price received at sale rose to an all-time high

of 102.1% and average days on market of 15 days declined from 19 days last month and from 18 days at this time last year. This data is proof, although inventory is low, demand remains high. In this market, things will move quickly, and buyers and sellers need a REALTOR for guidance.”

Dr. Elliot Eisenberg, an internationally acclaimed economist and public speaker, says, “Despite the Fed’s plan for even higher interest rates, the housing market is much stronger than it was in the past and we are in no way seeing a replay of 2007/2008. Wages continue to rise by a strong 5-6%, rents are going up, not down, there is a significant lack of supply in the housing market, and demographics point to a continuing demand for housing. Further, with the high number of cash buyers and Wall Street players in the game, I think the housing market is likely to be better able to withstand higher interest rates than in the past.”

He continued, saying, “That said, housing has become a much more important transmission channel for monetary policy than it’s been in the

past, partly because auto demand is supercharged given the lack of supply and because investment in corporate plant is, relatively speaking, very low right now. As a result, home sales are likely to decline, but probably by no more than 10-15% below where they are right now, still comfortably above 5 million at the national level. As for prices, I expect home appreciation rates to decline substantially but remain positive year-over-year through the end of 2022.”

Additional central Indiana year-over year comparisons (April 2021 vs. April 2022):

- Pending sales decreased 0.5 percent to 3,580
- Current median sales price: \$275,000
- Months supply of inventory: 0.7 months
- Total active listings increased 4.3 percent

This information has been provided by MIBOR REALTOR Association (formerly named the Metropolitan Indianapolis Board of REALTORS), the professional association representing central Indiana’s REALTORS®. MIBOR serves the needs of over 9,000 members in Boone, Brown, Decatur, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Montgomery, Morgan, and Shelby counties. MIBOR also supplies the BLC service to REALTORS in Bartholomew, Jackson, Jennings, and Putnam counties. MIBOR’s archive of housing data can be found at www.mibor.com/marketinsights.

Good Samaritan Network for Hamilton County to Host 16th Annual Charity Golf Outing

Good Samaritan Network (GSN) announced yesterday that their 16th Annual Charity Golf event, Topgolf Charity Outing, will be held at Topgolf in Fishers, IN on Sunday, June 26, 2022 from 3 – 6 p.m. This community fundraising event is presented and coordinated by Good Samaritan Network, along with its sponsors.

The community event engages individuals, businesses, and organizations for a worthwhile cause in serving the under-served families in Hamilton County. Proceeds from this event are used for client assistance benefiting underserved Hamilton County families with shelter, holiday, and food assistance.

The ticket includes three hours of play Topgolf at one of the predetermined bays, an All American luncheon/buffet in the Signature Room and the opportunity to participate in an on-site “Chance to Win!” Individual registrations (adult and youth) are available, including discounts for 17 years and under.

Topgolf is the premier golf entertainment complex where the competition of sport meets your favorite local hangout. You can challenge your friends

and family to addictive point-scoring golf games that anyone from the hopeful pro golfer to your neighbor’s 7-year-old kid can play year-round. Just picture a 240-yard outfield with dartboard-like targets in the ground. The closer to the center or “bulls-eye” you get and the farther out you hit your microchipped balls, the more points you receive. It’s not golf – it’s Topgolf. Give it a shot!

Register now and remember to invite your friends to play. Individuals, groups, and organizations looking for more information or to register for this year’s 16th Charity Golf Outing can visit gsnlive.org/golfouting.

Three levels of sponsorships are available for this year’s Top Golf Charity Outing. Not only is this a great opportunity to assist the underserved in Hamilton County, but it is an opportunity to provide name recognition within our community showing our sponsor’s concern and support. Sponsorship levels include “Event Sponsor,” “Bay Sponsor” and “Friend Sponsor.” Sponsorships include three hours of play, All American Buffet, limited player registrations, name recognition, promotion materials display, Chance



to Win Tickets, etc. Current Bay Sponsors include: Biddle Memorial Foundation. Visit: gsnlive.org/golfouting for sponsorship details and to register as a sponsor.

Good Samaritan Network of Hamilton County, Inc., is a 501 (c) (3) non-profit focused on assisting the at-risk population in Hamilton County. Client referrals are received from a variety of social service agencies, churches, township trustees, food pantries, local hospitals, and government emergency agencies. GSN also works with the Hamilton County Schools, Sheriff, Police, and Fire Departments. Direct services include serving at-risk and underserved individuals and families within Hamilton County. Typical service streams are emergency or crisis intervention, educational resources, and support. InDirect services include the GSN Network which was established to ensure efficiency and communication among the different agencies and social services that support and assist the at-risk and underserved residents of Hamilton County.



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CareSource Supports The Milk Bank with \$4,500 Donation Amid Formula Shortage

CareSource, a nationally recognized nonprofit health plan, announced today a \$4,500 donation to The Milk Bank to sponsor 1,000 ounces of human milk as part of the organization’s Give an Ounce campaign. The gift is part of CareSource’s larger effort to increase access to adequate infant nutrition while the country is experiencing an unprecedented shortage of infant formula.

“CareSource recognizes the importance of safe, affordable and accessible nutrition for infants and members and wants to help,” said Dr. Cameual Wright, MD, VP, market chief medical officer of CareSource Indiana. “Leveraging our existing partnership with The Milk Bank can support families navigating this crisis.”

The Milk Bank can provide up to 40 ounces of donor milk without a prescription. Requests for donor milk have increased 89% since May 1st and requests for financial assistance to obtain donor milk have increased 200%.



“The Milk Bank’s long-term strategy in addressing this unprecedented shortage is to continue to advance breastfeeding as a primary pillar of infant health,” said Sarah Long, clinical director of The Milk Bank. “However, we must also provide immediate relief for struggling families who may need support in accessing a safe feeding option for their infants. The continued support CareSource has provided will make more milk available to mothers and families in critical need.”

To discuss your family’s needs, call The Milk Bank at 317-536-1670 or complete the application online at themilkbank.org/recipient-app.

CareSource is a nonprofit, nationally recognized managed

care organization with over 2 million members. Headquartered in Dayton, Ohio since its founding in 1989, CareSource administers one of the largest Medicaid managed care plans in the U.S. The organization offers health insurance, including Medicaid, Health Insurance Marketplace, Medicare Advantage and dual-eligible programs. Through its network of health plans, CareSource serves members in Arkansas, Georgia, Indiana, Kentucky, Ohio and West Virginia. The company is leading the way in serving populations with complex needs and extended its presence into 12 additional states with the acquisition of The Columbus Organization, a trusted partner to health care agencies and provider organizations in improving coordination and support for individuals with intellectual/developmental disabilities and behavioral health challenges through its staffing, quality improvement and care coordination services.

As a mission-driven organization, CareSource is transforming health care with innovative programs that address the social determinants of health, health equity, prevention and access to care.

For more, visit www.caresource.com, follow @caresource on Twitter, or like CareSource on Facebook.

The Milk Bank is a non-profit tissue bank dispensing more than 400,000 ounces of pasteurized donor human milk to hospitals and families throughout the region every year. The Milk Bank improves health outcomes for premature and ill infants, foster better health for children and decreases health care expenditures. The Milk Bank follows the strictest safety standards informed by the CDC and FDA and is a proud member of the Human Milk Banking Association of North America (HMBANA). Visit <https://www.themilkbank.org/> to learn more.

State Department of Education Launches Second Phase of Relief COVID-19 Spending Dashboard



The Indiana Department of Education (IDOE) yesterday day released the second phase of the statewide COVID-19 relief school spending dashboard. The newest update to the dashboard reflects the categories of spending that are budgeted and then reimbursed for all local districts.

“Indiana is one of the first states in the nation to provide a publicly available dashboard detailing categorical information about schools’ spending of these federal relief dollars,” said Dr. Katie Jenner, Indiana Secretary of Education. “Local education leaders are working hard to invest these dollars intentionally and strategically. The impactful investment of these funds continues to drive student learning, educator support, sustainable innovation, and updates to technology and infrastructure that may promote success of our Indiana students.”

Phase two of the dashboard displays categories of budgeted and reimbursed spending from local school districts’ Elementary and Secondary School Emergency Relief (ESSER) funds and their Governor’s Emergency Education Relief (GEER) funding. This additional local data includes a breakdown of funding focused on instruction,

support services, operations, and facilities.

The dashboard reflects COVID-19 federal relief grant fund reimbursements as part of schools’ locally developed spending plans, which are focused on student learning. Grant allocations and reimbursements from the three rounds of federal ESSER funding, as well as competitive grants that were awarded to schools from federal GEER funding, are reflected in the dashboard. ESSER funding is proportionally allocated to local school districts based on the federal Title I formula. Reimbursements are made to local districts once they spend the funds on approved expenses as part of their locally developed plans.

Across Indiana, \$2.8 billion in federal funding has been allocated to local school districts. Currently, more than \$735 million in expenditures have been reimbursed -- with school districts continuing to submit for reimbursements on allowable expenses per federal law. School corporations have through September 2022 to encumber the first round of ESSER funding and through September 2023 and September 2024, respectively, to encumber the second and third rounds of their ESSER grants.

Rock And Roll Up Your Sleeve: Give Blood With The Red Cross



Elvis Presley is known for being the first global rock and roll icon. He was also a blood donor himself! While times have changed, the need for blood has not — donors can leave a lasting legacy themselves by making a lifesaving blood donation with the American Red Cross.

In honor of the new Baz Luhrmann film, Elvis, all who come to give in the month of June will be automatically entered for a chance to win a VIP trip to Graceland for two, including round-trip airfare to Memphis, plus a three-night stay at The Guest House and Elvis Entourage VIP tour, courtesy of Graceland, a custom-wrapped Gibson Epiphone guitar and more. Additionally, those who come to donate June 1-30 will also receive a \$5 e-gift card to a merchant of choice.

It’s critically important the Red Cross maintain a stable blood supply for patients this summer. To schedule an appointment to donate, download the Red Cross Blood Donor App,

visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Final days of COVID-19 antibody testing

All Red Cross blood, platelet and plasma donations are being tested for COVID-19 antibodies through June 3. Donors can learn if their donation has the antibody levels needed to potentially help COVID-19 patients with a weakened immune system.

Health insights for donors

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 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/Rapid-Pass or use the Blood Donor App.

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

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The Times photo by Betsy Reason

The Edward Zlaty Trio (Zlaty on trumpet) performs during the Noblesville Taste of Business.



The Times photo by Betsy Reason

The Farmers Bank in Noblesville doesn't disappoint again this year, with the bank staff (associate vice president and bank manager Sydney Loomis, left) dressing up in costumes to the theme of Disney Pixar's "Toy Story" movie. Every year, staff members dress up in a theme at the Noblesville Chamber of Commerce Taste of Business/Made in Noblesville event.



The Times photo by Betsy Reason

Noblesville's Cloud Nine Cuisine owner Mary Piggott (who co-owns the business with Amy Huffman) serves food samples to guests at the Noblesville Taste of Business.

Noblesville since it's an urban environment," said Taljaard. The booth highlighted some completed events from the year, including partnering with the Noblesville High School Leos Club recently to plant six redbud trees plus some plants in the flower bed in the school courtyard.

At the vendor's booth, the Board offered real maple candy, chip clips, and tree board backpacks.

A display at the table was about "How not to mulch vs how to mulch," she said. Don't mulch volcano, which starves a tree from oxygen." (Mulch volcano occurs when a thick layer of mulch is laid around a tree and piled up.)

The tree board, which is responsible for the development of a master plan for the care, preservation, pruning, planting, removal and disposition of street trees in the City of Noblesville, meets in Room 213 at Noblesville City Hall, with the next meeting, at 5 p.m. June 13. Other upcoming dates are Aug. 1, Oct. 3, Nov. 7 and Dec. 5.

2. Hamilton County Leadership Academy, which has more than 800

alumni across the county, is accepting applications for its HCLA Class of 2023. Deadline is 11:59 p.m. May 31. The opening retreat will be Aug. 18-19, with required classes on these topics: County and municipal government, Sept. 8; planning and development, Oct. 6; diversity, equity, access and inclusion, Nov. 3; education, Dec. 8; criminal justice and public safety, Jan. 12; social services, Feb. 9; infrastructure and economic development, March 9; agriculture, business and industry, April 13; arts, recreation and culture, May 11; and closing retreat, June 8. Program tuition is \$1,750. For more information, visit <https://www.hcla.net/>

3. Not only does the Noblesville Police Department offer a Neighborhood Watch program, the NPD also offers a Business Watch program, which helps make businesses a safer place to shop. NPD community service officer Manny Arriaga was share information on the program, in which participating businesses receive training courses on shoplifting and human



The Times photo by Betsy Reason

Noblesville Tree Board members, secretary Sandy Lynch, and Leslie Taljaard – which will soon become the Urban Forestry Board – greet visitors at the Noblesville Taste of Business/Made in Noblesville event on Wednesday. It was the tree board's first time to have a booth at the Taste.



The Times photo by Betsy Reason

Smiling disc jockey Sunny Moon – who has been in business for more than 40 years – plays tunes for the Noblesville Chamber of Commerce Taste of Business/Made in Noblesville event. Visit Sunny Moon's Facebook page and read music history and trivia about an old song, posted every day.



The Times photo by Betsy Reason

Artist Rosanne Crowell of Noblesville creates custom pastel portraits of pets and people and showcases her work during the Noblesville Taste of Business.

trafficking indicators, an opportunity to join meetings to discuss crime trends and provide feedback and a "Business Watch" decal for your business window. Joining the program helps combat the increase in crime and helps the police protect your property from criminals.

4. Women in Noblesville Women in Noblesville (WIN) offers a monthly Coffee & Connect event at the Smith House for women in business to connect, from 8 a.m. to 9:30 a.m. the second Wednesday of each month. Attendees enjoy free coffee and pastries and networking with other women. It's free, but registration is requested to make sure there is plenty of coffee. The annual WIN leadership luncheon is July 27 at Mustard Seed Gardens in Noblesville, at \$60 per person, \$50 per Noblesville Chamber member.

5. Noblesville Jim Dandy -- which at the Taste event offered samples of wet tenderloins, hand-breaded tenderloin smothered in JD's special gravy -- now offers on-line ordering for everything from Dandy om-elets to broasted chicken,

and also has a new JD's eClub email newsletters filled with news, offers and special events.

6. Every year, Ginger's Cafe owner Mikki Perrine serves a new dish at the Noblesville Chamber's Taste of Business. Like many restaurants, Ginger's Cafe in Noblesville has been having a labor shortage. "But we're still having fun ... we're going to see it through," Perrine said. At the Taste, she served blackened ranch chicken and green beans with tomatoes. There was lots of good food served at the Taste, also including fare by Condado Tacos, Nameless Catering, Matteo's Ristorante Italiano, Marco's Pizza, Embassy Suite, Cloud Nine Cuisine, Chuy's Tex-Mex Restaurant and Aspen Creek.

7. Use of a steam mop can damage hard-surface flooring, according to Jessica Abbott, who worked alongside Mark Zaichek, at the Bolden's Cleaning & Restoration Services in Noblesville. At their booth, they talked to guests about cleaning services, which include duct cleaning to carpet cleaning, emergency service for fire



The Times photo by Betsy Reason

Serve Noblesville is "about connecting neighbors with neighbors," said Michelle Schmidt, Serve Noblesville board member, who volunteers at the Serve Noblesville booth with board member Shane Scarlett at the Noblesville Taste of Business.



The Times photo by Betsy Reason

Smith's Jewelers, located in downtown Noblesville, were first-time vendors in the Noblesville Chamber of Commerce Taste of Business/Made in Noblesville event.



The Times photo by Betsy Reason

Guests visit the St. Vincent dePaul Society's vendor booth promoting NobleCause Resale Shop booth at the Noblesville Chamber of Commerce's Taste of Business/Made in Noblesville event.

restoration, and more at the Noblesville Taste of Business/Taste of Noblesville.

8. Disc jockey Sunny Moon -- who has been in business for more than 40 years -- played tunes for the event, which also had the Edward Zlaty Trio, both sponsored by Logan Street Signs & Banners, which is celebrating its 30th anniversary. Visit Sunny Moon's Facebook page and read music history and trivia about an old song, posted every day. Visit Edward Zlaty's GMH Jazz Orchestra at <https://gmhorns.com/>

9. Noblesville Schools was promoting the Amazing Miller Race, a Noblesville-themed scavenger hunt, on Noblesville Race Weekend, June 3-5. Team signup is \$30 each. Visit <https://www.noblesvilleschoolseducationfoundation.org/>. Plus, the district was giving away some delicious Noblesville chocolate bars, sharing info on Noblesville High School's internship program and more. The community is also encouraged to complete a district community survey online at nobsurvey.com by May 27.

10. Serve Noblesville

is "about connecting neighbors with neighbors," said Michelle Schmidt, Serve Noblesville board member, who volunteered at the Serve Noblesville booth with board member Shane Scarlett. Neighbors who want to give back to the community and volunteer with neighbors who are like, "I need some help. We do many different projects, from helping preserve the sidewalks of Old Town to helping with yard work ... or bigger projects." ANnual goal is to do 100 projects. "We're all about connecting," she said. The Serve Week is June 22-25. "That means you are going to see a lot of red shirts out in the community doing lots of different projects." Registration opens May 25 to sign up to volunteer. Shane Scarlett, board member.

Every time that I go to a Chamber event, I learn something. Every time I receive an email from the Chamber, I learn something. And if you're a business, there are definitely a lot of perks for belonging to the Chamber.

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

of the drive-thru window to hand me my food. That's all I've got to go on, because I've never seen Evan from the thighs down. He could easily be 4'11" standing on a crate of frozen potatoes.

I became interested in Evan on his very first day. I placed my order through the raspy micro-phone -- menu item No. 12, if you at home are keeping score -- and back through the speaker came this amazing, unclouded deep voice echoing those immortal words, "Would you like Horsey Sauce with that?"

Now, I've got nothing against horseradish, but that was the least of my worries. I was concerned why this professional voice artist was so obviously underemployed.

His dulcet basso speech thundered like the poor kid had swallowed a subwoofer with his Cheerio's. It shuddered my car so vigorously that I noticed both of my shoelaces had become untied.

Imagine, if you will, part James Earl Jones, part elevator shaft . . . or, what God's little brother would sound like, if he needed a part-time job at Arby's.

"You've got to get into radio," I exclaimed, pulling to the window.

"I know," Evan said. "Everyone tells me that." "I'm serious!" I said. I explained that I'm no casual complimenter. My family has a rather significant history using the voice professionally. "You've at least got to start a podcast."

"Maybe someday, sir," Evan said. Then, I could almost see the young man snap to attention. "I'm joining the Navy!"

My first impulse was to think what a terrible waste. A voice like that only comes along once in a generation. Although I'd pay money to hear Evan yell, "Damn the torpedoes!", I couldn't help thinking we could hire any squeak-voiced young kid to paddle boats around the ocean.

Then I noticed the pride in his staunch dispose.

John, I thought solemnly. This is his passion. He WANTS to serve.

"I'm honored to know you, young man," I said. "Sir?"

I explained to Evan that, in this day of 24/7/365 news, satellites,

cell phones, and the internet -- we can no longer veil, behind the swash-buckling and the bravado, the realities of the profession he is choosing. Dangers exist. They can be catastrophic, and they are real.

Sure, the career opportunities, the camaraderie and the adventures are tantalizing. Equally enduring, however, are the risks: the fear, the confusion, even the asinine.

Yet, our young people are still willing to serve -- WANTING to serve a higher calling.

"This already makes you a hero in my book," I told Evan Whatshisname, who returned an em-barrassed smile. That's Evan.

Now that I think about it, it's not important that

you know Evan's last name. Every community has one, maybe several -- if you make the effort to look for them.

Like Evan, he (or she) is a leader. He volunteers. He is on his high school's student council. He is an Honor Society member. He plays the trombone in the marching band. He is captain of his robotics team.

Evan wants to be an engineer. He has offers from prestigious universities. Nope, not for Evan.

It's ironic, really. The day after Memorial Day, Evan gives up his drive-thru window for a nuclear warship, yet never surrenders his eagerness to serve.

I will have one more Sunday to get Evan's last name right. When he tells

me his name, I'll write it down. I won't bother telling you.

Instead, on this Memorial Day, walk the silent ranks of your local cemetery. Pay special attention to the graves with flags on them. If you look closely, regardless of the name chiseled in stone, you will see an Evan.

Stand quietly over them and say a little prayer. Prove me right. I told Evan Whatshisname, that whatever the future holds, those who serve will never be forgotten.

Fair winds and following seas, my friend! Yes, that was a Diet Coke.

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

Better-for-You Family Favorites for a Healthier Routine



Tuna Pasta Casserole

Photo courtesy of Getty Images

FAMILY FEATURES

Taking time to nurture your health and well-being starts with building healthier habits. As the seasons change, challenge yourself to make small yet consistent choices that help you and your family through transitions at school, the office or wherever your days take you.

To help you establish (or re-establish) healthy habits during mealtime and beyond, consider these tips.

Eat Meals Together

“Making time for meals together as a family provides a chance to connect and decompress,” said Bridget Wojciak, director of nutrition at Kroger Health, a national sponsor of the American Heart Association’s Healthy for Good initiative. “In fact, regular meals at home can help reduce stress, boost self-esteem and improve feelings of connection.”

Bring everyone together with a better-for-you seasonal favorite like Turkey and Bean Tostadas.

Make Time for Yourself

Chronic stress can have a negative impact on mental and physical health, but turning lost moments – like a meal by yourself spent mindlessly scrolling through social media – into mindful moments can help. Try practicing gratitude at the table by thinking of three things you’re grateful for or putting your fork down between each bite to savor the flavor and consider the nourishment you’re receiving.

Enjoy the Cooler Temperatures

Cooler temperatures can make it more enjoyable to take advantage of outdoor exercise, which is a good way to soak in vitamin D to improve your mood and boost immunity. Going for a brisk walk after mealtime (solo or with your pet), jogging and even raking leaves are examples of activities that count toward the American Heart Association’s recommended 150 minutes of moderate physical activity per week.

Visit heart.org/healthyforgood to download more heart-healthy recipes and find more tips for a healthier you in mind, body and heart.

Tuna Pasta Casserole

Recipe courtesy of the American Heart Association’s Healthy for Good initiative
Servings: 4

- 4 ounces dried whole-wheat rotini pasta (about 1 1/2 cups)
- nonstick cooking spray
- 16 ounces frozen mixed vegetables, thawed
- 1 pouch (11 ounces) low-sodium chunk light tuna
- 1 can (10 3/4 ounces) low-fat, low-sodium condensed cream of chicken soup
- 1/2 cup chopped roasted red bell peppers
- 1/2 cup fat-free half-and-half
- 1 teaspoon all-purpose, salt-free seasoning blend
- 3/4 cup crushed low-sodium, whole-grain crackers
- 1/4 cup shredded or grated Parmesan cheese

Prepare pasta according to package directions, omitting salt. Using colander, drain well. Transfer to large bowl.

Preheat oven to 350 F. Lightly spray 2-quart glass baking dish with nonstick cooking spray.

Stir mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into pasta until combined. Transfer to baking dish.

Top with crackers and Parmesan cheese.

Bake, uncovered, 25-30 minutes, or until casserole is warmed through and topping is golden brown.

Nutritional information per serving: 400 calories; 7 g total fat; 2.5 g saturated fat; 0 g trans fat; 2 g polyunsaturated fat; 2 g monounsaturated fat; 30 mg cholesterol; 537 mg sodium; 52 g carbohydrates; 8 g dietary fiber; 7 g sugars; 32 g protein.



Turkey and Bean Tostadas

Turkey and Bean Tostadas

Recipe courtesy of the American Heart Association’s Healthy for Good initiative
Servings: 5

Salsa:

- 2 cups chopped tomatoes (about 2 medium tomatoes)
- 1 medium avocado, halved, pitted and diced
- 1 large ear of corn, husks and silk discarded, kernels removed
- 1-2 medium fresh jalapenos, seeds and ribs discarded, finely chopped
- 2 tablespoons finely chopped red onion
- 2 tablespoons fresh lime juice

Tostadas:

- nonstick cooking spray
- 5 corn tortillas (6 inches each)
- 8 ounces ground skinless turkey breast
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 2 tablespoons water

To make salsa: In small bowl, stir tomatoes, avocado, corn, jalapenos, onions and lime juice. Set aside.

Preheat oven to 400 F.

To make tostadas: Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray. Place tortillas on baking sheet. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas several times to prevent from filling with air.

Bake tortillas 5-6 minutes on each side, or until golden brown.

In medium nonstick saucepan over medium-high heat, cook turkey, chili powder, cumin and coriander 5-6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up turkey.

Add beans and water. Cook 5 minutes, or until beans are heated through. Using potato masher, coarsely mash beans. Remove from heat.

To assemble tostadas, spread turkey mixture over each tortilla. Top with salsa.

Nutritional information per serving: 260 calories; 7.5 g total fat; 1 g saturated fat; 0 g trans fat; 1 g polyunsaturated fat; 4.5 g monounsaturated fat; 18 mg cholesterol; 60 mg sodium; 33 g carbohydrates; 8 g dietary fiber; 7 g sugars; 19 g protein.

Ginger Pumpkin Soup

Recipe courtesy of the American Heart Association’s Healthy for Good initiative
Servings: 4

- 1 1/2 teaspoons canola or corn oil
- 1 medium onion, finely minced
- 3/4 tablespoon minced peeled gingerroot or 1/2 teaspoon ground ginger
- 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic
- 1/2 teaspoon dried thyme, crumbled
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 1 tablespoon all-purpose flour
- 1 3/4 cups fat-free, low-sodium vegetable broth
- 1 cup water
- 2 cans (15 ounces each) solid-pack pumpkin
- 1 cup fat-free milk

- 1/4 cup fat-free sour cream (optional)
- 2 tablespoons chopped chives (optional)

In large heavy pot, heat oil over medium-high heat, swirling to coat bottom. Cook onion 6-8 minutes, or until soft, stirring occasionally.

Stir in gingerroot, garlic, thyme, cinnamon, pepper and salt. Cook 1 minute, stirring constantly. Stir in flour. Pour in broth and water. Using spatula, scrape bottom of pot to dislodge any browned bits. Stir in pumpkin. Bring mixture to boil. Reduce heat to low and simmer 10 minutes.

Stir in milk. Remove from heat. Ladle soup into bowls. Garnish with sour cream and chives, if desired.

Nutritional information per serving: 138 calories; 2.5 g total fat; 0 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1 g monounsaturated fat; 1 mg cholesterol; 199 mg sodium; 27 g carbohydrates; 10 g dietary fiber; 14 g sugars; 6 g protein.



Ginger Pumpkin Soup

TUESDAY

Health and WELLNESS

Tuesday, May 24, 2022 A8

Sun And Water Safety Are Key Things To Be Aware Of

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 realize 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.

Sunscreen 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



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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: avobenzene, 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 resi-

dential 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.

Attorney General Todd Rokita Fights COVID-19 Misinformation

Attorney General Todd Rokita is fighting to expose COVID-19 misinformation and calling on the Department of Health and Human Services (HHS) and other agencies to provide transparency for the data used to make public health decisions.

In response to HHS's Request for Information (RFI) regarding COVID-19 misinformation, Attorney General Rokita partnered with esteemed epidemiologists Dr. Jay Bhattacharya, Professor at Stanford University School of Medicine and Dr. Martin Kulldorff, Senior Research Fellow at the Brownstone Institute and former Professor at Harvard University School of Medicine to review the evidence and data behind COVID-19 recommendations and guidelines.

"The federal government must evaluate how misinformation from government agencies at



Attorney General Todd Rokita

all levels led to the adoption of extreme strategies that came at a high cost to life and liberty," Attorney General Rokita said. "I believe in Hoosiers, and I believe they can be trusted with the facts to make informed decisions for themselves and their families. I truly appreciate Dr. Bhattacharya and Dr. Kulldorff for their expertise and leadership to expose the truth."

"For two years, the government forced us to stay in our homes, cover our faces, and keep our kids home from school," Attorney General Rokita

said. "We were expected to blindly follow and obey these public health orders and not question the wisdom of unelected officials. Families across Indiana and across the nation demand the truth."

The submitted response to HHS poses questions on messages spread by Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, and other non-elected health officials, including:

- Vaccines stop the spread.
- The eradication of COVID-19 is a feasible goal.
- There was no reasonable policy alternative to lockdowns.
- Mask mandates are effective in reducing the spread of viral infectious diseases.
- Mass testing of asymptomatic individuals and contact tracing of positive cases is effective in reducing disease

spread.

- The reported number of COVID-19 deaths is accurate.

"The government spent close to \$5 trillion fighting COVID-19, but still can't provide Hoosiers with an accurate number of deaths or hospitalizations from COVID-19," Attorney General Rokita said.

Attorney General Rokita has consistently defended liberty in the age of COVID-19 by leading the charge against President Biden's mask and vaccine mandates. Now, he is determined to expose the facts surrounding data on the numbers of deaths and hospitalizations related to COVID-19.

"We can't improve our response to a future pandemic without an honest and accurate accounting of the number of deaths and hospitalizations inflicted by COVID-19," Attorney General Rokita said.

May Is National Stroke Awareness Month

With May being National Stroke Awareness Month, many are thinking about the best ways to keep our brains healthy and functioning. The immediate causes of stroke are burst blood vessels or blocked arteries, but it's easy to confuse those with risk factors.

Environmental specialist Douglas Mulhall talks about the top causes and risk factors of strokes that we tend to overlook.

Cause #1: Your immune system attacks you.

The immune system backfires when it tries to protect you against chronic environmental threats. As a result, a quiet revolution is shaking stroke research due to the growing realization that misguided immunity is responsible for many stroke factors, and may trigger strokes themselves. A chronic immune response triggers inflammation that leads to hardening of arteries and plaque buildup. This is being investigated in the rapidly growing field of epigenetics, which looks at how the environment trains your genes to react.

Cause #2: The elastic in your arteries is damaged.

There would probably be no strokes from burst blood vessels if your arteries kept their elasticity. A blood vessel usually bursts due to elastic in the artery wall being stiffened or weakened. In 2021,

for the first time, restoring the elastic in arteries of aortic aneurysm patients was reported, based on 20 years of research at Clemson University in South Carolina. This major breakthrough signals a paradigm shift in stroke prevention and therapy.

Risk factor #1: Toxic metals increase stroke risk.

The correlation is growing between hemorrhagic stroke and levels of toxic metals like lead and cadmium. Toxic metals occur naturally in our environment and are also generated by industry. These provoke an immune response (see cause #1) Therapies that reverse similar causes and risk factors have shown surprising results in cardiovascular patients who have Critical Limb Ischemia. Amputation risk was eliminated and arteries were un-blocked with this therapy. As metals were flushed out of patients, their condition improved.

Risk factor #2: Where you live.

Strokes are more common among people living in the southeastern U.S. than in other areas. Stroke deaths occur more often during extreme temperatures, and are more common among low-income communities due to higher levels of stress from financial instability.

New Technology Is Making Epidurals More Effective At Reduced Cost

StatePoint) Epidurals are used as a pain relief method by millions of American women during childbirth each year. While safe and effective in most cases -- each year, 2.4 million births involve epidural analgesia procedures out of 4 million annual births -- unintentional dural puncture affects 5%, causing complications for new mothers. Among those patients, 60-80% experience postpartum headaches, which can become severe, chronic and disabling, in some cases lasting months to years. Medical advancements however are promising to offer a safer and more comfortable and effective experience during labor and delivery.

How safe are epidurals? In a recent survey of nationwide board-certified anesthesiologists, 58% expressed concerns about dural punctures while performing epidural procedures for labor and delivery, and 82% agreed that hospital-mandated time pressures on anesthesiologists create unnecessary risk.

Having tools to more accurately and efficiently perform epidural procedures is proving to be a game-changer though. An innovative computer-controlled injection device, CompuFlo Epidural System from Milestone Scientific Inc., is being used by a growing number of anesthesiologists. Offering objective real-time data

four times a second, the device helps clinicians successfully perform epidural procedures with fewer attempts, reduces the risk of dural punctures, and ultimately improves patient outcomes at reduced cost.

"The current standard of epidural care dates from the 1900s. With the technology we have today, patients preparing for labor should have better health outcomes," says Arjan Haverhals, CEO and president of Milestone Scientific. "Giving birth is a pivotal moment in a woman's life and access to safe pain relief during that process is crucial. We're continuing to expand access to this technology to increase patient safety

by drastically reducing risks, and allowing for more reliable and effective applications of epidural anesthesia."

Postpartum headaches resulting from dural puncture create persisting, unexpected challenges for new mothers. From the interruption of breastfeeding to time taken away from bonding, complications from a dural puncture can impact a patient's emotional health during an already hormonal and stressful time. However, with the help of new technologies, patients nationwide are receiving safer and more comfortable experiences during labor and delivery. To learn more, visit milestonescientific.com.

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