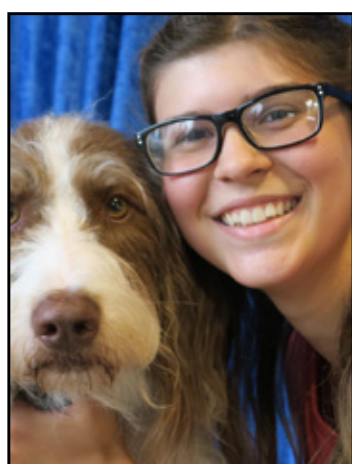


**TODAY'S VERSE**

Psalm 125:1 They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.



**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...**

On Father's Day, Sunday, June 19th, join the Noblesville Lions at Forest Park from 8 a.m. to 5 p.m. for the Forest Park Car Show. The Lions are offering a meal for \$10, the meal is a pork chop on a stick, chips and a drink. For kids, a \$5 meal will have hotdogs, chips and a drink. Come check out some sweet vintage cars, have some great food and treat dad the right way this Father's Day!

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Alec Hurtubise (middle) joined Bahler's Golden Age Band (which features Brad Bahler (left) on mandolin and John Bahler (right) on guitar and will perform with the group at 6:30 p.m. Saturday at the StringTime on the Square in downtown Noblesville.

## Music Returns in Summer StringTime on the Square



**BETSY REASON**  
The Times Editor

Grab your lawn chairs and blankets and get ready to tap your toes for the return of the Legacy Keepers Music StringTime on the Square summer music series.

The concert series debuted in July 2017 in celebration of the 10th anniversary of Legacy Keepers Music, an educational charity that Noblesville's Janet Gilray started in 2007 to offer musical family programming.

Gilray, musician and vocalist herself, loves bringing string music, particularly bluegrass, to the Square or our community.

The first concert of the 2022 summer music series will be at 6:30 p.m. Saturday on the northwest corner of the Hamilton County Courthouse lawn in downtown Noblesville.

"Look for us on the West lawn across from Syd's this year. We changed sides since that big shade tree on the east lawn came down in a nasty storm last fall," Gilray said. The east lawn is currently being reseeded and is blocked off.

The season kicks off with

➔ See BETSY Page A7

## HCSWCD Accepting Entries for 8th Annual Photography Contest

The Hamilton County Soil and Water Conservation District (HCSWCD) is accepting submissions for the 8th Annual Photography Contest from amateur photographers throughout Hamilton County. We will accept photographs in both the youth and adult age categories.

Each participant can submit up to 5 entries showcasing our contest theme - Indiana Conservation in Color. Digital files and entry forms must be submitted by June 24, 2022. Remember to add a descriptive caption to each entry portraying how the photo relates to this year's theme.

"We are excited to showcase various aspects of conservation through this year's photo contest," said Diane Turner, Conservation Technician and

Outreach Coordinator. "Our chosen theme is Indiana Conservation in Color, and we hope to receive many great photo entries displaying conservation practices throughout the county. Hamilton County is well-known for the creativity of the residents living here, and we know this year will be very competitive."

Once again, People's Choice Award winners in each of the categories will receive a \$50.00 prize. A panel of judges will choose additional winners for a total of four winners to be honored. Photo entries will be showcased at the Hamilton County 4-H Fair July 14 - 18, 2022.

Additional information and

➔ See CONTEST Page A7

## Recliners Go Back A Long Way



**JOHN O. MARLOWE**  
With The Grain

Two weekends ago, I was over at my brother Ben's house dog sitting. Sophie is part French Bulldog, part Tasmanian Devil. Teddy is the most laid back long-haired Dachshund you'll ever meet. If not for Sophie's constant running and general chaos, Teddy would gladly just sit still in the corner and do his dust-mop impression.

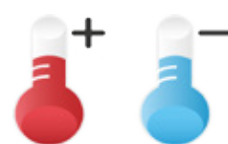
Now, add twin 2-year-old girls into the equation, and you can see why my sister-in-law Erinn's housekeeping chores

➔ See MARLOWE Page A7

## The Daily Almanac



**Sunrise/Sunset**  
RISE: 6:14 a.m.  
SET: 9:14 p.m.



**High/Low Temperatures**  
High: 98 °F  
Low: 77 °F



- Today is....**
- The Army's Birthday
  - Flag Day
  - National Strawberry Shortcake Day



- What Happened On This Day**
- 1940 German troops occupy Paris
  - 1982 The Falklands War ends
  - 2002 A large asteroid just misses the Earth



- Births On This Day**
- 1928 Che Guevara Argentine/Cuban physician, author, intellectual, diplomat, theorist
  - 1946 Donald Trump 45th President of the United States

- Deaths On This Day**
- 1886 Alexander Ostrovsky Russian playwright
  - 1920 Max Weber German economist, sociologist

**INSIDE TODAY**

Obituaries.....A2  
Carrie Classon.....A2  
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In The Kitchen.....A8, A9  
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**OBITUARIES**

**Marjorie Anne Berlin**  
**Marilyn Jo Lee Davison**  
**John Feyler**  
...and more on page A2.

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

**HONEST HOOSIER**

There are an even 200 days left in the year. Can you believe it?



**TODAY'S HEALTH TIP**

Kids work harder in school when their parents are involved in their education.

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**

"Some people want it to happen, some wish it would happen, others make it happen."

- Michael Jordan

**TODAY'S JOKE**

Some people say vampires are real. They're not. Unless you Count Dracula.

**13 WTHR 7 DAY FORECAST**

72/93 STORMY POSSIBLE HEAVY RAIN	77/98 HEAVY RAIN WINDY	77/97 "MISTY" RAIN WINDY	78/95 "MISTY" RAIN WINDY	68/86 MISTY RAIN LEW FOG	62/84 SUNNY AND PLEASANT	58/87 MAINLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN





## ⇒ OBITUARIES

### Marjorie Anne Berlin

February 20, 1932 - June 7, 2022

Marjorie Anne Berlin, 90, passed away on Tuesday, June 7, 2022 at Bridgewater Healthcare Center in Carmel, IN.

She was born on February 20, 1932 to Cummings and Mary (Limmer) Berlin in Swartz Creek, Michigan.

Ms. Berlin was a life-long resident of Swartz Creek, Michigan and St. Mary Queen of Angels Catholic Church. She was a factory worker for AC Spark Plug and retired in 1992 after 42 years of employment.

Survivors include her sister Dorothy Zakrajsek; seven nieces and nephews Michael Zakrajsek, Thomas Zakrajsek, MaryJo Bechler, Robert Berlin, Darren Berlin, Christopher Berlin and Melanie Berlin-Scott; and many grand nieces and nephews.

In addition to her parents, she was preceded in death by her sister Kathleen Berlin; and two brothers Robert A. Berlin and Raymond Webb.

Mass of Christian Burial is scheduled to be held at 8:30 a.m. on Monday, June 13, 2022 at St. John Vianney Catholic Church in Fishers, Indiana. Burial will be at Evergreen Cemetery in Grand Blanc, Michigan.

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

### Marilyn Jo Lee Davisson

September 19, 1934 - June 11, 2022

Marilyn Jo Lee Davisson, 87 of Noblesville, passed away Saturday, June 11, 2022.

She was born on September 19, 1934 in Indianapolis to the late Fitzhugh and Gladys Lee.

Mrs. Davisson was a graduate of Ball State University, earning both her bachelor's and master's degrees in Elementary Education.

She was a teacher for 36 years, having last taught at Washington Elementary School in Greensburg, where she retired in 1999. She learned to play piano at the age of 5 and was an accomplished pianist. Mrs. Davisson always had a piano in her classroom that she used as part of her teaching.

She was a member of First Christian Church, Noblesville and was a former member of First Christian Church of Greensburg. She served as the pianist at both churches while a member. Mrs. Davisson was also a member of the Delta Kappa Gamma Society for women educators, and the Psi Iota Xi Philanthropic Sorority. Prior to and following her retirement, she was involved in Reading Recovery of North America, a program to help low-achieving first graders.

Funeral services are scheduled to be held at 11 a.m. Thursday, June 16 at Flanner Buchanan-Hamilton Memorial Park, where family and friends are invited to gather from 9:30 a.m. until the time of the service.

Survivors include her two children Charles Daniel "Dan" Davisson and Melissa (Steve) Miller; and two grandchildren Kristin Rae (Neal) Pickle and Matthew Ryan Davisson.

She was preceded in death by her husband Charles Edward "Charlie" Davisson, to whom she was happily married for 59 years; sister Marcia Wheeler; and husband Phil.

Memorial contributions may be made to the Alzheimer's Association ([act.alz.org](http://act.alz.org)) or First Christian Church of Noblesville.

To sign the online guest register, please visit [www.flannerbuchanan.com](http://www.flannerbuchanan.com).

### Ralph H. Underwood, Jr.

November 11, 1939 - June 8, 2022

Ralph H. Underwood, Jr., 82 of Noblesville, passed away Wednesday, June 8, 2022.

He was born on November 11, 1939 in Troy, NY to the late Ralph H. Sr., and Helene (Smith) Underwood.

Mr. Underwood served in the US Navy and was a graduate of Syracuse University. He was the widower of Carol (Haldeman) Underwood to whom he was married to 60 years.

He worked for GTE for 30 years retiring as a forecasting manager in 1995. After retirement he and Carol purchased a cottage on the Hudson River in the Adirondack Mountains. Many summers were enjoyed with family gatherings, grandchildren and love of nature. Mr. Underwood had a passion for finances including a post retirement job with H&R Block.

Mr. Underwood was a member of the Cottage Owners Association and Board of Directors, Riparius NY and gave his services to many churches in the different areas they lived. He was a member of Lord of Life Lutheran Church in Westfield. He was a great fan of the Indianapolis Colts, NY Giants and Indiana Pacers. Mr. Underwood will always be remembered as a quiet, sweet and gentle soul, and a man of great integrity.

The family would like to give special thanks to Heartland Hospice, the staff at Woodland Terrace of Carmel, and to his special caregivers, Marybeth, Stacey and April. You were all incredible blessings to him and his family.

Survivors include his three daughters Susan C. (Jeff) Bowen of Muskegon MI, Elizabeth A. (William) Eagleson of Westfield IN and Martha J. (Todd) Bowles of Noblesville IN; nine grandchildren; five great grandchildren; sister Joyce Appgar of West Sand Lake, NY; and several nieces, nephews and cousins.

Private family services are scheduled to be held Monday, June 13 at Hamilton Memorial Park Cemetery with Pastor Ethan Spira officiating.

Memorial contributions be made to Lord of Life Lutheran Church, Westfield Indiana.



### Marjorie Ann Mikels (Baker)

June 9, 2022

Marjorie Ann Mikels (Baker) left this world to join her husband on June 9, 2022.

Those that knew Mrs. Mikels remember her feisty fun loving spirit, but more so the genuine warmth and caring she extended to everyone she met. To family, she was the matriarch without knowing the true meaning of the word. She was the family go-to for sage advice on everything and quietly instilled strong life values at every turn. But, Mom/Grandma loved to have fun. Sports of all sorts and unexpected trips to Dairy Queen or a trip to Brown County for Thanksgiving or whenever she could. Mr. Mikels' pride and joy and driving force was raising her family with the love of her life with appreciation of simple joys steeped in love and devotion always looking for the next adventure.

Survivors include her son Dean Mikels (Kelly); daughter Vickie Achelpohl (John); six grandchildren Katie (Gabe) Schauf, Kelsie (Ryan) Gregory, Tara (Blain) Frick, Lauren (Andrew) Harper, Carter Mikels and Ryan Mikels; five great grandchildren Greta, Gracie, Drew, Gwen, and Little Marjorie - her namesake; brothers Larry (Rita) Baker and Kenny (Susan) Baker; and sister-in-law Sondra Baker.

She is preceded in death by the love of her life Kenneth Mikels; brother Woody Baker; father Woodrow Baker Sr; and mother Genieve Baker.

Visitation is scheduled to be held from 4 to 7 p.m. on Thursday, June 16, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers. An additional hour of visitation is scheduled to be held at 10 a.m. on Friday, June 17, 2022 with the service scheduled to begin at 11 a.m. at the funeral home.

Memorial donations can be made to: Zac 43 Foundation, ATTN: Operations, 615 N. Alabama St, Suite 119, Indianapolis, IN 46204 ([www.zac43foundation.com](http://www.zac43foundation.com)); or Prairie Lakes Health Campus, 9730 Prairie Lakes Blvd E, Noblesville, IN 46060.

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



### Terry Joseph Moon

March 31, 1962 - June 4, 2022

Terry Joseph Moon, 60, of Noblesville, passed away suddenly on Saturday, June 4, 2022 at Riverview Health in Noblesville.

He was born on March 31, 1962.

Mr. Moon was a graduate of Hamilton Heights High School. He worked for Noble Industry and as a delivery driver for Dominoes Pizza. He enjoyed fishing and playing his game system. Most of all, Mr. Moon loved spending time playing with his grandchildren.

Survivors include his wife of 31 years Vickie Moon; son Tony Lamp (fiancée Christina Ward); twin sons Tommy Lamp and Billy (Michelle) Lamp; daughters Mary (David) Webber, Nancy (Chad) Kaiser, Donna (fiancé Shaun Hill) and Victoria Whetsel; several grandchildren; and two great-grandchildren.

He was preceded in death by his parents Charles and Donna (Doyle) Moon; father- and mother-in-law Allen & Nancy Gauge; and brother Jerry McGuire.

Graveside services are scheduled to be held at 11 a.m. on Tuesday, June 14, 2022 at Riverside Cemetery in Noblesville.

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



### John Feyler

August 21, 1941 - June 11, 2022

John Feyler, 80, of Noblesville, passed away on Saturday, June 11, 2022 at Prairie Lakes Health Campus in Noblesville.

He was born on August 21, 1941 to the late Wilhelm and Elsa (Latsche) Feyler in Posen, Germany.

Mr. Feyler proudly served in the United States Navy and was a Vietnam Veteran. He owned and operated a successful aviation business for over 40 years. He was an avid hot rod fanatic who also loved building his own cars. Mr. Feyler was a talented painter and loved woodworking. He was always making projects for family and friends. His happy place was in his garage or woodshop.

When Mr. Feyler was younger, he was a talented soccer player. He still enjoyed watching soccer and NASCAR. Also known as Opapa, he loved spending time with his family and dogs. Mr. Feyler and his family would travel the world. He was always known as a generous and funny man who loved to have a good time.

Survivors include his wife Ann Feyler; daughter Kendra (Greg) Rothschild; son Kurt (Christina) Feyler and Cory (Kimmi) Stevenson; two brothers Billy Feyler and Sven (Siobain) Feyler; and two granddaughters Kylie (Kyle) Walker and Carlie Rothschild.

Services will be held at a later date. Mr. Feyler's care has been entrusted to Randall & Roberts Funeral Homes.

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



## Hot Sandwiches



### CARRIE CLASSON

The Postscript

I have been trying, for as long as I can remember and with limited success, to learn Spanish.

My husband, Peter, says I am good, but that is because he does not speak Spanish, so if I say anything that is understood by anyone, he regards it as a minor miracle. I feel that I have been stuck at about the same level of Spanish for at least 20 years. I can ask where things are and communicate in emergencies and exchange the usual greetings, then I dry up. I'd like to change that.

Since we are now planning to spend more time in Mexico, I've been taking this whole learning Spanish thing more seriously. I've been using Duolingo, which is a free program online, and I seem to be making progress, albeit slowly.

Duolingo relies on repetition—a lot of it. It tries to replicate the way a child would learn a language, so instead of lessons to memorize, there is simply exercise after exercise that builds on one another. Just as a toddler repeats the same thing over and over again, Duolingo does its best to turn me into that toddler, repeating nonsensical phrases until they finally stick in my brain and become second nature. At least that's the theory.

"I really like hot sandwiches," I say in Spanish over and over again.

As I say this, it occurs to me that I have not actually eaten a hot sandwich in years. I'm trying to remember if I have ever had a hot sandwich. I try to imagine where in Mexico I might find a hot sandwich and have an opportunity to tell someone how much I like it. Then I realize that I'm not even sure that I do especially

like hot sandwiches. And even if I did, who would care?

The next phrase is waiting for me. I move on.

"My dog never takes a shower."

Well, I no longer have a dog, so this phrase appears to be of even less use. It is true, when I had a dog, he never took a shower. Was he supposed to, I wonder? Would someone ever ask me this, in Mexico or anywhere else? Under what circumstances would someone ask, "Say, how often does your dog shower?"

"Oh," I'd confidently reply, "My dog never takes a shower!"

Again, I'm coming up with very few instances when this phrase would have much practical value.

When I get an answer correct in Duolingo, a little animated animal jumps for joy. While I would like to say that I find this ridiculous and unnecessary, I would be lying. Making that little owl do a somersault is deeply satisfying.

I don't honestly know if this is the best way to learn Spanish or not. There are a lot of programs out there. But most of them do not involve animated animals celebrating every time I get an answer correct and I might need that kind of encouragement if I'm ever going to get any better. These little animals seem to know I'm not the brightest Spanish student they've ever had, but they are patient. If I can correctly tell them about my dirty dog or my love of hot sandwiches, they are over the moon.

When I finish a lesson, a horn sounds, as if this is a grand accomplishment. I know it's not. The overexcited owl knows it's not.

But learning just a little bit of Spanish every day feels as if I am accomplishing something, so, what the heck. Let's celebrate with a hot sandwich.

Till next time,  
Carrie

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

## ⇒ Meeting Notes

### Hamilton Heights School Corporation School Board

Meeting Agenda  
Wednesday, June 15, 2022 at 6:30 p.m.

Hamilton Heights Student Activity Center - Board Room, 420 W. North St., Arcadia, IN 46030

1. Pledge of Allegiance
2. Call to Order: Julie Davis, President
3. Minutes: (motion)
  - A. May 18, 2022, Regular Meeting
4. Curriculum / Board Information and Policy Updates - Derek Arrowood
  - A. NEOLA Volume34, NO. 2-1st Reading (motion)
  - B. Hamilton County Career Center MOU (motion)
  - C. FACS Textbook adoption (motion)
  - D. 2021-2022 Certified Evaluation Summary
  - E. ESSER III Re-entry Plan - Six Month Review
5. Business and Operations - Kristin McCarty
  - A. May 2022 Financials
  - B. 2022-2023 Student Fees (motion)

- C. 2022-2023 Meal Prices (motion)
- D. Transportation Dept. Recommendation (motion)
- E. 401(a) Retirement Plan Document Update
  - i. 401(a) Consolidated Plan (motion)
  - ii. 401(a) Buy-Out Plan
- F. 2022-2023 Classified Staff Handbook (motion)
  - G. Facility Dept.
    - i. Project Update
    - ii. Future Projects
  - H. Accounts Payable 1 2 3 4 and Payroll Claims 1 2 (motion)
6. New Business:
  - A. Personnel report: (motion)
    - i. Separation(s) from Service
    - ii. Recommendation(s)
    - iii. Conference request(s) / report(s)
  - B. Requests: (motion)
    - i. High School Boys Soccer Head Coach, Drew Colvin requests permission to take the Boys Soccer Team to Purdue University- Ft. Wayne via three (3) min-buses for soccer camp July 11-14, 2022.
    7. Adjourn
      - A. Next scheduled meeting: Wednesday, July 20, 2022 at 6:30 p.m.

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Photos courtesy of Mercedes

## 2022 Mercedes-Benz GLS450, EQS Redefine “S-Class”

For me, the Mercedes-Benz S-class will always be defined by the 560SEL, a car from the late '80s that still commands respect from valet stands and left lanes of the world's superhighways. The big sedan defies its age and is a joy to drive, but today's luxury buyers – especially in America - prefer large crossovers to sedans. In that spirit, Mercedes offers its powerful and comfortable three-row GLS450 to honor that singular letter.

Whether sitting or zipping, the GLS450 commands respect. That's mostly because it's a big truck with a large star-strewn grille, muscular fenders, and LED lighting all-around. It definitely gets noticed in Cardinal Red Metallic paint, a \$1,750 option. We went further with 23" AMG wheels and blacked out trim with the Night

Package. Twin nostrils up front and dual exhaust outlets out back hint at the big wagon's on-road potential.

I was a big fan of the last generation S-Class and its sumptuous interior with twin dash screens for instruments and infotainment. The GLS cribs much of that car, but adds utility with middle-row captain's chairs and a third row that falls and rises with press of switches. Four passengers travel in sublime comfort, but adults can ride in the rear for short trips. Space is limited with the third row deployed, so most families will travel with luggage or sports gear over passengers.

Back up front, find all of the luxuries one expects of an S-Class. Real wood trim, stitched coverings, saturating Bestermer audio, twin panel sunroof, and quad zone climate

control cater to everyone. Add heated and ventilated front seats and a heated steering wheel too. I'm not a fan of the touchpad infotainment controller in the console, but the screen can also be touched and swiped. It works. Keeping everybody safe are adaptive cruise, automatic emergency braking with pedestrian detection, lane keep assist, and rear cross path detection.

The 560SEL's 5.6-liter V8 generates 275 horsepower – Corvette-level output in its day that would launch big Benz 0-60 mph in 7.8 seconds. It's rock solid as you set it into the passing lane and commands authority as its hood reaches for the horizon at 150 mph (where legal). By that measure, the GLS harbors a much smaller 3.0-liter turbocharged inline-six that belts out a significantly stouter 362

**2022 Mercedes-Benz GLS450 Six-passenger, AWD Crossover**  
**Powertrain:** 3.0-liter T-16, 9-spd trans  
**Output:** 362hp/369 lb.-ft. torque  
**Suspension f/r:** Air Ind/Ind  
**Wheels f/r:** 23"/23" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Grace, Pace  
**Towing:** 7,700 lbs  
**0-60 mph:** 5.9s.  
**Fuel economy:** 18/24 mpg city/hwy  
**Assembly:** Vance, AL  
**Base/As-tested price:** \$77,850/\$94,18

horsepower and 369 lb.-ft. of torque, all routed to the 4MATIC all-wheel-drive system through a 9-speed automatic transmission.

Stats are impressive: Go 0-60 mph in 5.9 seconds, tow 7,700 lbs. of boat or RV, and achieves a relatively economical 18/24-MPG city/highway unhitched. It's fast and capable, but driving the GLS is elevated with an air suspension system that can be set tight in Sport

mode for quick curves or left in Comfort to waft down the highway. Raise it up to reach that backwoods cabin. In no mode does it challenge the iron sponge feel of the old 560 as you'll never fully tame the grippy-but-heavy steamrollers at all four corners.

As with the big gas-powered S-Class sedans, the GLS will likely bring an era to an end. Mercedes recently



**CASEY WILLIAMS**  
Auto Reviews

introduced its all-electric "EQS" series that will see both sedan and crossover versions arrive to blow its ancestors into the past. Until then, the GLS450 is a match for the Cadillac Escalade, Lincoln Navigator, BMW X7, and Lexus LX. As expected for an S-Class crossover, the GLS is pricey starting at \$77,850 and arriving at \$94,180 as-tested.

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# Heat Illness



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

Since our temperatures are predicted to be near 100 early this week, it's time to start thinking about the dog days of summer. Although I don't see a significant number of heat-related emergencies in my office, many patients suffering from heat illness will start filling the beds in emergency departments.

Heat illness accounts for tens of thousands of visits each year to doctors' offices and emergency rooms. Deaths from heat-related illness in America range from 300 to several thousand per year. The number is increasing with our warming climate that is resulting in an increased number and intensity of heat waves (see the new records being set in the Southwest).

Risk factors that the predispose to heat-related illness include being elderly, very young, or obese. Certain prescription and non-prescription drugs including antihistamines, beta blockers, diuretics, ADD/ADHD medications, and some psychiatric medications increase the risk, as does alcohol. Workers like firefighters who must wear heavy clothing are at very high risk.

Absorbing too much heat from the environment or producing too much heat internally leads to heat illness. Heat exhaustion and heat stroke are the two main types of heat illness.

Heat exhaustion is caused by excessive loss of body water and electrolytes. Heat exhaustion typically comes on slowly and is characterized by fatigue, weakness, nausea, vomiting, headache, muscle aches, cramping, dizziness, and irritability. Victims are usually pale, sweating profusely, have clammy skin and a weak, rapid pulse. Low blood volume from dehydration

results in reduced blood flow to the organs, known as circulatory shock.

The first thing to do for someone with heat exhaustion is to remove the person from the hot environment. Standard treatment for shock should then be administered. Elevating the legs above the level of the chest helps get blood to the vital organs and brain. Sports drinks such as Gatorade® or Powerade® are an excellent way to replace water and lost electrolytes.

If a victim shows signs of confusion or lethargy, or is not responding to treatment, rescuers should contact 911 or immediately take the victim to an emergency department. The prognosis for heat

will usually observe the patient on-site until his or her core temperature has dropped below 102-103 °F. If a tub is not available, place ice packs over the armpits, groin, neck and abdomen to help cool the patient down. Running a fan on the patient and spraying them with cool water can also be very effective in lowering their temperature.

As with most potential serious medical problems, the key is prevention. When you're in the sun or a hot environment for an extended period, be sure to maintain your hydration. Water will do just fine unless you're involved in intense physical activity for more than an hour. If that's the case,

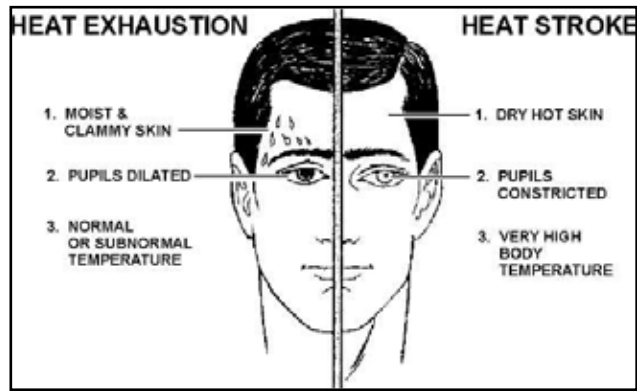


Photo courtesy of Dr. John Roberts

The physical signs to watch for that indicate heat stroke

exhaustion is usually very good.

Heat Stroke is a different story. It results when the body's temperature regulating mechanisms malfunction, causing an inability to transfer internal body heat to the environment. This can cause dangerously high internal body temperatures, sometimes as high as 105-106 °F. Heat stroke is a medical emergency and is frequently fatal without immediate treatment.

Symptoms of heat stroke usually come on rapidly and include headache, dizziness, fatigue and weakness. Physical findings can include confusion, hot and dry skin, decreased sweating, rapid pulse, vomiting, loss of consciousness and sometimes seizures.

Heat stroke is a medical emergency and requires immediate medical care, typically a call to 911. While waiting for EMS to arrive, remove the person from the hot environment and place the person in a bathtub or other tub filled with very cold water, preferably with some ice. Emergency services

consider adding in sports drinks. Salt tablets are not recommended.

You should drink roughly 16 ounces of fluid about two hours before outdoor activity if possible. Drink 4 to 8 ounces every 20 minutes during activity. A crude measure of adequate hydration is the color of your urine – clear or pale yellow is what you're aiming for.

Make sure young children and elderly family or friends stay out of the heat. Also make sure the elderly have a functioning cooling system in their home or apartment and that they have access to fluids.

If you take prescription medication, be sure and read the warnings you receive from the pharmacist or talk to your doctor to determine if it might affect your sensitivity to heat. If you develop any of the symptoms mentioned above, tell someone and get to a cool environment immediately.

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



Photo courtesy of the Sheridan Historical Society

## North Adams Homemakers Visit the Sheridan Museum

The Sheridan Historical Society welcomed a wonderful group of ladies to the Museum on Main Street this past week. The North Adams Homemakers last visited the Museum about 2 years ago when we first opened our new facility. They returned and were amazed at all we have done with the place. Pictured, left to right: front row - Martha Durham, Anita Billingsley, Bonnie Drayer, Lucy Scott, and Carolyn Rawlings. Back row - Marilyn Adams, Leah Raines, Betty Ayers, Rhonda Beam, Judy Ottinger, Judy Langdon, Gayle Newton, and Margie Inlow.

## Morse Waterways Association Annual Lake Clean Up to be Held on Saturday, July 16th



The Morse Waterways Association (MWA) is organizing its 18th annual lake clean-up on Saturday, July 16 from 8 a.m. until noon. Volunteers are needed along the waterfront, in the water at the shoreline, and on boats and personal watercraft to gather the debris and bring it to Red Bridge Park for removal. Boats/personal watercraft of any type are needed and appreciated.

All residents are encouraged to remove and haul logs and debris from in front of their property or elsewhere to the southernmost dock at Red Bridge Park, just south of the kayak launch. They may be delivered as early as Thursday, July 14, and

must be securely tied to the dock or shore so they cannot float out. (These CANNOT be logs or debris that are freshly cut and placed in the reservoir)

Volunteers will pull logs out of the lake and use chain saws to cut the logs into manageable pieces to be placed in the dump trucks and hauled away by the Town of Cicero. These logs will be taken to Green Cycle in Noblesville and recycled into mulch. Other volunteers will work along the shoreline to remove smaller tree limbs and debris and load these onto a trailer to be hauled to the Red Bridge location or to the Town burn site. Volunteers should wear

old clothes and footwear and plan to get wet and dirty while making a remarkable difference that can be seen and felt. The annual clean-up, conducted the 3rd Saturday in July, is a collaborative effort among the MWA, Town of Cicero, and many volunteers who take part in the effort each year. To participate in this half day beautification effort that benefits all who live around the lake and/or for more information, contact Art Hall (arthall870@aol.com), Dave Vanette (vanetteda@hotmail.com) or info@morseh2o.org. This year there will also have a special effort by a boy scout (working on becoming an eagle scout) and friends who will be attempting to remove as much metal from the lake as possible. This is just another way to improve the quality of our reservoir.

## Meeting Notes

### Hamilton County Parks & Recreation Board

Meeting Agenda  
HCPR Administration Building - 400 Lafayette Road, Noblesville, IN 46060  
June 20, 2022 at 6 p.m.  
1. Call to Order 6 p.m.  
2. Approval of May 17, 2022 Minutes

3. Finance Report:
  - A. Approval of Payroll
  - B. Approval of Claims
  - C. Approval of 2023 Budget
4. Committee Reports
  - A. Foundation Update
5. Old Business:
  - A. Project updates
    - i. HC Farms and Bray Family Homestead Park Master Plans
    - ii. Potter's Bridge Park Expansion Update

- iii. Coxhall Gardens
  - a. Mansion Repairs
  - b. Geophysical
  - c. Catering Contract
6. New Business
  - A. Attorney Contract Approval
  - B. Decommission Assets
7. Director's Report
8. Deputy Director's Report
9. Additions/Announcements

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# City of Fishers Reminds Residents to Remember Firework Restrictions as the 4th of July Draws Closer



Summer has officially arrived, and the warm evenings may seem ideal for the display of consumer fireworks. The City of Fishers has a local ordinance addressing the use of fireworks. It is highly recommended residents familiarize themselves with the specific types of fireworks as well as the dates and times in which fireworks can be displayed. The Fishers Police Department encourages the safe and lawful use of consumer fireworks. Voluntary compliance is appreciated; however, enforcement action may be taken for repeat and/or reckless violators.

## § 99.01 Definition of Consumer Firework.

For purpose of this chapter, the following definition shall apply unless the context clearly indicates or requires a different meaning.

### Consumer Firework.

(1) A small firework that is designed primarily to produce visible effects by combustion and that is required to comply with the construction, chemical composition, and labeling regulations promulgated by the United States Consumer Product Safety Commission under 16 CFR 1507. The term also includes some small devices designed to produce an audible effect, such as whistling devices, ground devices containing

50 milligrams or less of explosive composition, and aerial devices containing 130 milligrams or less of explosive composition. Propelling or expelling charges consisting of a mixture of charcoal, sulfur, and potassium nitrate are not considered as designed to produce an audible effect. Consumer firework includes but may not be limited to the following:

(a) Aerial devices, which include sky rockets, missile type rockets, helicopter or aerial spinners, roman candles, mines, and shells;

(b) Ground audible devices, which include firecrackers, salutes, and chasers; and

(c) Firework devices containing combinations of the effects described in divisions (1)(a) and (b) above.

(2) The following items are specifically excluded from the definition of Consumer Firework:

- (a) Model rockets;
- (b) Toy pistol caps;
- (c) Emergency signal flares;
- (d) Matches;
- (e) Fixed ammunition for firearms;
- (f) Ammunition components intended for use in firearms, muzzle loading cannons, or small arms;
- (g) Shells, cartridges, and primers for use in firearms, muzzle loading cannons, or small arms;
- (h) Indoor pyrotechnics special effects material; or
- (i) M-80s, cherry bombs, silver salutes, and any device banned by the federal government.

(3) In addition, the following items are excluded from the definition of CONSUMER FIREWORKS but are and shall continue to be subject to applicable permitting requirements and state statutes governing fireworks:

- (a) Dipped sticks or wire sparklers;
- (b) Cylindrical fountains;
- (c) Cone fountains;
- (d) Illuminating torches;
- (e) Wheels;
- (f) Ground spinners;
- (g) Flutter sparklers;
- (h) Snakes or glow worms;
- (i) Smoke devices; and
- (j) Trick noisemakers, which include:
  - 1. Party poppers;
  - 2. Booby traps;
  - 3. Snappers;
  - 4. Trick matches;
  - 5. Cigarette loads;
- and
- 6. Auto burglar alarms.

(Ord. 041513C, passed 4-15-13)

## § 99.02 Use of Consumer Fireworks within the Town.

It shall be unlawful to use or display or permit to be used or displayed within Fishers' municipal boundaries any type of consumer firework on any day or time other than the following:

- (A) Between the hours of 5:00 p.m. and two hours after sunset on June 29, June 30, July 1, July 2, July 3, July 5, July 6, July 7, July 8, and July 9;
- (B) Between the hours of 10:00 a.m. and 12:00 midnight on July 4; and

(C) Between the hours of 10:00 a.m. on December 31 and 1:00 a.m. on January 1.

(Ord. 041513C, passed 4-15-13)

## § 99.03 Supervised Public Displays.

This chapter shall not apply to supervised public displays of fireworks by municipalities, fair associations, amusement parks, and other organizations or groups of individuals, all of which are and shall continue to be subject to applicable permitting requirements and state statutes.

(Ord. 041513C, passed 4-15-13)

## § 99.04 Enforcement

The Fishers Department of Fire and Emergency Services and the Fishers Police Department shall be charged with enforcing the provisions of this chapter.

(Ord. 041513C, passed 4-15-13)

## § 99.99 Penalty.

Any person, firm or corporation who violates this chapter shall be subject to a fine of \$150 for the first offense and \$250 for each subsequent offense. A separate offense shall be deemed committed upon each day during which a violation occurs or continues.

(Ord. 041513C, passed 4-15-13)

Reminder- Indiana law restricts the use of fireworks to the following:

- On the user's property;
- On the property of someone who has consented to the use of fireworks on their property

## PUBLIC NOTICES

### ADVERTISEMENT FOR BIDS

THE TOWN OF CICERO  
331 E. JACKSON STREET  
CICERO, INDIANA 46034

SEPARATE SEALED BIDS FOR THE CONSTRUCTION OF THE STRINGTOWN PIKE REHABILITATION PROJECT WILL BE RECEIVED BY THE TOWN OF CICERO CLERK TREASURER'S OFFICE AT THE 331 E JACKSON STREET, CICERO, IN 46034 UNTIL 4:30 PM (LOCAL TIME) ON JULY 5, 2022. BIDS WILL ALSO BE ACCEPTED AT THE TOWN COUNCIL MEETING AT THE RED BRIDGE PARK COMMUNITY BUILDING AT 697 WEST JACKSON STREET FROM 7:00 UNTIL 7:10 PM. BIDS WILL BE PUBLICLY OPENED AND READ ALOUD AT THE TOWN COUNCIL MEETING HELD AT THE TOWN HALL LOCATED AT THE RED BRIDGE PARK COMMUNITY BUILDING AFTER 7:10 PM (LOCAL TIME) ON THE SAME DATE. ANY BIDS RECEIVED LATER THAN THE ABOVE TIMES AND DATE WILL BE RETURNED UNOPENED.

#### DESCRIPTION OF WORK:

THIS IS A ROADWAY REHABILITATION PROJECT FOR THE STRINGTOWN PIKE BETWEEN BRINTON STREET (NORTHERN BOUND) AND 216TH STREET (SOUTHERN BOUND). THIS PROJECT ALSO INCLUDES RELATED RESTORATION ALONG EARTH SHOULDERS WITH SEEDING AND GRADING FOR APPROXIMATELY TWO (2) FEET ON EACH SIDE OF THE ROADWAY IMMEDIATELY ADJACENT TO THE EXISTING EDGE OF ASPHALT.

THERE WILL BE NO PRE-BID MEETING HELD FOR THIS PROJECT. ALL PRIME CONTRACTORS, SUBCONTRACTORS, SMALL, MINORITY, DISADVANTAGED AND/OR WOMEN BUSINESS ENTERPRISES AND OTHER INTERESTED PARTIES ARE INVITED AND ENCOURAGED TO SUBMIT A BID. CONTRACTORS AND SUBCONTRACTORS PERFORMING PUBLIC WORKS WITH A VALUE OF \$300,000 OR GREATER MUST BE CERTIFIED IN ACCORDANCE WITH IC 8-23-10 BY THE INDIANA DEPARTMENT OF TRANSPORTATION (INDOT).

THE BIDDING DOCUMENTS MAY BE EXAMINED AT THE FOLLOWING LOCATIONS:

- UNITED CONSULTING, 8440 ALLISON POINTE BLVD., SUITE 200, INDIANAPOLIS, INDIANA 46250
- TOWN OF CICERO, 331 E. JACKSON STREET, CICERO, IN 46034
- DODGE DATA & ANALYTICS (PLAN ROOM)
- BX INDIANA CONSTRUCTION LEAGUE (PLAN ROOM)

COPIES OF THE BIDDING DOCUMENTS MAY BE OBTAINED AT THE OFFICE OF UNITED CONSULTING, LOCATED AT 8440 ALLISON POINTE BLVD., SUITE 200, INDIANAPOLIS, INDIANA, 46250 (PHONE 317-895-2585; FAX 317-895-2596), UPON A NONREFUNDABLE PAYMENT OF \$75.00 FOR EACH SET. ANY QUESTIONS, COMMENTS, OR REQUESTS FOR CLARIFICATION SHOULD BE MADE TO UNITED CONSULTING.

NO BID WILL BE CONSIDERED UNLESS SUBMITTED ON A COPY OF THE PRINTED PROPOSAL FORM IN THE BIDDING DOCUMENTS. BIDDERS MUST OBTAIN BIDDING DOCUMENTS FROM UNITED CONSULTING TO BE INCLUDED IN THE PROJECT PLAN HOLDERS LIST TO ENSURE PROPER NOTIFICATION OF ANY ADDENDUM. FAILURE TO OBTAIN BIDDING DOCUMENTS IN THIS MANNER MAY BE DEEMED AS NON-RESPONSIVE AND MAY RESULT IN BID REJECTION. EACH BID MUST INCLUDE THE FOLLOWING COMPLETED AND EXECUTED ITEMS:

1. PROPOSAL FORM
2. FORM 96 (STATE BOARD OF ACCOUNTS)
3. BIDDER'S FINANCIAL STATEMENT (IF REQUIRED BY FORM 96)
4. BID BOND OR CERTIFIED CHECK (5% OF BID AMOUNT)
5. E-VERIFY AFFIDAVIT
6. BIDDER'S WRITTEN PLAN FOR A PROGRAM TO TEST BIDDER'S EMPLOYEES FOR DRUGS IN ACCORDANCE WITH IC 4-13-18.

BEFORE COMMENCING WORK, THE BIDDER TO WHOM THE WORK IS AWARDED WILL BE REQUIRED TO FURNISH PERFORMANCE AND PAYMENT BONDS IN AN AMOUNT EQUAL TO THE CONTRACT PRICE, AND CERTIFICATES OF INSURANCE AS REQUIRED IN THE SPECIFICATIONS. ALL BONDS AND LIABILITY INSURANCE SHALL REMAIN IN EFFECT FOR A PERIOD OF TWELVE (12) MONTHS FOLLOWING COMPLETION AND OWNER ACCEPTANCE OF CONSTRUCTION.

FAILURE TO EXECUTE A CONTRACT AND TO FURNISH BONDS, CERTIFICATES OF INSURANCE, AND INDOT CERTIFICATION, AS HEREAFTER SET OUT WILL BE CAUSE FOR FORFEITURE TO THE OWNER OF THE AMOUNT OF MONEY REPRESENTED BY THE CERTIFIED CHECK OR BIDDER'S BOND, AS AND FOR LIQUIDATED DAMAGES. A CONDITIONAL OR QUALIFIED BID WILL NOT BE ACCEPTED. NO BID MAY BE WITHDRAWN AFTER THE SCHEDULED CLOSING TIME FOR RECEIPT OF BIDS FOR AT LEAST 60 DAYS TO ALLOW REVIEW OF BIDS BEFORE ANNOUNCING AWARD OF CONTRACT.

BIDDERS SHALL BE REQUIRED TO MEET ALL APPLICABLE STATE REQUIREMENTS INCLUDING BUT NOT LIMITED TO THOSE IN IC 4-13-18, 8-23-20, 5-16-13, 5-22-16.5, 8-23-10, 22-5-1.7 AND 36-1-12. BIDDERS SHALL COMPLY WITH IC 22 INCLUDING BUT NOT LIMITED TO FEDERAL FAIR LABOR STANDARDS ACT OF 1983 AS AMENDED, WORKERS COMPENSATION, AND THE UNEMPLOYMENT COMPENSATION SYSTEM.

THE OWNER RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR TO MAKE SUCH COMBINATION OF BIDS AS MAY SEEM DESIRABLE, AND TO WAIVE ANY AND ALL INFORMALITIES IN THE BIDDING. THE OWNER MAY AWARD BIDS BASED UPON SELECTION OF ANY COMBINATION OF PROPOSAL FORM LINE ITEMS AS WELL AS MANDATORY ALTERNATIVES. BIDS SHALL BE AWARDED TO THE BIDDER OR BIDDERS DEEMED TO BE THE LOWEST, RESPONSIBLE, AND RESPONSIVE BY THE OWNER.

BY THE ORDER OF THE TOWN OF CICERO,  
CHAD AMOS, TOWN COUNCIL PRESIDENT  
JUNE 2022

TL19179 6/14 6/21 1t hspaxlp

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## Horizon Bank Awards \$2,500 Grant to Shepherd Center of Hamilton County



Horizon Bank announced the recent grant awarded to Shepherd Center of Hamilton County in Noblesville, Indiana. A check in the amount of \$2,500 was presented on February 11, 2022 by Connie Chesney, Horizon Bank's Business Banker and Branch Manager of Noblesville to Lauren Gynn, Director of the Shepherd Center of Hamilton County. The grant money will be used to fund the Reaching Resources program. The program takes a proactive and holistic approach to helping older adults connect with resources to age in place, maintain independence and improve quality of life. Reaching Resources is a guide, advocate, and support for older adults in Hamilton County. The core mis-

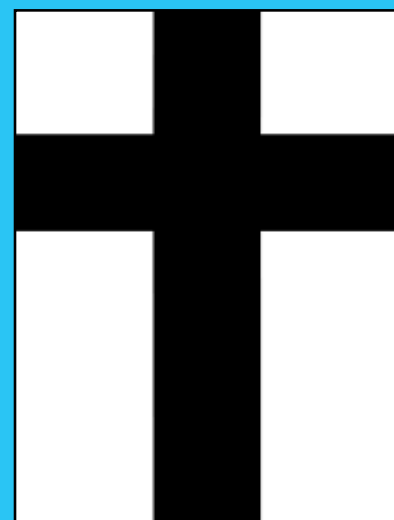
sion of the Shepherd's Center is to provide programs and services to allow seniors to safely age in a place for as long as possible. "Reaching Resources is the hub for all things relating to aging in the community, we are thrilled to support an organization and program that is making an important difference in the lives of so many. The work the Shepard Center does to improve the quality of life for those in the community is truly great to witness," said Chesney. The program involves an assessment on needs and strengths, as well as making a plan for the next three to five years. In addition, Reaching Resources will help find other services and resources that may benefit the individual

in their area. The Shepherd's Center of Hamilton County provides programs to promote and support independent lifestyles for older adults in Hamilton County. The organization is located at 1250 Conner Street in Noblesville, Indiana. For more information please visit <https://shepherdscenter-ofhamiltoncounty.org/> or call 317-674-8777. Horizon Bancorp, Inc. is an independent, commercial bank holding company serving Indiana and Michigan through its commercial banking subsidiary, Horizon Bank. Horizon Bancorp, Inc. may be reached online at [www.horizonbank.com](http://www.horizonbank.com). Its common stock is traded on the NASDAQ Global Select Market under the symbol HBNC.

**Hope everyone has a great and safe summer!**

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# IDEM Issues Statewide Air Quality Action Day Today

The Indiana Department of Environmental Management (IDEM) has issued an Air Quality Action Day (AQAD) and is forecasting high ozone levels for today, June 14, 2022 in Hamilton County. IDEM has also issued high ozone levels in the following regions:

- Central Indiana – Marion, Bartholomew, Boone, Brown, Delaware, Hamilton, Hendricks, Howard, Madison, Shelby
- North Central Indiana – St. Joseph, Elkhart
- Northeast Indiana – Allen, Huntington, Wabash

- Northwest Indiana – Lake, Porter, LaPorte
- Southeast Indiana – Clark, Floyd
- Southwest Indiana – Daviess, Dubois, Gibson, Greene, Knox, Perry, Pike, Posey, Spencer, Vanderburgh, Warrick
- West Central Indiana – Vigo, Carroll, Tippecanoe

IDEM encourages everyone to help reduce ozone by making changes to daily habits. You can:

- Drive less; car-pool, use public transportation, walk, bike, or work from home when possible

- Combine errands into one trip
  - Avoid refueling your vehicle or using gasoline-powered lawn equipment until after 7 p.m.
  - Keep your engine tuned, and don't let your engine idle (e.g., at a bank or restaurant drive-thru)
  - Conserve energy by turning off lights and setting the thermostat to 75 degrees or above
- AQADs are in effect from midnight to 11:59 p.m. Anyone sensitive to changes in air quality may be affected when ozone levels are high. Children,

the elderly, and anyone with heart or lung conditions should reduce or avoid exertion and heavy work outdoors.

Ground-level ozone is formed when sunlight and hot weather combine with vehicle exhaust, factory emissions, and gasoline vapors. Ozone in the upper atmosphere blocks ultraviolet radiation, but ozone near the ground is a lung irritant that can cause coughing and breathing difficulties for sensitive populations.

IDEM examines weather patterns and current ozone readings to make

daily air quality forecasts. AQADs generally occur when weather conditions, such as light winds, hot and dry air, stagnant conditions, and lower atmospheric inversions, trap pollutants close to the ground.

To learn more about ozone or to sign up for air quality alerts, visit Smog-Watch.IN.gov.

IDEM (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.

## BETSY From Page A1

Bahler's Golden Age Band on Saturday.

"The Bahler's are one of Central Indiana's favorite family husband-and-wife teams," Gilray said. "As a couple, along with son, John, who is also an entertainer in his own right, they have entertained so many times over the years. Bahler's Golden Age Band has such a unique repertoire they're consistently invited to play at the Indiana State Fair Pioneer Village."



Janet Gilray

The Bahler's Golden Age Band has added a new generation of players. Banjo player Alec Hurtubise, 27, joined Bahler's in 2019. Hurtubise also leads his own band, the Eagle Creek Boys. His group appeared in the 2020 series of String-Time on the Square and is featured annually at the Winding Creek Bluegrass Folk Festival in Russiaville, west of Kokomo. Hurtubise was the newest and youngest member until he was joined last year by Gracie Mae Grossman, 18, a fiddler of much promise who just graduated Huntington North High School and is heading to East Tennessee State University to study in the college's bluegrass program this fall. She is also a 2019 Indiana state champion fiddle player.

string acoustic guitar and 12-string acoustic guitar. "I've never taken a structured lesson," he said. "I learned from a Hal Leonard book my cousin gave me years ago, and then learned from YouTube videos." His firsts during the past two years have included singing in public, writing and performing his own music and having the opportunities to share his talents with others. He said, "I never imagined myself singing to a crowd. I love playing guitar, and that is all I have ever wanted to do." He said, "I struggle with nerves every time I play but have quickly learned to get comfortable being uncomfortable (a phrase he learned in Toastmasters). Playing for an audience is great. The more engaged they are, the better I perform."

There was a time in the early 1930s and 40s, when the entire family would gather around a dimly lit radio dial to listen to music so heart-rending and delightful that this era became known as the Golden Age of Radio. These days, those timeless tunes are offered by Bahler's Golden Age Band. They play their impressive blend of bluegrass, swing and country music with a small difference; these treasured melodies are reinvigorated with the fresh spirit of modern times.

So McCord invites everyone to come out and enjoy the show on Saturday night on the Square in downtown Noblesville.

Founding members, from the Kokomo area, include family members: Brad Bahler on mandolin, Karen Bahler on bass and John Bahler on guitar. Saturday's opener is Brad McCord, 43, Noblesville. "I have played around on guitars since high school but really started learning and playing more in the last 10 years. It started when I discovered lessons on YouTube. When the pianist at church left, I decided to learn traditional hymns, and this is where I first started playing in front of people," he said.

On July 16, Cornfields and Crossroads Bluegrass Band will perform in the String-Time on the Square series.

McCord plays six-

This Central Indiana band has been together since 2005. Throughout these years, Cornfields and Crossroads consistently thrilled audiences with energetic, wholesome entertainment. The group showcases traditional fan favorites, hard-driving instrumentals, and ballads from the softer side of bluegrass. As a perennial favorite at "StringTime on the Square," and a founding band, Cornfields & Crossroads features Dan Wethington of Noblesville on banjo, Darrell Duety of Indianapolis on mandolin, Eric Hardy of Martinsville on guitar and Joe Flowers of Lebanon on bass. The band has been showcased nationally at the Society for Preservation of Bluegrass Music Association/SPG-MA, recorded four CDs, shared the stage with blue-



Photo courtesy of Sally Wolf

**Cornfields & Crossroads – Dan Wethington of Noblesville (left), Joe Flowers of Lebanon, Eric Hardy of Martinsville and Darrell Duety of Indianapolis – will perform July 16 at the StringTime on the Square in downtown Noblesville.**

### Want TO GO?

**What:** Legacy Keepers Music's sixth annual StringTime on the Square summer music series.  
**When:** 6:30 p.m. the third Saturday, June, July, August and September.  
**Where:** Northwest corner of the Hamilton County Courthouse lawn, downtown Noblesville. Featured acts perform 7 p.m. to 8:15 p.m.  
**How much:** Free.  
**Good to know:** Lawn chairs, blankets, picnicking and toe-tapping invited.  
**Bands:** June 18, Bahler's Golden Age Band, opener Brad McCord; July 16, Cornfields & Crossroads Bluegrass Band, opener Jean Roberts & Leslie Selden; Aug. 20, Rock Bottom Boys of Madison County, opener Addie McMillan; and Sept 17, Stones Crossing Family Band, opener Alec Bohuk & Eric Reel.

grass icons such as Rhonda Vincent and earned significant radio airplay.

fun with their audience and send everyone home smiling and completely delighted."

Opener on July 16 will be Jean Roberts & Leslie Selden. Arcadia's Jean Roberts and her folk band, Blackberry Jam, are sometimes found performing at the Indiana State Fair, on a stage in the Pioneer Village that resembles an old cabin's front porch with seating in church pews. Seldon plays fiddle in the band and will perform together with Roberts on Saturday.

Addie McMillan, 16, who'll be a junior in the fall at Noblesville High School, is the opener.

On Aug. 20, Rock Bottom Boys of Madison County -- a band that prides itself in bringing joy and cheer to folks of all ages with their rollicking fusion of Americana, folk, blues and bluegrass music -- will perform on the Square. Based out of Anderson, Trent Palmer, Jason Varner, and Mike Snyder created their unique blend of acoustic music by mixing guitar, mandolin, and banjo, alongside crisp, three part harmonies and humor appropriate for the whole family. What is the ultimate goal of the Rock Bottom Boys? "To have

She sometimes sings the National Anthem during the summer concert series. She sang in the New Dimension all-female show choir during her sophomore year and has been selected to join the NHS Singers mixed show choir this coming school year.

The final band of the season, on Sept. 17, is Stones Crossing Family Band. Mark Graham has been singing with daughters, Shalynn and Amanda for their whole lives, in church and at home. For 30 years, he's played with various bands, and then one day got a chance to perform with his son-in-law, Billy Adams. Not long after that, Mark Graham quit his other groups to focus on the family band, exclusively. Stones Crossing will be playing a variety of gospel, bluegrass, country and soft rock. And Gilray said,



Photo courtesy of Stones Crossing Band

**Stones Crossing Family Band, made up Shalynn Adams (from left), Amanda Graham, Mark Graham and Billy Adams, will perform Sept. 17 on the northwest corner of the Hamilton County Courthouse lawn..**



Photo courtesy of Rock Bottom Boys of Madison County

**Rock Bottom Boys of Madison County – Trent Palmer (from left) , Jason Varner, and Mike Snyder – will perform Aug. 20 on the northwest corner of the Hamilton County Courthouse lawn.**

don't be surprised if the band adds a little bit of Elvis.

the president of the town's convention and visitors bureau. With that experience,

Opener are Alec Bohuk and Eric Reel, of Booze Hands Bluegrass. They perform traditional bluegrass with a fresh take on songs we know and love.

she went on to preside over a non-profit cultural arts auxiliary affiliated with the city parks and rec and then established her own marketing firm to manage promotional events," she said. "I have always enjoyed gatherings in a public square. All my life it seems, I've been organizing art and music festivals, rodeo events, promotions where people come for a good time. I even organized a pet show, once. Now I've simplified my life by encouraging live music -- finding and hiring the musicians -- they play, and I kick back and smile"

Featured band plays 7 p.m. to 8:15 p.m. with brief intermission for raffle drawing. Openers begin at 6:30 p.m.

This series sounds like some amazing talent not to miss. Thanks for bringing another season of bluegrass music, Janet Gilray.

Series benefactor is Noblesville Township Trustee Tom Kenley.

Band sponsors include: Chuck Goodrich, Mark Heirbrandt, George Kristo, and Jean Roberts.

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

## MARLOWE From Page A1

never end, and why the wine cabinet requires continuous restocking.

rush of onlookers of the Mona Lisa.

After the initial hurly-burly of doggie high-fives and slobber kisses, the three of us -- the dogs and I, that is -- settled down for a long weekend of Westminster Kennel Club Dog Show highlights.

It was obvious. This chair is off limits.

I surveyed the room for a place to sit that was relatively safeguarded from dog pouncing. I found none. Every sofa, loveseat and side chair was teeming with the litter of family life. Dog toys. Child toys. Blankets. Sippy cups. Pillows. The room was speckled in a kaleidoscope of colorful plastic fallout from the week's -- or even the last hour's relentless activity.

I slipped quietly into its warm leather embrace, and only then did I understand. This was our father's recliner, passed down to Ben upon Dad's death.

Every cushion and chair was inconveniently unavailable for sitting. Then out of the corner of my eye, something big and brown caught my attention.

The chair was a Father's Day present from Ben and his brother David. The boys scrimped and saved their lawn mowing and babysitting money, and with a little help from their Mom and step-mom, and me and my blood brother, Todd, they finally had enough dough saved up to buy the chair.

This chair had a conspicuousness to it, as if clutter itself held it in esteem. An invisible stanchion held both human and canine whelps at bay, much like velvet ropes hold back the

A friend of mine worked for one of the local furniture retailers, and with the benefit of the "friends and family" discount, we had arranged for a brand new Flexsteel oversized recliner, with power gliding assist and power headrest, to be delivered on the day before Father's Day.

Plan to give him the newly released best-selling book, and we'd learn he purchased the book last week, and was already on Chapter Four.

Day. It was on sale . . . a Father's Day sale, we pointed out.

One year, Mother and Todd and I spent two hours selecting a top-of-the-line charcoal grill for Dad. The nice, patient store clerk loaded the huge box into the trunk, after showing us how to assemble it when we got home. We pulled into the driveway, and Dad greeted us with a broad smile.

Dad's buying habits made us nuts. I remember Freud once said that "Psychiatry is the art of teaching people how to stand on their own feet while lying on couches." I think it holds for recliners, too.

"Wait until you see the new gas grill I just bought for us!" he beamed.

He purchased a new set of golf clubs two weeks before Father's Day. He bought a new fishing rod. Car wash coupons for his car? He'd buy custom floor mats. New ratchet for his tool box? He'd buy a 121-piece ratchet and socket set.

It took me years to realize that all this wasn't coincidence. At heart, our Dad couldn't bring himself to welcome his sons buying for him. He didn't want his boys spending their money. He was the provider, and it was difficult for him to accept otherwise.

This wasn't even his only preemptive recliner purchase.

Leaning back in the soft leather chair in my brother's house, watching the dogs peacefully asleep on the carpeted floor, I couldn't help wondering what kind of father Ben will turn out to be for his two girls. My guess is that he'll be just like our Dad.

I think most fathers are inclined to be that way.

Todd and I lined up a new recliner years ago, only to have Dad buy a brand new La-Z-Boy the week before Father's

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

## CONTEST From Page A1

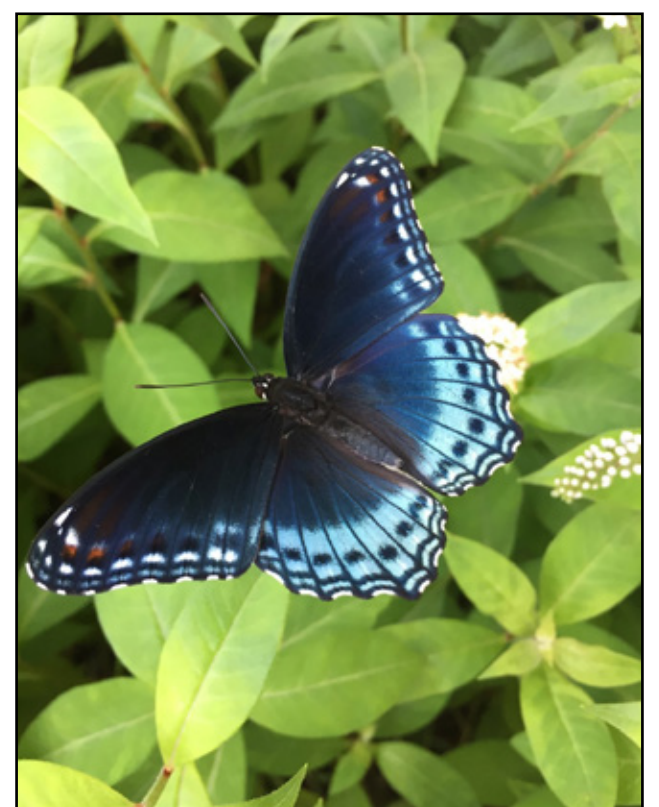


Photo courtesy of HCSWCD

**2021 Contest Entry Lisa Huber's photo.**

entry forms are located at [www.hamiltonswcd.org/](http://www.hamiltonswcd.org/) photo-contest Questions

can be emailed to [soil.water@hamiltoncounty.in.gov](mailto:soil.water@hamiltoncounty.in.gov) or call 317-773-2181.



# TUESDAY

## In The Kitchen

Tuesday, June 14, 2022

A8

# A Fiesta Fusion of Worldwide Flavors

### FAMILY FEATURES

If you're seeking inspiration to take mealtime from bland and boring to new and vibrant, look no further than these at-home fiesta recipes. With options ranging from tongue-tingling spice to smooth, creamy and simply delicious, you can call on global flavors to bring life to your kitchen.

This menu from "The New York Times" bestselling cookbook author and recipe developer Stephanie Banyas offers delightful flavor fusions from around the world. The lively tastes of the Spicy Shrimp Remoulade in Lettuce Leaves and Mexican Style Paella with Chicken and Sausage pop with the high-quality ingredients of Fresh Cravings Salsas.

These boldly flavored salsas are made with vine-ripened tomatoes, crisp onions, zesty peppers and spices. Plus, they're never cooked or pasteurized, meaning you're enjoying a vibrant dip that's never soggy or dull. Available in a range of heat levels among restaurant style, chunky and pico de gallo, they complement any at-home fiesta.

For a fiery, zesty twist, this Red Pepper Chickpea Soup with Gazpacho Relish and Tortilla Croutons calls for Fresh Cravings Hummus, as its ideal creamy texture and savory taste balances out the spice. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, this hummus has a smooth, creamy mouthfeel.

"The hummus adds loads of flavor and makes this thick, rich soup totally dairy and gluten free, so there is no need for heavy cream, cornstarch or flour," Banyas said. "It's as beautiful to look at as it is delicious to eat."

To find more fiesta-worthy recipe ideas, visit [freshcravings.com](http://freshcravings.com).



Red Pepper Chickpea Soup with Gazpacho Relish and Tortilla Croutons

### Red Pepper Chickpea Soup with Gazpacho Relish and Tortilla Croutons

Recipe courtesy of Stephanie Banyas  
Servings: 2

- 1/4 cup finely diced seeded English cucumbers
- 1/4 cup finely diced seeded Roma tomato
- 2 tablespoons finely diced red onion
- 2 tablespoons finely chopped fresh cilantro leaves
- 1 lime, juice only, divided
- salt, to taste
- pepper, to taste
- 2 cups canned low-sodium vegetable stock, divided
- 1/2 cup Fresh Cravings Restaurant Style Salsa (mild or medium)

### 1 container (10 ounces) Fresh Cravings Roasted Red Pepper Hummus

#### tri-color fried tortilla strips

In small bowl, combine cucumber, tomato, onion and cilantro. Add half the lime juice and season with salt and pepper, to taste. Let sit at room temperature.

In blender or food processor, process 1 cup stock and salsa until smooth.

Pour mixture into medium saucepan. Add remaining stock and hummus, season with salt and pepper, to taste, and bring to boil over high heat. Reduce heat to medium-low and simmer until slightly thickened, about 15 minutes. Remove from heat and stir in remaining lime juice.

Divide soup between two bowls and top with relish and tortilla strips.



Spicy Shrimp Remoulade in Lettuce Leaves

### Spicy Shrimp Remoulade in Lettuce Leaves

Recipe courtesy of Stephanie Banyas  
Yield: 8 leaves

#### Shrimp:

- 1/2 cup Fresh Cravings Chunky Salsa (mild or medium)
- 9 cups water, divided
- ice water
- 1 lime, sliced
- 12 sprigs cilantro
- 1 teaspoon kosher salt
- 1 pound fresh shrimp (31-35), peeled and deveined

#### Remoulade Sauce:

- 3/4 cup mayonnaise
- 1 tablespoon whole-grain mustard
- 2 teaspoons fresh lime juice
- 1/2 teaspoon chile powder or smoked paprika
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup Fresh Cravings Chunky Salsa (mild or medium), drained well
- 1/4 cup chopped fresh cilantro leaves
- 1/4 cup green onion, thinly sliced, plus additional for garnish

- 8 butter or Boston lettuce leaves
- cilantro leaves, for garnish
- lime wedges, for garnish
- chopped black olives, for garnish (optional)
- chopped hard-cooked eggs, for garnish (optional)

To make shrimp: In food processor or blender, blend salsa with 1 cup water until smooth.

Fill large bowl with ice water; set aside. Transfer salsa mixture to large saucepan and add remaining water, lime slices, cilantro sprigs and salt. Bring to boil over high heat; stir in shrimp, cover, turn off heat and let shrimp poach off heat in liquid 10 minutes.

Drain in colander. Transfer shrimp to ice bath and let sit 5 minutes. Drain again.

To make remoulade sauce: In large bowl, whisk mayonnaise, mustard, lime juice, chile powder, sugar, salt and pepper until combined; fold in salsa.

Put half of remoulade sauce in large bowl. Fold in shrimp and cilantro, adding remoulade as needed to make mixture creamier; taste for seasoning. Cover and refrigerate at least 30 minutes, or up to 6 hours.

Arrange lettuce cups on platter. Spoon equal portions shrimp mixture into lettuce cups. Garnish with cilantro leaves; lime wedges; black olives, if desired; and eggs, if desired.

### Mexican Style Paella with Chicken and Sausage

Recipe courtesy of Stephanie Banyas  
Servings: 4-6

- 1 container (16 ounces) Fresh Cravings Chunky Salsa (mild or medium)
- 12 ounces chicken tenders, patted dry
- 1 teaspoon kosher salt, plus additional, to taste, divided
- freshly ground black pepper, to taste
- 3 tablespoons vegetable oil, divided
- 12 ounces fully cooked chicken sausage or pork sausage links
- 3 cups low-sodium canned chicken stock, water or combination
- 2 cups long-grain rice
- 1 cup frozen peas
- 1/4 cup chopped fresh cilantro or parsley
- lime wedges

Remove 1/2 cup salsa and set aside. In blender or food processor, process remaining salsa until smooth.

Put chicken in bowl, add 1/2 cup pureed salsa and toss to coat. Cover and marinate at least 30 minutes, or up to 2 hours in refrigerator.

In large, high-sided saute pan over high heat, heat 2 tablespoons oil until it begins to shimmer. Season chicken with salt and pepper, to taste, and cook until both sides are golden brown and just cooked through, about 3 minutes per side. Remove to plate, loosely tent with foil and let rest 10 minutes then slice into 2-inch pieces.

Add remaining oil to pan and heat until shimmering; cook sausage until golden brown on both sides, about 3 minutes per side. Remove to plate, loosely tent with foil and let rest 10 minutes. Slice on bias into 2-inch pieces.

Wipe out pan with paper towels. Add remaining pureed salsa and stock; bring to boil. Add rice and 1 teaspoon salt. Bring mixture to boil, cover and reduce heat to medium-low; cook until liquid is absorbed and rice is tender, about 18 minutes.

Remove from heat and sprinkle peas on top. Let sit, covered with lid, 5 minutes. Fluff with fork then stir in chicken, sausage, peas and cilantro. Spoon remaining salsa on top.



Mexican Style Paella with Chicken and Sausage



# TUESDAY

## In The Kitchen

Tuesday, June 14, 2022

A9

# Savor the Flavors of Summer

FAMILY FEATURES

Bringing your family together for a meal that tastes like summer is what the season is all about. If you're spending an evening firing up the grill, flipping on the oven, forming a homemade salad or anything in-between, the time spent together enjoying warm weather flavors is what everyone truly craves.

Your next backyard meal can start with a flavor infusion from Newman's Own Garlic Vinaigrette & Marinade, a versatile option that can be tossed with salads or added to proteins before cooking. Made with premium ingredients and a special blend of herbs and spices, it sets itself apart by mixing garlic into the dressing in four different forms – minced, powder, granulated and chopped – to deliver a delightfully bold and zesty flavor with every bite.

Take advantage of its mouthwatering taste with these Summer Shrimp and Squash Kebabs, an easy way to bring loved ones together both before and during the meal. Put an adult in charge of heating the grill while the entire family works together to marinate a concoction of shrimp, tomatoes, corn, red onion, squash and zucchini before threading onto skewers that are ready to hit the grates.

If hot weather means lighter fare is on the menu, this Mediterranean Orzo Salad can be ready in mere minutes. Just toss together a handful of tantalizing ingredients for a simple bite of summer that's perfect as a meatless meal or al fresco side dish. Or you can turn it into a quick weeknight dinner by adding cooked chicken, shrimp or a protein of your choice.

After a day of fun in the sun, some nights call for a quick and easy solution that lets the oven do the work for you. When pizza cravings strike, consider an option like Newman's Own Stone-Fired Crust Pizzas that bring authentic, Italian pizza with lightly blistered crusts to your kitchen table. Available in three authentic flavors – Margherita, Quattro Formaggi (Four Cheese) and Spinaci & Formaggi (Spinach & Cheese) – the light, airy, slightly crispy crust is ready to devour after just 10 minutes in the oven.

Find more summer meal solutions at [NewmansOwn.com](http://NewmansOwn.com).



Mediterranean Orzo Salad



Summer Shrimp and Squash Kebabs

### Summer Shrimp and Squash Kebabs

Servings: 4 (2 skewers per serving)

- 8 wooden skewers (12 inches each)
- 1 cup Newman's Own Garlic Vinaigrette & Marinade, plus additional for serving
- 16 large shrimp, peeled and deveined
- 16 cherry tomatoes
- 2 ears fresh corn, each cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges
- 2 yellow squash, sliced 1/2-inch thick
- 2 zucchini, sliced 1/2-inch thick

Soak skewers in water at least 30 minutes.

In large bowl, combine vinaigrette, shrimp, cherry tomatoes, corn, red onion, yellow squash and zucchini; marinate 30 minutes-1 hour.

Preheat grill to medium heat. Skewer pieces of cherry tomato, shrimp, corn, zucchini, red onion and yellow squash on wooden skewer. Repeat with remaining ingredients and skewers. Grill kebabs about 8 minutes, turning frequently until shrimp and veggies are cooked. Serve with additional vinaigrette.

### Mediterranean Orzo Salad

Servings: 4

- 2 cups cooked orzo
- 2 mini cucumbers, thinly sliced
- 3/4 cup cherry tomatoes, quartered
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cup arugula
- 1/4 cup pitted Kalamata and green olives, cut in half
- 1/4 cup crumbled feta cheese
- 1/3 cup Newman's Own Garlic Vinaigrette & Marinade, plus additional for serving (optional)

In large bowl, combine orzo, cucumbers, tomatoes, chickpeas, arugula, olives and feta cheese. Toss with vinaigrette.

Serve with additional vinaigrette, if desired.



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# TUESDAY

## Health and WELLNESS

Tuesday, June 14, 2022

A10

### Lyme Disease

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



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

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 cork-screw 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* organism primarily in-

fects 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 (chronicum) 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 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.*

### Give Blood In Honor Of World Blood Donor Day June 14

Each year on June 14, the American Red Cross joins blood collection organizations around the world to celebrate World Blood Donor Day, which recognizes the importance of a safe and stable blood supply and the donors who make it possible. Nearly 2.5 million people volunteer to give lifesaving blood and platelets every year with the Red Cross. Eligible donors are encouraged to be part of something big by making an appointment to give blood or platelets this month.

Blood donations decline in late spring and early summer – especially during holiday weeks, like Memorial Day and Independence Day – but the need for blood and platelet transfusions doesn't take a summer break. Generous blood donors are critically important in ensuring lifesaving care is

available the moment patients need it. To schedule an appointment to donate, download the Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767).

As a thank-you for helping, 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.\*

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](http://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](http://RedCrossBlood.org), call 1-800-RED CROSS (1-

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

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history

questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

About the American Red Cross:

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

### Are The Places You Spend Time Asthma Friendly?

(StatePoint) Asthma is a lung disease that makes breathing difficult for over 24 million Americans. While there's no cure, there are steps you can take to help control it so you can lead a normal, healthy life.

This is why the American Lung Association's Promoting Asthma Friendly Environments through Partnerships and Collaborations Project is seeking to ensure more people live, work and go to school in asthma-friendly environments. Here's what to know:

1. Understanding triggers. Asthma triggers can cause symptoms and if left untreated, could lead to an asthma attack.

Common asthma triggers include respiratory infections, allergens, irritants, exercise and emotions. Indoor triggers found at home, school and workplaces include tobacco smoke, dust mites, pests such as cockroaches and mice, pets, mold, cleaning chemicals, dust, gases, vapors and fumes. Common outdoor asthma triggers include pollen, wildfire smoke, ozone and particle pollution.

2. Reducing home triggers. People spend over 90% of their time indoors and most of that time is in their home. Whether you rent or own your home, you can make these changes to improve the quality of the air you breathe:

- Run the bathroom fan after showers and use the kitchen fan while cooking to control moisture and other air pollutants.
- Use vacuums with good filtration, such as a HEPA filter.
- Properly store food and other items that attract pests.
- Make your home (and vehicle) smokefree.

Additional actions you can take include improving ventilation, maintaining HVAC systems and using integrated pest management. If you rent, some of these solutions would be the responsibility of the landlord. Learn more about how to improve the indoor air quality of your home as

a tenant by reviewing the guide developed by the Environmental Law Institute found at [eli.org](http://eli.org).

3. Taking action for children. Children's respiratory systems are still developing, making them particularly vulnerable to air pollution. However, 95% of American school buses are diesel-powered. To learn more about how to advocate for your school district to modify older diesel school buses or transition to zero-emission electric school buses, visit [lung.org](http://lung.org).

4. Healthier workplaces. About one in six cases of adult-onset asthma can be linked to the individual's occupation and about one in five adults

with asthma experience worsening of symptoms because of where they work. Missed workdays and lost worker productivity due to asthma can be costly for individuals who live with asthma and employers. By establishing lung-friendly workplace policies and offering an employee asthma education program, employers can help employees and family members with asthma better manage their conditions and experience fewer symptoms. If you have asthma or are a caregiver for someone with asthma, consider speaking to your employer about instituting policies that promote a safe, healthy workplace.

5. Additional guidance. The Centers for Disease Control and Prevention's National Asthma Control Program developed "EXHALE" a set of six strategies that help contribute to better asthma control. The strategies can help you and your loved ones have fewer asthma symptoms, prevent emergency visits to the hospital and help you avoid missing school or work. To learn the strategies and for additional resources, visit [cdc.gov](http://cdc.gov). You can also check out the range of asthma programs and initiatives offered by the American Lung Association that align with the EXHALE strategies by visiting [lung.org/AFE](http://lung.org/AFE).

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