

**TODAY'S VERSE**

Proverbs 31:28 Her children arise up, and call her blessed; her husband also, and he praiseth her.



**FACES OF HAMILTON COUNTY**

People who call our community their own.

What makes Michael Harrison smile? "I'm 74 years old and still sitting here," said the Arcadia resident, an antique car buff who was found on Labor Day 2020 at Cicero Parks' 29th annual Red Bridge Park Car Show. He was showing his 1965 Plymouth Belvedere II, a 282 Automatic. He said he wanted to replace it with a four-speed manual transmission. Out of the factory, it was a 272 standard shift three-on-the-tree manual transmission. Why'd he buy it? "I like old cars." He said, "I traded a '35 Plymouth for it." Through the years, he's owned a 1968 Charger 444, a 1970 Charger 444, a 1964 Plymouth Sports Fury 383 four-speed (his favorite). "I should have been a drag racer but I never could afford it," Harrison said. He was born in Richmond and moved to Arcadia at age 2. He attended school at Jackson Central and his first car was a 1948 Chevy with three-on-the-tree manual transmission. He operated his own trucking business for 30 years. A car he wished he still owned? "A '68 Charger, olive green." He and wife Debbie, between them, have five children, 10 grandchildren and seven great-grandchildren. The car show is on Labor Day every year at the Red Bridge Park. Also, scheduled for the fall is a Friends of Cicero Parks Spaghetti fundraiser, Jeep cruise-in and concert on Sept. 18 at the park, to benefit Cicero Police, Fire & Public Safety, featuring Karma with hits from the '70s to today.

**And Another Thing...**

Kick off 2022 Spark!Fishers the right way! Register now for the 5K Run/Walk at <https://runsignup.com/Race/IN/Fishers/SPARKFishers5K2022>. The race will take place on Wednesday, June 22 at 7 p.m., presented by platinum sponsor IU Health Saxony. Each finisher will receive a 2022 Spark!Fishers 5K t-shirt and medal! All ages and abilities welcome. Stroller friendly. No dogs permitted.

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Noblesville Police Department's team -- made up of Officer Miles Reichard (from left), Officer Garrett Anderson, Deputy Chief of Patrol Eric Cunningham, and Assistant Chief Brad Arnold with McGruff the Crime Dog, Addie Cunningham holding on -- cross the finish line to win the 10th annual Darlington Bed Race on Friday night benefiting the Boys & Girls Club of Noblesville.

## NPD Triumphs Over NFD, Young Life to Win the BGCN Bed Race



**BETSY REASON**  
The Times Editor

Noblesville Police Department earned bragging rights and grand champion trophy in

the 10th annual Darlington Bed Race netting more than \$18,000 to benefit the Boys & Girls Club of Noblesville.

Bystanders lined Ninth Street, which was blocked off, to watch Friday night's race, which brought out teams in a double-elimination tournament, during which NPD beat every competitor along the way, including the Noblesville Fire Department.

The team was made up of Noblesville Assistant Chief Brad Arnold, Deputy Chief of Patrol Eric Cunningham, Officer Garrett Anderson and Officer Miles Reichard, with McGruff the Crime Dog, Addie Cunningham, riding on the official bed.

What was their key to winning the race?

"Our key was simply to beat the (Noblesville) Fire Department," said a smiling Arnold.

"We have this intramural rivalry with the Fire Department, and we've beat them in everything so far, that's why we're 7-0. So now we need to change that to 8-0. That was our motivation right there," he said.

"Once we beat them a couple of times (in the bed race), and then they lost, we were just out here to have fun," Arnold said.

They rented from the Boys & Girls Club a generic bed, which has four wheels and four han-

➔ See BETSY Page A6

## Hamilton County Parent Project Aims to Reduce Juvenile Delinquency

The Hamilton County Courts' Department of Probation Services is offering an 11-week program for parents of strong-willed and out-of-control children. The Parent Project is designed to curb destructive teen behaviors like poor school attendance, alcohol and drug use, runaways, and violence.

"Kids don't come with instruction manuals," says Rob Evans, a probation officer and class instructor. "That can leave parents feeling frustrated and helpless especially when it comes to modern problems like cell phones, social media, on-line schooling, and designer drugs. We are here to help."

The Parent Project has been

proven to reduce juvenile delinquency and has helped over 100,000 families nationwide. It uses a support group model to allow parents to learn from each other as well as the curriculum and provides parents concrete prevention and intervention strategies that can be put into immediate use within the home.

"Parents of strong-willed children often question their ability to parent effectively," Evans adds. "This program will help them identify the off-putting behaviors, empower them to take back their homes, and improve their relationship with their child. We have been

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## Aesop and the Recession



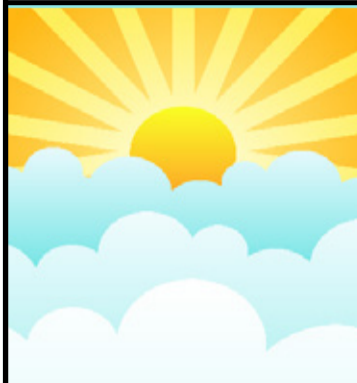
**JOHN O. MARLOWE**  
With The Grain

For more than a year now, I've been having a conversation with my two younger half-brothers and their families. It has the same general theme -- time to reign in the spending, cut the personal debt and stash away every extra dollar you can.

"I've seen it all before," I say, with a certain amount of confidence that comes with being twenty-five years older than my siblings. "The economy is setting itself up, just like it was when I got out of college. I can tell you, what comes next is going to be really ugly."

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## The Daily Almanac



**Sunrise/Sunset**  
RISE: 6:15 a.m.  
SET: 9:10 p.m.



**High/Low Temperatures**  
High: 79 °F  
Low: 65 °F



- Today is...**
- Daniel Bune Day
  - June Bug Day
  - National Chocolate Ice Cream Day



- What Happened On This Day**
- 1929 Vatican City becomes an independent state
  - 1968 the world's first Legoland resort opens
  - 1975 The first Cricket World Cup begins



- Births On This Day**
- 1952 Liam Neeson Irish/American actor
  - 1958 Prince American singer-songwriter, guitarist, producer, actor

- Deaths On This Day**
- 1954 Alan Turing English mathematician
  - 2015 Christopher Lee English actor

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**OBITUARIES**

- Alice M. Alsop
- Karen Jenè Coller
- Eric David Frazer DVM
- Michelle Lorinne McCormick
- David Lee Wigley

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

**HONEST HOOSIER**

Happy 63rd birthday Mr. Vice President (as well as former WIBC talk show host and Indiana governor) Mike Pence! Will we see you somewhere in 2024?



**TODAY'S HEALTH TIP**

Skipping meals is not a good way to try and lose weight -- eat smaller meals more frequently. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



**TODAY'S QUOTE**

"Amateurs sit around and wait for inspiration. The rest of us just get up and go to work."

- Stephen King

**TODAY'S JOKE**

Try calling your bathroom Jim instead of John. That way you can honestly tell your friends you go to the Jim first thing every morning!

**13 WTHR 7 DAY FORECAST**

83 PM SHOWERS AND STORMS	65/79 MAINLY DRY, SOME CLEARINGS	58/80 MORE RAIN, AT TIMES STORM CHANCE	59/78 MOSTLY SUNNY	59/77 STORM CHANCE	59/73 MOSTLY CLOUDY, LIGHT CHANCE	57/78 SUNNY AND PLEASANT
MON	TUE	WED	THU	FRI	SAT	SUN





## ⇒ OBITUARIES

### Alice M. Alsup

June 18, 1933 - June 4, 2022

Alice M. Alsup, 88, of Noblesville, passed away on Saturday, June 4, 2022 at Harbour Manor Care Center in Noblesville.

She was born on June 18, 1933 in Noblesville, Indiana.

Mrs. Alsup worked as a nurse's aide at Riverview Hospital. She loved watching westerns and Starsky & Hutch.

Survivors include her five children Kathy (Larry) Junken, Karen (CD) Smith, Brenda Dorsey, Bob (Elaine) McGuire and Mike (Nancy Gist) McGuire; niece Melissa Ryker; nephew Royce Turner; 10 grandchildren; numerous great-grandchildren; and two great-great-grandchildren.

She was preceded in death by her mother Kathryn Gerber Gibbons; her husband Richard R. Alsup; and one grandson.

No services are scheduled at this time.

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

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

### Karen Jenè Coller

March 24, 1965 - May 22, 2022

Karen Jenè (Cheshier) Coller, 57, of Madison, Georgia, passed away on May 22, 2022 at Piedmont Hospital in Monroe, Georgia.

She was born to Donna Woodworth and Dennis Cheshier in Noblesville, Indiana.

Mrs. Coller graduated from Hamilton Southeastern High School. After graduation, she attended IUPUI, where she had planned to obtain a degree in nursing. However, she soon discovered that she was more interested in math and cooking, and she found herself working in both accounting and food service. Although she spent most of her career at Storage Express in Bloomington as a Bookkeeper, Mrs. Coller was always drawn toward the culinary arts. Over the years, she was employed in various restaurants in Indiana, with Indiana University Dining, and in a small family restaurant in Georgia. She particularly loved to bake, an interest she developed early. At the age of 10, she called her mother at work and asked if she could bake a raspberry pie; her mother told her to wait until she got home. Of course, when Donna arrived, she found a delicious raspberry pie waiting on the table. For the rest of her life, Mrs. Coller never failed to bring the most wonderful baked treats to gatherings.

She married Ben Coller in 1990 and moved from the Indianapolis area to Bloomington. They shared their love of animals, often having several dogs and cats in residence. Mrs. Coller had a real kindness about her, with a particular indulgence for her pets; she once rescued a stray dog from the road and, after being unable to locate an owner, there was no question that she would keep it herself. Yet, she was not one to put up with any shenanigans by the human population. She was known to resign from employment if others were lazy or dishonest.

Those who were closest to Mrs. Coller invariably speak of her sense of humor, her quick wit and her many funny quips. She had a fabulous memory, and surely would have won for several weeks on Jeopardy had she gotten the chance to appear. She never failed to see the fun in everything; she enjoyed golf, a hobby she shared with her mother. But, Mrs. Coller felt that the true enjoyment was the fashion, rather than the score ("It doesn't matter how you play, as long as you look good"). Scrapy and determined, she was not only fearless in her own battles for her health, she never hesitated to step up to defend or give a helping hand to her loved ones. Although she had friendships that were life-long, she was no doubt closest to her husband, Ben. The two were inseparable, and for a decade they travelled together between Madison, Georgia and Bloomington. While her husband took dogs to field trial events in the Southeast, Mrs. Coller took her food truck, "Karen's Weenie Wagon," to those same events. They ultimately moved to Madison full-time in 2020. The couple shared their own private jokes and funny names, and never failed to celebrate anniversaries, not only of their marriage, but of their first date. To this day, the car in which they took that first date has been kept as a treasured symbol of their lives together.

Survivors include her parents Dennis (Jean) Chesier and Donna (Woody) Woodworth; husband Ben; brother Brian (Wilma), who selflessly donated a kidney to Karen in 2002, as well as her extended Coller family and numerous nieces and nephews.

It is with a huge sense of loss that we say "rest well" to Mrs. Coller, "Katie," "Aunt Katie," "KJ," and "Mushie Mush." We look forward to the day that we will see you again. Until then, we hope that you can be found with Winnie enjoying a Frisco Melt and laughing joyously at things that others take far too seriously.

The family invites all to a Celebration of Life, scheduled to be held at 2 p.m. on June 11, 2022 at the Lions Club in Lapel, Indiana (329 Main Street in Lapel). In honor of Mrs. Coller's lifelong battle with Type I Diabetes, we ask that contributions be made to the Juvenile Diabetes Research Foundation (www.JDRF.org - a Fundraiser page has been established; to contribute, hover over "Fundraising," click on "Find a Fundraiser," and then type "Karen Coller" into the search bar and click on "Teams").

## ⇒ Meeting Notes

### Hamilton County Parks & Recreation Board

Special Session Agenda  
Coxhall Garden Manion  
Event Hall

11669 Towne Rd,  
Carmel, IN 46032  
June 10, 2022 at 11 a.m.  
A. Call to Order 11 a.m.  
B. Potter's Bridge Park Expansion Resolution  
C. Bray and HC Farms 5-year Master Plan

### Eric David Frazer DVM

November 22, 1966 - June 4, 2022

Eric David Frazer DVM, 55, of Westfield, passed away unexpectedly on Saturday, June 4, 2022.

He was born on November 22, 1966 to Donald and Sandra (Dotson) Frazer in Indianapolis, Indiana.

Mr. Frazer was a 1991 graduate of Purdue University School of Veterinary Medicine. He practiced both general and emergency veterinary medicine in the Indianapolis area for 21 years. In 2000, he opened Hamilton Crossing Animal Hospital in Westfield. Mr. Frazer loved every kind of animal from the tiniest reptile to the largest house pet. He enjoyed traveling, especially to Myrtle Beach. He loved cars and had an eclectic collection. Mr. Frazer also enjoyed playing Pokémon.

Survivors include his mother Sandra Frazer; brother Matthew Frazer; four children Max, Tristan, Teddy and Ryder; two nieces Lillian and Faith; former spouse M. Bernadette "Bernie" Frazer; and several aunts, uncles, cousins and other loving family members. He also leaves behind his dedicated staff and loyal clients.

Mr. Frazer was preceded in death by his father Donald Frazer.

Visitation is scheduled to run from 4 p.m. to 7 p.m., with services scheduled to begin at 7 p.m., on Monday, June 13, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville.

Memorial contributions may be made to Humane Society for Hamilton County, 10501 Hague Road, Fishers, IN 46038 (www.hamiltonhumane.com); or Community Cats of Hamilton County (www.communitycatshc.wix-site.com/website/get-involved).

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

### Michelle Lorinne McCormick

December 6, 1967 - May 30, 2022

Michelle Lorinne McCormick, 54, of Indianapolis, passed away on Monday, May 30, 2022 at IU Health University Hospital in Indianapolis.

She was born on December 6, 1967 in Noblesville, Indiana.

Ms. McCormick worked in daycare and had previously worked for Elwood Schools as a substitute teacher and track coach. She enjoyed movies, music, reading novels, and crafting. She also loved running in marathons and going to concerts.

Survivors include her father Steven Alexander; mother Peg (Ralph) Alexander; daughter Morgan (Dustin) Scott; son Logan (Sarah-Beth) McCormick; two grandchildren Oaklee Scott and Gunner McCormick; and two step-brothers Kyle (Yvonne) Alexander and Matthew Alexander.

Visitation is scheduled to run from 11 a.m. to 1 p.m., with services scheduled to begin at 1 p.m. on Wednesday, June 8, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Burial will follow at Crownland Cemetery in Noblesville.

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

### David Lee Wigley

January 2, 1952 - June 3, 2022

David Lee Wigley, 70, of Lapel, passed away June 3, 2022 at Riverview Hospital in Noblesville, Indiana after a brief illness.

He was born on January 2, 1952 in Bedford, Indiana to William J. and Jean (Zweck) Wigley.

Mr. Wigley graduated from Hamilton Southeastern High School in 1971. He worked as a Diesel Mechanic for Irving Materials Inc. for 45 years.

He loved to go to the Casino, and enjoyed riding motorcycles and fishing. Mr. Wigley also enjoyed going out to eat to new places.

Survivors include his wife Connie Wigley of Lapel; three step-children David (Anna) Ferguson of Beech Grove, Cindy Shutters of Indianapolis and Joannie Ferguson of Camby; three brothers Robert (Beverly) Wigley of Cicero, Rick Wigley of Lawrence and Ronald (Melissa) Wigley of Fishers; four sisters Brenda Reed of Indianapolis, Debra Keith of Lawrence, Judy (Kenny) VanFossen of Oaklandon and Denise Spears of Lawrence; seven grandchildren; one great-granddaughter; and many nieces and nephews.

He was preceded in death by his parents; brother Stephen Wigley; and sister Connie Starr.

A funeral service is scheduled to be held on Tuesday, June 7, 2022 at 1 p.m. at Hersberger-Bozell Funeral Home 1010 N. Main St. Lapel, IN 46051, with the Rev. Gary Klingler officiating.

Visitation is scheduled to run from 11 a.m. to 1 p.m. on Tuesday at the funeral home.

Online condolences may be shared at www.hersberger-bozell.com.

# Every Teacher You Know . . .



**BRIAN HOWEY**  
Howey Political Report

"Every teacher you know has thought about it. Every teacher you know has a plan for an active shooter. Every teacher you know has weighed their point of fight or flight. Every teacher you know has walked their room looking for blind spots. Every teacher you know has passed their classroom to see what it looks like from the outside . . ."

"Every teacher you know has wondered how fast they can lock a door."

This was an internet posting by a teacher I know in the wake of the Uvalde, Texas, massacre that claimed the lives of 19 children and two teachers. And this is where we're at as a culture, with a massive slice of the electorate backing what President Biden heard last Sunday in Uvalde ("Do something!") while the fringes of the political spectrum dig in on their status quos that range from calling for reforms and assault weapon bans to hardening buildings, arming teachers and blaming a "mental health" dilemma.

First of all, is this a national crisis?

According to Education Week, there have been 27 school shootings this year, which is about halfway through the traditional school year. There have been 119 school shootings since 2018, when Education Week began tracking such incidents. The highest number of shootings, 34, occurred in 2021. There were 10 shootings in 2020, and 24 each in 2019 and 2018. In the 27 school shootings this year, 83 people have been killed or injured in a school shooting, while 56 people have been injured.

Is this a problem? A crisis? A culture that has lost its way, no longer willing to do what it takes to protect its children?

Gov. Eric Holcomb and a number of other Republicans have called for the "hardening" of schools, such as installing bullet proof windows and doors, employing armed school security, reducing entry points, and even arming teachers. Of all the teachers I know, none of them think that introducing arms to a classroom is a good idea. Some tell me that if it comes to this, they will leave the profession.

This begs these questions: How much have the U.S. and Indiana (be they local or state) governments and Hoosier taxpayers spent on "hardening" our schools? My property taxes have increased due to recent school referendums that included the building of new (hardened) schools.

How much have we spent on "school security" since the Columbine massacre in 1999? This would include physical plant costs, police costs (via school districts and local communities), and the various hardware/software security system accounts. I suspect that

the cumulative cost if it were added up would be astounding. Until we know, we are flying blind into one of the most relevant and urgent policy sequences surrounding our most precious resource, our children.

If you believe this is a problem or a crisis, for the sake of creating a dialogue on the reform front, how would you feel about these options:

- Reinstating the recently repealed annual state permit requirement for handguns (Indiana State Police reported that 10,600 handgun permits had been rejected in 2021 due to prior felony convictions).

- Require background checks for all gun purchases including gun shows, family to family or family to friend transfers. Prohibit the transfer or sale of weapons to "friends" on the internet.

- Strengthen the "red flag" law that provides for the removal of weapons from those who issue threats or display mental instability. Prohibit individuals from purchasing guns until their legal proceedings have concluded and they are deemed as appropriate to own or possess weapons.

- Raise the age for purchasing and owning a gun from 18 to 21. Exempt active military members under the age of 21.

- Establish a minimum 7-day waiting period from application to sale.

- Ban the purchase of body armor to average citizens, reserving this equipment only for law enforcement and the military.

- Require gun purchasers to receive or show proof of training on the use and safe storage of the weapon.

- Subject gun owners who do not secure their weapon to criminal and civil liability if their gun is used to injure or kill.

- Require gun owners to report stolen or missing weapons to law enforcement.

- Destroy weapons used in crimes once they are no longer needed for law enforcement proceeding purposes.

- Prohibit gun manufacturer and gun stores from marketing to anyone under the age of 18, similar to the marketing ban on alcohol and cigarette products.

- Ban assault weapons. Grandfather in existing owners.

- Ban "cop killer hard bullets" that pierce body armor or, in the alternative, limit the purchase of this high-powered ammunition.

Since Uvalde and the Tops Friendly Market massacre in Buffalo, N.Y. (where school and store security were clearly out-gunned by AR-15s with an officer dying in the latter and officers in the former were frozen into inaction as kids inside the doomed classrooms dialed 911 for help), we experienced as a nation a Memorial Day weekend with at least 12 mass shootings. A 13th occurred at a medical facility in Tulsa on Wednesday, claiming four more innocent lives.

Here's one final thought: "Every teacher you know has thought about how hard it would be to keep young people quiet."

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

# The Times

## Public Notices Deadline:

11:00 a.m.

2 Business Days Prior to Publication

[legals@thetimes24-7.com](mailto:legals@thetimes24-7.com)

Private Party Notices Submitted After Deadline

May Be Subject To \$25.00 Fee

In Addition To The Cost Of The Advertisement



# Lyme Disease



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

organism primarily infects field mice and white tailed deer during its life cycle. Humans are innocent bystanders when we wander into deer habitat. The ticks lie in wait on the tips of grasses and shrubs and crawl onto us as we brush by. They then crawl about until they find a nice tender spot where they attach and begin to feed on the host's blood.

The risk of contracting B. burgdorferi is very small unless the tick has been attached and feeding for two to three days. Not everyone will develop clinically significant Lyme disease if they are infected.

Lyme Disease has three stages. The first two stages are termed "early infection" and the third is called "late infection." The signs and symptoms are quite different during each stage.

Stage 1 consists of signs near the point of attachment of the tick. A characteristic rash usually develops called erythema chronicum migrans (ECM). The rash is red (erythema), lasts for a few weeks (chronic) and tends to enlarge or migrate with time (migrans). Patients may also have fever, fatigue and headache.

Stage 2 involves more systemic signs and symptoms. This stage can involve virtually any tissue, but signs and symptoms are usually found in the joints, nervous system and heart. Two-thirds of people develop arthritis that can occur in various joints and may migrate from joint to joint. Weakness as well as numbness and tingling may occur in the nerves of the face and elsewhere. Infection of the heart can cause rhythm problems.

Step 3, or late infection, can present up to a year after the organism invades the body. Approximately ten percent of people develop chronic arthritis, usually of the knee. They can also develop infections of the brain and spinal cord and severe chronic malaise and fatigue can also occur. Testing for Lyme is not

always straightforward. Antibodies against the organism may be found in the bloodstream but can be be falsely positive or negative. Therefore, it's important to not test persons who don't have signs or symptoms of Lyme Disease. The CDC recommends that anyone with a positive test have it confirmed with a more specific antibody test called a western blot. People with neurologic symptoms may require a spinal tap to look for infection.

Treatment for Lyme disease is fairly straightforward. Most people are prescribed the antibiotic doxycycline. The length of treatment varies based on the stage and extent of infection. Some people with severe involvement may require hospitalization. This is most common if a person develops heart problems.

Simple steps can be taken to reduce your risk of contracting Lyme disease. Even though Lyme disease is rare in Indiana you should consider covering up when you're in the woods. This includes wearing a long shirt and pants as well as a hat.

You should do a full body check for ticks after you've been in the woods and apply insect repellent with at least 30 percent DEET when going outdoors. Always be on the lookout for the signs and symptoms of Lyme disease if you have found a tick attached to your body. Removal of ticks can be tricky. You need to get a fine pair of tweezers and grasp the tick's head as close to the skin surface as possible and pull slowly and gently upward until the tick lets go. You should then wash the skin with alcohol or soap and water. You should save the tick in alcohol in case it's needed for identification. If you can't remove the tick, call your health professional.

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

# Verne Knows



**CARRIE CLASSON**  
The Postscript

Verne knows me too well.

For the first time in our lives, my husband, Peter, and I live in a building with a front desk. It's nice to have someone there when packages are delivered, or contractors show up, and this person is usually Verne.

Verne is a natural for the job. He knows everything going on in town. He knows when music is playing in the park and where the food trucks are parked and what time deliveries are made. But what interests Verne most is what goes on inside the building. Verne knows what we are all up, to and he is never short on advice.

"I wouldn't go there," Verne told me when I was contemplating a Mexican restaurant. "It's cute on the outside, but the food is ordinary." He suggested a different restaurant.

"Oh! I like your hair," a complete stranger said to me in the lobby one day.

"She's overdue to get it colored," Verne said.

"Her roots are showing," Verne said.

"Verne!" the stranger said. "That's a terrible thing to say!"

"Oh, no," I told the stranger. "It's all part of the full suite of services Verne provides." (I colored my hair that week.)

One day I had to go to Home Depot twice for the same thing. "Two trips to Home Depot in one day is not a good day!" I told Verne. (Although to be fair, the folks at Home Depot were terrific.)

"Are you sure this is a problem?" Verne asked. "Or is this just your OCD talking?"

Verne had me. "It's my OCD talking and it's a problem!" I said as I got on the elevator with another resident.

"Verne knows me too well," I complained to the pink-haired young woman in the elevator.

"Verne knows us all too well!" she said.

"I know everything!" Verne agreed, as the elevator doors shut.

But there is something very comforting about having Verne at the desk in the late afternoons.

"Where are you going tonight?" Verne will ask. He'll suggest things I should look for in the neighborhood, and I'll come back and report to him. It's nice, knowing there is someone at the door to greet me, someone who is interested in where I've been and where I'm going.

Then, one day, we got some awful news. Verne was retiring.

"I'm turning 70!" Verne said. "I can't keep working five days a week."

"But what will we do without you, Verne?" I asked.

"Oh! You won't be without me." Verne said. "I'm just going to work the weekend shift instead. John is retiring."

John is also very nice, but he is nearly blind and requires a cane to get around. It was probably a good time for John to retire. So, there was a big retirement party for John, and Verne took over the weekends.

One Sunday afternoon, John came back to visit. Now, instead of a cane, he needed a walker to get around. But he had a big smile on his face. He had come to visit Verne.

"Pull up a chair!" Verne said. "Would you like a cup of coffee?"

"I would!" John said.

"Would you like dessert to go with that?" I asked Verne.

"What kind of dessert?" he asked me.

"None of your business. Do you want some or not?"

"Of course!" Verne said.

I had some leftover pumpkin cake, and I brought down two pieces.

"Thank you for the cake," Verne said later on, after John had left.

"That was very nice."

"Oh, it was nothing," I told Verne. "What would we do without you?"

Till next time,  
Carrie

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

Warmer weather means we have to start thinking about ticks and Lyme Disease. Most people are aware of the association between tick bites and Lyme disease, but few know exactly what Lyme disease is or what causes it. The number of cases in Indiana has varied over the years, but generally has increased since around 2013. The most recent statistics from 2019 showed an incidence of 1.5 cases per 100,000 population in Indiana. The highest incidence state that year was 121 cases per 100,000.

Lyme disease received its name in the late 1970s when a number of children around Lyme, Connecticut developed arthritis. The actual disease has been described since the early 1900s. It is mostly found from Virginia up through Maine on the east coast as well as Wisconsin and Minnesota. When a case does occur in Indiana, the news spreads rapidly, sometimes inciting panic. Most infections (85 percent) are seen in the spring and summer with the remainder in the fall.

Ticks do not actually cause the disease, though they do carry the organism that does, the spirochete Borrelia burgdorferi. Spirochetes are bacteria that have a corkscrew shape. Another common misconception is that any tick can spread B. burgdorferi infection, when in fact only Ixodes (deer) ticks carry the organism. The accompanying photo shows a deer tick on a fingernail - they are very small.

The B. burgdorferi

## Free Summer Meals Now Available to Hoosier Students Across the State

This summer, all Indiana students age 18 and younger have access to free, nutritious meals and snacks at more than 1,000 locations statewide through the 2022 Summer Food Service Program.

To find a Summer Food Service site, families can visit IDOENutrition.com to search for sites near them. This tool allows families to search by the meal served and days of the week where meals are offered. Families can also call the National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE or text "summer meals" or "verano" to the National Hunger Hotline at 914-

342-7744 for additional assistance.

June marks the busiest month for the Summer Food Service Program, with many families seeking help finding nutrition resources for their children. To recognize the importance of helping make sure all children have access to nutritious meals over the summer, Governor Eric J. Holcomb issued a statewide proclamation declaring the week of June 5-11 Summer Food Service Program Week.

Site locations and meal service times vary throughout Indiana, and locations range from parks and community centers

to schools, churches and mobile feeding sites. Meals must be consumed on site. For more than 40 years, the Summer Food Service Program has provided children ages 18 and under with access to free, nutritious meals and snacks during the summer months.

The Summer Food Service Program is a federal nutrition program funded by the United States Department of Agriculture and administered by the Indiana Department of Education. The program is designed to meet the needs of low-income children in areas where children may have limited access to good nutrition.

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Photos courtesy of Kia

# 2022 Kia Niro EV Doesn't Care about Gas Prices, Long Commutes

I have a pretty long commute – about 35 miles each way. And as I noticed while picking up soda at the gas station last weekend, 87 octane was \$4.65 per gallon. Premium and diesel were uncomfortably over \$5. I own a Smart car and have test cars most of the time, so gas prices don't usually affect my budget much, but good-ness that's expensive. I let it sink in, then realized I still don't care because...I'm driving the 2022 Kia Niro EV.

Part of my mission this week was to see if I could live with an EV as my daily driver, because let me assure you, I'd be considering one if I had to buy a new car for myself. The Kia Niro finds the sweet spot between entry-level EVs like the Nissan Leaf or Chevy Bolt and high-end models from Tesla, Mercedes-Benz, and Cadillac.

**2022 Kia Niro EV**  
**Five-passenger, fwd 5-door**  
**Powertrain:** Li-ion batteries/motor  
**Output:** 201hp/291 lb.-ft.  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 17"/17" alloy  
**Brakes f/r:** regen disc/disc  
**Must-have features:** Driving, Comfort  
**Driving range:** 239 miles  
**0-60 mph:** 7.8s  
**Economy:** 112 mpg-e  
**Assembly:** Hwasung, Korea  
**Base/as-tested price:** \$39,990/47,080

It's clear the Niro EV is different with its flat panel front and charge port door on the fascia, but the rest looks like the Niro hybrid on which it's based. That's to say, it looks like a normal compact crossover dressed with turquoise accents, 17" wheels, low rolling resistance tires, and roof rails. Ours came in metallic white, which looked both elegant and high-tech. I wish it

looked more futuristic, but many of you shopping EVs for the first time will no doubt appreciate its understated style and practical proportions.

Even compared to dedicated EV architectures dressed with flashier attire from competitors, the Niro EV makes a strong case for itself. The powertrain, with a 64 kWh battery pack, delivers 201 horsepower and 291-lb.-

ft. of torque. Typical of EVs, it provides instant smooth acceleration, running 0-60 mph in 7.8 seconds. You can hammer the left lane if you choose, but running posted speeds will net 239 miles range.

When I left for work fully charged, range showed 245 miles. Upon arriving, it showed 210 miles – or exactly the 35 miles I traveled. It's accurate, and impressive given 25 miles was spent running 70+ mph. I don't have a charger in my garage, so I plugged in the auxiliary cord to household current. It took 15 hours to recover 80 miles range. A Level 2 240v charger could fully replenish in 9.5 hours. Commercial DC fast chargers get you to 80% in an hour.

To help justify its lofty price, the Niro EX comes very well equipped for long commutes given

Harman/Kardon audio, power sunroof, heated and ventilated front seats, and a heated leather-wrapped steering wheel. Automatic climate control can be aimed at just the driver to conserve energy. An intuitive 10.5" touchscreen controls devices connected with Apple CarPlay or Android Auto and charged wirelessly. Safety is enhanced by automatic emergency braking, lane keep assist, blind spot warning, and rear cross path detection. Adaptive cruise makes those long commutes much easier.

Even without an electric powertrain, the Niro would make a strong case with a roomy interior, washable vegan leather upholstery, fold-down rear seats, and a control pod for gear selection in the center console. But, with tossable handling and



**CASEY WILLIAMS**  
Auto Reviews

quiet quick demeanor, it delights. Not worrying about the price of gas may be the biggest joy of it all.

A base price of \$39,000 rises to \$47,080 as-tested – reduced by a \$7,500 tax credit. It's a fair deal, but will soon get zapped by the Subaru Solterra, Toyota bZ4X, Nissan ARIYA, Chevy Bolt EUV, and Kia's own EV6.

Storm Forward!

- Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com)

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We are excited to announce Beltone's Annual Hearing Health Clinic for members of our community who have questions about their hearing. Our event will offer the following services to you or a loved one at no cost or obligation:

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**FREE Ear Check** – Our Otoscope allows us to see the inside of your ear canal. If wax is present, you will know right away and we will provide you with the options to manage it.

**FREE 10-Point Hearing Aid Performance Check-Up on Any Make or Model** – Do you already own hearing aids? Do they whistle? Do they work in noisy places? Have they weakened? Let us check and clean them for you.

This special is available now! Appointment times are limited. Call for your appointment today and take advantage of this opportunity. We are excited to serve your hearing care needs, and we look forward to seeing you there!

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- Hearing loss can be an early warning sign or is linked to ailments including: cardiovascular disease, diabetes, dementia and Alzheimer's.
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# Attorney General Todd Rokita Defends Hoosiers' Liberty in Indiana's Own Border Security Lawsuit



Attorney General Todd Rokita

Attorney General Todd Rokita yesterday filed a lawsuit that is the first of its kind for the state of Indiana to defend against the attack on our southern border.

"The lawlessness at the southern border has escalated into a crisis in the Midwest—including Indiana," Attorney General Rokita said, debunking

claims by politicians and certain media that Indiana is not affected by Biden's open border policies. "Hoosier communities are overwhelmed by car-tel-driven human trafficking and drug trafficking while fentanyl overdoses skyrocket. Because of 'do nothing' politicians here and in Washington, every state is now a border state—especially Indiana, the Crossroads of America. I refuse to allow Hoosiers' liberties and security to be eroded by illegal aliens and those who want to stick their heads in the sand pretending we aren't affected."

In contrast to previous multi-state legal actions Indiana has joined to combat illegal immigration, Indiana filed this lawsuit based upon the damages unique to the Hoosier state.

According to the Migrant Policy Institute, Indiana plays host to over 100,000 illegal aliens as residents. This form of 'Hoosier hospitality' costs Indiana taxpayers more than \$549 million annually.

Attorney General Rokita witnessed the dangerous effects of the Biden Administration's open-door policies firsthand on three separate trips to the U.S. - Mexico border. This action comes on the heels of his most recent trip where he met with a bipartisan group of attorneys general from the U.S. and Mexico to discuss, among several items, the Left's complacent policies, which incentivize illegal immigration and increase crime.

This lawsuit is not Attorney General Rokita's only legal challenge regarding

illegal immigration. He sued the Biden administration over the new federal rule that makes it easier for aliens to obtain asylum in the United States on false premises. He is also fighting to stop expanding the availability of welfare assistance to non-citizens by redefining the way the federal government applies "the public charge ground of inadmissibility" in a multistate comment to proposed rule changes.

"After extensive research and my visits to the border, it's clear that the lawlessness at the border has a significant, negative impact to Hoosiers," Attorney General Rokita said. "Biden's open border policy welcomes drug trafficking and human trafficking at a cost of millions annually to Hoosier taxpayers."

# State DHS Executive Director to Retire from Public Service



Governor Eric Holcomb

Stephen Cox has notified Gov. Eric J. Holcomb that he is retiring from public service as the executive director of the Indiana Department of Homeland Security (IDHS). Gov. Holcomb yesterday named Joel Thacker, the state fire marshal, as the new executive director, effective June 27.

"I am forever grateful to Director Cox's leadership of IDHS, especially during the pandemic," Gov. Holcomb said. "His leadership was calm, thoughtful and deliberate, and the agency has distributed an unprecedented amount of protective equipment and supported emergency management services like never before while continuing important initiatives around public safety training and preparedness."

Cox was appointed executive director in 2020, after serving as the Indiana State Fire Marshal. Prior to his state service, he worked for the South Bend Fire Department for 26 years, including eight years as chief. He also served in the U.S. Army as a combat medic.

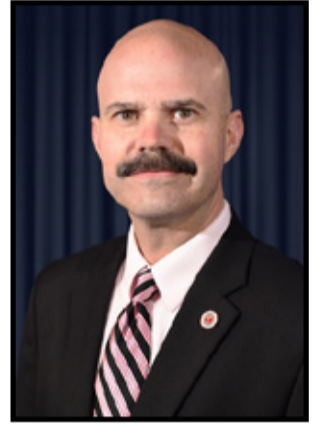
Under his leadership, IDHS has:

- Helped organize the state response during the entirety of the COVID-19 pandemic, including operating the State Emergency Operations Center, which distributed more than 1 million pieces of personal protective equipment, commodities, and other resources to support local, state, and federal partners
- Improved cybersecurity readiness and resiliency at the state and local levels in partnership with other state agencies
- Brought Indiana into the Nuclear Regulatory Commission Agreement state program, updated state firefighting training rules and implemented EMS provider changes to result in better EMS service for Hoosiers through changes approved by the Indiana General Assembly.

"It has been an honor to serve the state of Indiana during what has been a critical time," Cox said. "The team at the Department of Homeland Security is committed, and under Gov. Holcomb and Director Thacker's leadership, will continue to protect the people and property of the state, and help communities and



Stephen Cox



Joel Thacker

residents stay safe." Cox's last day as executive director is June 24.

Thacker has been state fire marshal and director of the Fire and Building Safety Division since 2020. He has been responsible for the Indiana Fire and Public Safety Academy, code enforcement inspections, emergency medical services, fire investigations and hazardous materials training.

"Joel Thacker brings incredible experience from local and state government service to the Department of Homeland Security," Gov. Holcomb said. "His help in leading the department in recent years will result in a smooth transition and continued service for Hoosiers."

Thacker previously served as a firefighter for 30 years, most recently as Fire Chief with the Plainfield Fire Territory.

"I'm humbled to be chosen by Gov. Holcomb for this important role," Thacker said. "Preparedness is crucial for the success of Hoosier families, communities and the state, and the team will continue to focus on training and supporting all partners."

Thacker earned a bachelor's degree in business administration from Indiana Wesleyan University and a master's degree in criminal justice and public safety from Indiana University.

# Indiana Center for the Book, Indiana Humanities Announce 2022 'Great Reads from Great Places' Selections

The Indiana Center for the Book and Indiana Humanities have announced two book selections for the annual Great Reads from Great Places program of the United States Library of Congress.

In 2022, the Indiana Great Reads selections will be *Zorrie* by Laird Hunt and *You Should See Me in a Crown* by Leah Johnson.

Every year, a list of books representing the literary heritage of the 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands is distributed by the Library of Congress's Center for the Book during the National Book Festival. Each book is selected by a local Center for the Book. In 2022, the Library of Congress suggested states pick two books: one for young readers and one for adults. Books may be written by authors from the state, take place in the state, or celebrate the state's culture and heritage.

Laird Hunt's *Zorrie*,

a 2021 finalist for the National Book Award in Fiction, tells the story of one Hoosier woman's "life convulsed and transformed by the events of the 20th century." Taking place in Clinton County, Ind., the novel is a poignant study in rural Midwestern life and an exploration of the passage of time through individuals and communities. A professor at Brown University, Hunt is an Indiana native, having grown up in Michigantown and graduated from Indiana University Bloomington.

Leah Johnson's *You Should See Me in a Crown*, a 2020 release named by TIME magazine as one of the best 100 young adult books of all time, tells the story of a queer Indiana teenager's senior year of high school and her pursuits to get into an elite college by winning the school's prom queen contest as well as capture the attention of the new girl in school. Johnson

grew up in Indianapolis and is a graduate of Ben Davis High School and Indiana University Bloomington.

"Picking books to represent Indiana at the National Book Festival is such a joy," said Suzanne Walker of the Indiana State Library. "This year's selections are so strong, and I'm delighted to shine a national light on these two worthy authors."

The 2022 Great Reads from Great Places in books will be highlighted at the 2022 National Book Festival, which will be in person for the first time in several years and will take place on Saturday, Sept. 3, at the Walter E. Washington Convention Center in Washington, D.C. This year's theme is "Books Bring Us Together."

For more information about the National Book Festival, Library of Congress and Great Reads from Great Places program, visit <https://www.loc.gov/events/2022-national-book-festival>.

tional-book-festival.

The Indiana Center for the Book is a program of the Indiana State Library and an affiliate of the Center for the Book in the Library of Congress. It promotes interest in reading, writing, literacy, libraries, and Indiana's literary heritage by sponsoring events and serving as an information resource at the state and local level. The Center supports both the professional endeavors and the popular pursuits of Indiana's residents toward reading and writing.

The Indiana State Library serves Indiana residents, leads and supports Indiana's library community and preserves Indiana's history. Learn more at [www.in.gov/library](http://www.in.gov/library).

Indiana Humanities connects people, opens minds and enriches lives by creating and facilitating programs that encourage Hoosiers to think, read and talk. Learn more at [www.IndianaHumanities.org](http://www.IndianaHumanities.org).

# Grant Funding Now Available from IDEM for Recycling Markets, Manufacturing Capacity and Job Creation

The Indiana Department of Environmental Management (IDEM) recently announced the availability of grant funding for recycling projects from the Recycling Market Development Program. Eligible candidates may seek a grant ranging from \$50,000 to \$500,000. Proposals are accepted through June 15, 2022.

Public and private businesses, local government, solid waste management districts, and nonprofit organizations located and doing business in Indiana are eligible to submit proposals for funding. Proposals must show a need, an increase in recyclable material collection or

consumption, a reduction in municipal solid waste shipped for final disposal, or improved partnerships with communities, including economic impacts and increased public awareness of recycling opportunities through tangible outreach and education efforts.

Projects should demonstrate sustainability and an understanding of the changing economy for recyclers and look at where monies can be used most effectively to increase statewide recycling.

Final funding determinations will be made this fall. To apply, visit [idem.IN.gov/recycle/2358.htm](http://idem.IN.gov/recycle/2358.htm). For additional information, contact 800-988-



7901 or [RMDPGrants@idem.IN.gov](mailto:RMDPGrants@idem.IN.gov).

The Recycling Market Development Program operates under the Recycling Market Development Board as established

by IC 4-23-5.5. The grant money for the program comes from the Recycling Promotion and Assistance Fund, an account generated by a per-ton fee on solid waste disposed at Indiana landfills. The fund supports source reduction, reuse, recycling and composting to prevent solid waste from permanent disposal.

IDEM ([idem.IN.gov](http://idem.IN.gov)) implements federal and state regulations regarding the environment. Through compliance assistance, incentive programs and educational outreach, the agency encourages and aids businesses and citizens in protecting Hoosiers and our environment.



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## BETSY

From Page A1



The Times photo by Betsy Reason

The 10th annual Darlington Bed Race, benefiting the Boys & Girls Club of Noblesville, is organized annually by the Club's unit director Abby Stutesman, an employee of 22 years who herself grew up in the Club.



The Times photo by Betsy Reason

Noblesville Police Department's team -- made up of Assistant Chief Brad Arnold, Deputy Chief of Patrol Eric Cunningham, Officer Garrett Anderson and Officer Miles Reichard, with McGruff the Crime Dog, Addie Cunningham -- won the 10th annual Darlington Bed Race on Friday night benefiting the Boys & Girls Club of Noblesville.



The Times photo by Betsy Reason

Noblesville Young Life team made up of local teens, representing the Young Life ministry group, crosses the finish line. The team won runner-up in the 10th annual Darlington Bed Race to benefit the Boys & Girls Club of Noblesville.

has four wheels and four handles to push and an egg crate for the rider, made by Tyler Truss Systems Inc. Eight of the teams rented a bed from the Club for \$50 each.

After NPD secured the bed, they "started looking around the police department" putting pieces together -- bike lights, signs and yellow "Police Line Do Not Cross" barricade safety tape -- to decorate the bed.

Any bed race practice or rehearsal? Not until the practice run on the night of the bed race. It was their first time in the race. "This was kind of new to us," said Arnold, whose teammates made one practice lap without one of the teammates who was

on his way to the race. But once the race started, no one could stop the NPD. Even though the most difficult part of the lap during the race was turning the bed. "Turning, that's where it's all at. We lucked into a good strategy, and it worked for us."

The officers stay in shape, obviously due to their jobs. "We don't sit in Lazyboys and watch video games like the fire department," Arnold said, jokingly, still poking fun at NFD for losing to them.

NPD Chief John Mann was right there cheering them on. "They did a great job ... They put this together at the last minute."

NPD, which won a bed-shaped trophy, also won a \$250 first-place award which they donated back to the Boys & Girls Club of Noblesville.

Donations, during a "text to give" campaign Friday night brought in \$7,030, which was matched, dollar-per-dollar, by George Kristo of Noblesville, for a total of \$14,060. Kristo has offered matches during several previous BGCN fundraisers. The total netted for the event, including entry fees and sponsors, was more than \$18,000, surpassing the club's \$10,000 goal, said BGCN executive director Becky Terry, who was thrilled with the event.

The event is organized



The Times photo by Betsy Reason

Noblesville Preservation Alliance's team, the Roaring Twenties, wasn't the fastest in the 10th annual Darlington Bed Race, however, the entry earned the team the event's People's Choice award, one that the nonprofit has won for most of the years of the race, and featured participants gangsters Dennis Smith (left), Tim Parker, Jason Compton and Lauren Parker (flapper, who rode on the bed).



The Times photo by Betsy Reason

The 10th annual Darlington Bed Race runner-up was the Noblesville Young Life team made up of local teens, representing the Young Life ministry group. The race benefited the Boys & Girls Club of Noblesville.



The Times photo by Betsy Reason

Noblesville's Gene Ott, emcee for the 10th annual Darlington Bed Race to benefit the Boys & Girls Club, gets the crowd singing during a "YMCA" song during a break of the race.

annually by the Club's unit director Abby Stutesman, an employee of 22 years who herself grew up in the Club.

Runner-up was the Noblesville Young Life team made up of local teens, representing the Young Life ministry group.

There were total 10 teams: Borg Warner, Noblesville Police Department, Noblesville Education Foundation, Noblesville Fire Department, "Fish Out of Water" Noblesville Parks & Recreation Department, Noblesville Preservation Alliance, "Street Sharks" Parker Mortgage/Finance of America, Noblesville Young Life, Tom & Soni Sheehan Boys & Girls Club of Noblesville and

Darlington Snacks.

This year's bed race, once again, brought out the creativity.

NPA's Team, the Roaring Twenties, wasn't the fastest in the race, however, the entry earned the team the event's People's Choice award,

one that the nonprofit has won for most of the years of the race. Some of the past NPA themes have been Harrell Hospital & Sanatorium, 1909-1951, played on the theme of the historic Noblesville hospital with a patient riding in the bed pushed by costumed runners dressed in white lab coats; maids and butlers pushing a Victorian lady on a canopy bed; Gay Nineties, or 1890s, with costumed

runners in old-fashioned bathing suits, pushing a bathing beauty in a boat. This year's NPA participants were Lauren Parker (flapper, who rode on the bed) and gangsters, Tim Parker (her husband), Jason Compton and Dennis Smith. Lauren Parker said the entry was originally Roaring Twenties for the 2020 race, which was canceled due to the Covid. Cheers to NPA's participation and creativity.

To make a donation to the Boys & Girls Club of Noblesville or keep up with other fundraising events, visit <https://bgcni.org/>

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

## MARLOWE

From Page A1

"Yeah, we know," a sister-in-law says. "Look how high gas is now! It's \$4.89 per gallon!"

"They say the prices will be coming down soon," chimes a brother. "Who wants to get pizza? Did I tell you that we're thinking about getting a new SUV?"

"I wouldn't count on gas prices coming down," I say. "Gasoline was selling for under two dollars per barrel before the last big oil shock in 1973. I can remember paying 49 cents per gallon at the pump. Barrel prices haven't fallen even close to two dollars per barrel since the year 2000.

"Maybe you should consider buying a small sedan," I say.

"Oh, we couldn't do that," says the older sibling. "Where would be put the kids' strollers and all of their stuff? Plus, I've got to be able to put my golf clubs somewhere. And don't forget

the bicycles."

"Someone show Uncle John your new dresses," interjects a wife, hoping to change the subject.

"That's another thing," I say. "You probably should cut down on the spending."

"That isn't a problem for me. I'm making really good money, now" says the younger brother.

"I wouldn't count on that job," I say. "Rising prices erode a family's ability to spend on things they want, so they draw back. When they draw back, fewer items are sold. When fewer items are sold, manufacturers need fewer people. When they need fewer people, they let people go."

"I'll just get another job," he says. "There are plenty of them out there."

"NO!" I cry. "This isn't happening to just you. It's happening to everyone! When I was your age, my generation

would laugh out loud if someone suggested that -- like now -- jobs would be advertised on street corners. We had Ph.D. holders working at McDonald's, and happy to be working there. Jobs were like dinosaurs in those days. We were pretty sure they existed at one time, but no one had seen them in years."

"Hey, look!" one of them says. "Jack Black is on Netflix, tonight. We should get that one."

"Unemployment was nearly 11 percent," I continued. "Think about it. For every 10 of your Facebook friends, more than one will be out of work."

"What did you do for income," they ask.

"We didn't!" I say. "That's the point. We had a telethon to save a car manufacturer. We had rock concerts to save small farmers. We bartered. We scrimped, and we repaired. We even

wore "Whip Inflation Now!" buttons, stupidly thinking that, if we reminded ourselves how bad things are, it would cheer us up, somehow."

Eyes glazed over. It was as if I was talking about some dystopian world in another galaxy. Or, that I was referring to the times I helped Abe Lincoln split rails for a new fence. "Listen," I say. "It really wasn't that long ago. In the meantime, the economy continued to contract, while prices continued to rise. That's called 'stagflation,'" I say.

After the laughter died, I explained, "Stag" as in "stagnant," I say, "Not the animal."

"So, how did you get by in those tough times," one finally asks.

"Truthfully, some of us didn't," I say. "We made it like we always do. We did what we needed to do to survive. But surviving isn't thriving. The ones

that had it the easiest were the ones who started saving early, and had a nice pile of cash to hold them over."

"It's like Aesop's 'Ant and the Grasshopper' fable," I say. "Put back now, or it's going to be a long, hard winter."

"Did you see where they are opening a new IKEA near here," one of them says.

It is really hard trying to explain just how tough times can be to a generation that, for half of their entire existence, has experienced the longest bull market in history (11 years), the longest unemployment streak under 3 percent (13 years), and the largest economic expansion in U.S. history (128 months).

It's even harder being the ant when you are only Uncle John.

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

## PARENT

From Page A1

providing this class to Hamilton County for over 15 years and know it can change the course of a family."

The Parent Project requires 33 hours of online classroom work. The next class begins Tuesday, June 7th at 5:30 p.m. Parents meet one night a week for approximately two and one-half to three hours. The program fee is \$80 per family. Visit <https://bit.ly/3GYK6jG> to register.



THE TIMES

Thanks for reading The Times!



# TUESDAY

## In The Kitchen

Tuesday, June 7, 2022

A7

## WHIP UP A BOUNTIFUL WEEKEND BRUNCH



Overnight Apple Cinnamon French Toast Casserole

### FAMILY FEATURES

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

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

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

### Wake Up to a Wonderful Brunch

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

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

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

### Overnight Apple Cinnamon French Toast Casserole

Servings: 12

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

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

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

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

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

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

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

### A Fresh, Flavorful Brunch Bite

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

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

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

### Spiced Grass-Fed Lamb Over Hummus

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

**Lamb:**

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

**Hummus:**

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

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

**For serving:**

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

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

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

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

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

Transfer hummus to large platter and spread it out.

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

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

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

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



Spiced Grass-Fed Lamb Over Hummus

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

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

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

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

### Brown Sugar Pound Cake

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

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

Preheat oven to 350 F.

Grease and flour 9-by-5-by-3-inch loaf pan. In large bowl, beat sugar and butter





# TUESDAY

## In The Kitchen

Tuesday, June 7, 2022

A8

# Chef-Worthy Summer Classics

### FAMILY FEATURES

**C**elebrating 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](http://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 orange-seed oil

#### 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





# TUESDAY

## Health and WELLNESS

Tuesday, June 7, 2022

A9

### Food Poisoning And What You Can Do To Avoid It

Barbecue season is in full swing and it's a good time to review food safety. Foodborne illness, commonly referred to as "food poisoning," is something that almost all of us have experienced at some point in our lives. Foodborne illness is defined as more than two people having a similar illness with evidence of food as the source.



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

There are approximately 76 million cases of food-related illness in the United States each year. There are also around 325,000 hospitalizations and 5,000 deaths. Underdeveloped countries, as a group, experience about one billion cases annually and four to six million deaths. The overall rate of these illnesses in the United States has gone down drastically in the last century with improvements in food handling and sanitation.

that 97 percent of all cases of food-borne illness arise from improper food handling. Commercial establishments account for 79 percent of the cases, while the other 21 percent originate in homes.

There are a few common denominators found in most cases of food poisoning. A frequent cause is foods in environmental conditions that allow bacterial growth to occur. Staphylococcal food poisoning typically

happens in the summer months when food is left out in warm temperatures. Common summer foods like potato salad and pies that are high in salt or sugar are prime breeding ground for bacterial growth.

Raw or undercooked meat is another common source of food poisoning; hence the warning to check to make sure cooked meat is not pink in the middle. Cross-contamination between raw and cooked foods can lead to problems. This happens when raw food that contains organisms or toxins comes into contact with cooked food. Food preparers who don't wash their hands can transfer bacteria or toxins as well.

Most foodborne illnesses result in some combination of diarrhea, vomiting and abdominal cramping. The organisms that cause problems do so by various means,

too numerous to mention here. Diarrhea caused by infectious organisms or toxins can be classified as inflammatory or non-inflammatory, depending on how the offending agent affects the victim's gastrointestinal tract.

Inflammatory diarrhea involves actual injury to the cells that line the intestine. Organisms that cause this inflammation can invade the wall of the intestine and enter the body, causing an immune reaction. Salmonella is a well-known pathogen that causes this type of diarrhea.

Inflammatory diarrhea usually results in smaller stools that can be bloody, also known as dysentery. Sufferers usually run a fever, have abdominal pain, possibly a headache, and look ill. A severe inflammatory response may lead to liver and kidney damage as well.

Toxins produced by

infectious organisms cause non-inflammatory diarrhea. The toxins act on the cells in the gut causing the release of water and salt into the intestines. This, in turn, results in large volumes of diarrhea without blood or severe abdominal pain.

Ninety percent of cases of food-borne illness resolve in two to three days without needing any medical attention. Infants and the elderly are the most likely to develop complications, mostly from dehydration.

People who are ill for more than two or three days with high fevers, severe abdominal pain, or lethargy should always seek medical attention.

The primary aim of treatment for foodborne illnesses is to avoid dehydration. This can usually be accomplished by consuming fluids by mouth. Even if a person is vomiting, they can usually keep down small

amounts of fluid given at frequent intervals.

There are many over-the-counter remedies to use to prevent dehydration or to rehydrate someone who has already become dehydrated. A simple and inexpensive recipe to make at home is to add two level teaspoons of salt and eight heaping teaspoons of sugar to a two liter bottle of water.

Damage to the intestinal wall can affect the ability to absorb sugars from food. People should therefore avoid milk, dairy, and foods containing lactose during the illness and for a few days afterward.

Remember that proper food preparation and handling can go a long way to prevent interruptions to your summer fun.

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

### Alzheimer's Association Marks Alzheimer's & Brain Awareness Month

June is Alzheimer's and Brain Awareness Month, and the Alzheimer's Association Greater Indiana Chapter has a simple message for Hoosiers: you are not alone.

"Right now, there are thousands of Hoosiers who are affected by Alzheimer's and dementia in one way or another," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "They may be concerned about changes

they are experiencing or noticing in a loved one. They may be caring for someone with dementia and feeling overwhelmed. They may be wondering if there is anything they can do to reduce their risk of developing the disease. Regardless of the concern, free, confidential help is available any time it is needed."

There are a number of things Hoosiers can do to help raise awareness of the disease and the

resources available.

- Share your story. Alzheimer's impacts everyone. When those affected choose to share their stories, it makes others feel less alone in their experiences.

- Go purple. Purple is the official color of the Alzheimer's movement. Wear purple during the month of June to help raise awareness.

- Get social. Talk about the impact of the disease on social media, and

share links to resources. When sharing a photo on Instagram or Twitter, use the hashtag #ENDALZ to be part of the conversation.

- Learn about the disease. There are a number of misconceptions about Alzheimer's and other forms of dementia. Get the facts about the signs and symptoms, the stages of the disease, ways to reduce the risk of cognitive decline and more by visiting alz.org.

- Learn about volunteer opportunities. Volunteers are always needed to help deliver programs and services, organize fundraising events, and advocate on behalf of those living with the disease and their caregivers. Learn more at alz.org/Indiana/volunteer.

- Raise funds through The Longest Day. On or around the summer solstice on June 21, people across Indiana and around the world

will fight the darkness of Alzheimer's through a fundraising activity of their choice. Registration is available at alz.org/thelongestday.

About 110,000 Hoosiers age 65 and older are currently living with Alzheimer's disease. Another 216,000 are serving as unpaid family caregivers. Free, confidential help is available around the clock through the Alzheimer's Association 24/7 Helpline: 800.272.3900.

### Plasma Donations Save Lives: How You Can Help Today

(StatePoint) Human plasma donations are used to produce life-saving medicines for people affected by serious and rare diseases around the world. Experts say that right now there is a critical need for plasma donations.

"Plasma donors do the amazing. They make a direct impact on the lives of patients affected by rare and serious diseases. We strongly encourage those who meet the requirements, and are otherwise eligible, to donate plasma," says Dr. Jennifer Hanes, who as a division medical director

of CSL Plasma, is responsible for the medical oversight of U.S. plasma donation centers.

Dr. Hanes is sharing five important things to know about plasma donation:

1. What is plasma? Plasma is a straw-colored liquid that carries red blood cells, white blood cells and platelets, helping to maintain a steady level of blood pressure, supporting the immune system and delivering critical nutrients to cells.

2. What is plasma used for? Plasma is used to treat rare and serious conditions, often by

replacing crucial proteins a patient lacks. These conditions include primary immunodeficiencies, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding or neurological disorders. Every year, it takes more than 1,200 plasma donations to treat one person living with hemophilia, more than 900 plasma donations to treat one person living with Alpha-1 Antitrypsin Deficiency (Alpha-1) and more than 130 plasma donations to treat one person living with a primary immune deficiency. Additionally,

albumin, a protein contained in our plasma, is used in hospitals and urgent and emergency care settings to treat trauma, shock, burns and other emergencies that could happen to anyone.

3. Who can donate plasma? To donate at a CSL Plasma center, you must be in good health, be between the ages of 18-74, weigh at least 110 pounds, have had no tattoos or piercings within the last four months, meet health and screening requirements and have valid identification with a permanent address.

4. What is the donation process like? While a first-time plasma donation takes approximately two hours, and up to three hours at times, the second donation is typically shorter. CSL Plasma donors will be rewarded for helping to create life-saving medicines and will receive a payment in connection with the donation process. It's recommended that donors drink four to six 8-ounce glasses of water, fruit juice or other caffeine-free liquid at least two to three hours before donation, avoid caffeinated beverages,

5. Where can I donate? CSL Plasma has more than 300 plasma donation centers across the United States. Visit csplasma.com for more information and to find a nearby CSL Plasma center. The CSL Plasma donor app is also available for Apple and Android devices. "People depend on plasma donors to live happy and healthy lives, so it's important to consider donating if you are able," says Dr. Hanes.

### Medicaid And CHIP Give Children Access To Behavioral Health Services

(StatePoint) Over the last two years, the mental health crisis in the United States has gotten worse. A major reason for that is the COVID-19 pandemic, which has contributed to a rise in anxiety and depression among young people. But even before the pandemic, as many as one in six children in the United States between the ages of 6 and 17 had a treatable mental health disorder, a 2019 JAMA Pediatrics study found. For parents, it's a stark

reminder that mental health and support for children is crucial.

"Young people are facing unprecedented stress. Increasing access to high-quality pediatric mental health services is a critical step to addressing the youth mental health crisis," said Dr. Aditi Mallick, chief medical officer, Medicaid and the Children's Health Insurance Program (CHIP), at the Centers for Medicare & Medicaid Services. "As a physician and mother,

I have seen firsthand how foundational mental health is to the overall health and well-being of our country's children, and Medicaid and CHIP can help families access the care they need."

If you think your child may need mental health services, you have health coverage options. One of those may be free or low-cost coverage through Medicaid and CHIP. Below are some frequently asked questions about these services.

What types of mental

health services are covered under Medicaid and CHIP?

With Medicaid and CHIP coverage, children have access to a number of services to prevent, diagnose, and treat mental and behavioral health disorders, including:

- Autism spectrum disorder
  - Attention deficit disorder
  - Anxiety disorders
  - Depression
  - Substance use disorder
- Does my child qualify

for Medicaid or CHIP?

Eligibility generally depends on your income level and household size, and varies by state. You'll find that some programs offer coverage to your entire family. Medicaid and CHIP enrollment is open year-round, and the process to apply has gotten faster. Many families can apply and find out if they qualify the same day. To learn more about state-specific coverage options or to enroll, visit InsureKidsNow.gov or

call 1-877-KIDS-NOW.

Take charge of your child's mental health

Mental health care for children is an important part of their development. So, take time to explore your health coverage options, including Medicaid and CHIP. Looking for more mental health resources for children? Visit CDC.gov to learn more about children's mental health.

Information provided by the U.S. Department of Health & Human Services