

TODAY'S VERSE

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.



FACES OF HAMILTON COUNTY

What makes Logan Campbell smile? "Coming to see my grandparents," said the 20-year-old Noblesville resident, the grandson of Bill and Carrie Prater of Noblesville. He was found in March 2022 with his grandparents, who were closing Kirk's Hardware after owning the store for 20 years.

And Another Thing...

Five years ago, Mandy Boggs would never have dreamed she'd be representing the United States in an international archery tournament. But the 45-year-old Noblesville native and Koteewi Archery's own, as part of Team USA Archery, is heading to Stroncone, in the Province of Terni, Italy to compete in the Rhinehart World Archery 3D Championships next month.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



The Times photos courtesy of Nicholas Shotwell

Sheridan Blackhawks Marching Band perform "Into the Storm" on Friday morning during the 75th Indiana State Fair Band Day at the Indiana State Fair.

Blackhawks 7th in Class, 18th Overall at State Fair

Less Than 4 Points Separate Band From Sweet 16

It was a good day for the growing Sheridan Blackhawks Marching Band, which placed 18th overall out of 39 marching bands on Friday during the 75th Indiana State Fair Band Day.



BETSY REASON The Times Editor

their new AA class. Sheridan's percussion ranked sixth in the AA class and 16th overall, and Sheridan's Guard ranked ninth in AA class and 22nd overall.

Doublestein is proud of the band. "With less than four points separating us from being in the top 16 bands who perform again in the (Sweet 16) Finals (which were Friday night), it was quite an emotional day," she said.

In 2019, the Marching Blackhawks placed 22nd, in 2021 the band placed 19th, and this year placed 18th.

This year's placing is encouraging after the band was moved up into a larger category with tougher competition.

See BETSY Page A8

Nickel Plate Express Offers Train Rides & Superheroes



Join your favorite superhero for a special train ride on Sept. 10-11. Superhero Express will take over Nickel Plate Express (NPX) for one weekend only, for a one-of-a-kind train ride your kids won't soon forget.

Start the day off with a special superhero training. Learn new moves from Spiderman, Batman and Catwoman. Upon completion of superhero training, each young superhero will receive their own cape.

See EXPRESS Page A8

Noblesville PD Now Taking Pre-Applications for New Officers



The Noblesville Police Department is accepting pre-applications for the 2022 Applicant Screening Process. Citizens can learn more about working for the City of Noblesville by visiting www.cityofnoblesville.org/hr or may apply for the selection process at www.city-

ofnoblesville.org/employment. The process is scheduled to take approximately three to five (3-5) months to complete and will include the following components:

- 1. Pre-application screening
2. Physical fitness assessment
3. Written examination
4. Oral interview & writing exercise
5. Complete personal history statement
6. Polygraph examination
7. Background investigation
8. Psychological examination
9. Complete physical examination and drug test
10. Approval of police merit commission

Basic minimum requirements include:

- 1. Must be a U.S. Citizen.
2. Must have successfully received a high school diploma

See OFFICERS Page A8

The Daily Almanac

Sunrise/Sunset RISE: 6:49 a.m. SET: 8:48 p.m.

High/Low Temperatures High: 82 °F Low: 72 °F

Today is...

- Book Lovers Day
• International Day of the World's Indigenous People
• National Veep Day

What Happened On This Day

- 1854 Henry David Thoreau publishes Walden
• 1930 Betty Boop makes her debut
• 1945 Atomic Bomb dropped on Japanese city of Nagasaki

Births On This Day

- 1947 Roy Hodgson English football manager
• 1963 Whitney Houston American singer, actress, producer, model

Deaths On This Day

- 1962 Hermann Hesse German writer, Nobel Prize laureate
• 1995 Jerry Garcia American singer-songwriter, guitarist

Is Your Dog the Cutest Dog in All of Indiana?



Do you think your dog is the cutest dog in Noblesville? Fishers? Westfield? Carmel? Maybe Cicero, Sheridan or Atlanta? What about the entire state? Well an opportunity to stake your pooches claim has come, so make sure to keep reading and find out more about what you need to do.

Lt. Gov. Suzanne Crouch, the Indiana Destination Development Corporation (IDDC) and Indiana's First Dog Henry are searching for adorable dogs in great locations across the state through the Visit Indiana Cutest Dog Photo Contest.

"I encourage all Hoosiers to make memories with your pup just like I do with my dog, Luna Lovegood (AKA Bubby)," Crouch said. "Show off your

See DOG Page A8

INSIDE TODAY

Table with 2 columns: Topic and Page Number. Includes Obituaries, Meeting Notes, Meeting Notice, Service Directory, Carrie Classon, Brian Howey, John Roberts, Casey Williams, In The Kitchen, Health & Wellness.

OBITUARIES

- Dr. Paul K. Frederick
Michael C. Hiltson
Sarah Catherine 'Katie' Ogan

The Times appreciates all our customers. Today, we'd like to personally thank NORVIN KIRKENDALL for subscribing!

HONEST HOOSIER

James Wilson Marshall passed away around this date in 1885. James was well known for sparking the California gold rush in 1848, a few years after he moved there from Indiana!



TODAY'S QUOTE

"I can't believe that God put us on this earth to be ordinary."

- Lou Holtz

TODAY'S HEALTH TIP

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



TODAY'S JOKE

It's true that money talks. Mine tells me goodbye all the time.

7 DAY FORECAST table with weather icons and temperatures for Tue through Mon.



## OBITUARIES

### Dr. Paul K. Frederick

October 6, 1943 - August 4, 2022

Dr. Paul K. Frederick, 78, passed away August 4, 2022 surrounded by his family.

He was born to Kenneth Frederick and Eleanor (Loudon) Frederick in Lake Forest, Illinois on October 6, 1943.

Mr. Frederick graduated from Grinnell College in Iowa before attending medical school at Albany Medical College. He arrived at Indiana University in 1969 where he completed an internal medicine residency and a two year fellowship in gastroenterology. He was a founding member of Indiana Gastroenterology, which was established in 1975. Mr. Frederick also practiced medicine at Riverview Hospital in Noblesville and St. Vincent Hospital in Carmel and Indianapolis.

He moved to Westfield in 1980 when he married Judy in the back pasture of the home where they lived and loved for 42 years. His passion was practicing medicine and he was truly sad to retire after 53 years. In his free time, Mr. Frederick enjoyed gardening and excelled at tomatoes. He was an avid sports fan and never missed the Hoosiers, the Colts, or the Cubs. He was a proud pet dad to Rusty and Bowie. He cooked a mean trash can turkey, was a big fan of Diet Coke, loved every show on the ION network and was always up for his favorite dessert, a peanut buster parfait.

Survivors include his loving wife and best friend Judy; five children Kim (Darren), Kelli (Scott), Kirstie, Colby (Precilla) and Gary (Kelly); eight grandchildren Elias, Taylor, Jacob, Irie, Dane, Charlie, Bo and Finn; and brother Eric.

In addition to his parents, he was preceded in death by his brother Mark, who passed away in 2021.

A memorial visitation is scheduled to be held from 2-6 p.m. on Saturday, August 13, 2022 at Randall and Roberts Funeral Center, 1685 Westfield Road in Noblesville.

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

### Michael C. Hitson

June 1, 1954 - August 4, 2022

Michael C. Hitson, 68, of Noblesville, passed away on Thursday, August 4, 2022 at his home.

He was born on June 1, 1954 to Charles and Helen Hitson in South Bend, Indiana.

Mr. Hitson was a project manager for many years. He enjoyed collecting art, gardening, and decorating the house for all the holidays. He liked to travel whether it was for work or vacation, and especially liked Mexico and Holland, Michigan. Mr. Hitson loved to hang out with his kitty cats.

Survivors include his wife Lisa Hitson; daughter Courtney (Tom) Hitson; brother Denny Hitson; and sister Beth (Jay) Clark.

He was preceded in death by his parents.

At Mr. Hitson's request there will not be a service. The Hitson Family has entrusted Randall & Roberts Funeral Home with Michael's care.

Memorial contributions may be made to Riverview Health Foundation, 395 Westfield Road, Noblesville (<https://riverview.org/foundation/>).

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

### Sarah Catherine 'Katie' Ogan

December 26, 1935 - August 3, 2022

Sarah Catherine 'Katie' Ogan, 86, of Noblesville, Indiana, formerly of Wabash, Indiana died at 6:50 p.m. on Wednesday, August 3, 2022, at Allisonville Meadows in Fishers, Indiana.

She was born on December 26, 1935, in Quinton, Kentucky, to Wesley H. and Opal (Gibson) Flynn.

Mrs. Ogan was a 1952 graduate of Marion High School and attended Indiana Business College. She married Robert John Ogan in Marion on March 15, 1953; he died October 31, 2015. She worked as an office manager for McClure Oil for nine years, 14 years as a legal secretary for Plummer, Tiede, Magley, Metz, and Downs, and also worked five years for the Shirt Shed.

She was a member of Wabash First United Methodist Church, and Sigma Phi Gamma Sorority. Mrs. Ogan served on the March of Dimes Board, C.A.S.A. Board, the Wabash Chamber Board, Wabash Market Street Board and was the first woman to serve on the Wabash City Board of Works. She and her husband Bob lived in Wabash from 1953-2005, when they moved to Noblesville.

Survivors include her two daughters Lori Vincent of Johns Creek, Georgia and Mandy (Curt) Wehrley of Indianapolis; four grandchildren Natalie (Jose) Barberan of Milton, Georgia, Sarah Vincent of Johns Creek, Georgia, Samantha (Jordan) Miller of Indianapolis and Devin Wehrley of Milwaukee, Wisconsin; two great grandchildren Bennett and Abigail Barberan, both of Milton; sister Mary (Elise Stiller) McAtee of Massachusetts; and brother-in-law Edward (Maggie) Ogan of Indianapolis.

She was preceded in death by her parents; step father John McAtee; step-mother Margaret Flynn; son Robert Michael Ogan on September 25, 1990; and son-in-law Steven Vincent.

Family is scheduled to receive friends from 1-3 p.m. on Monday, August 15, 2022 at Grandstaff-Hentgen Funeral Service, 1241 Manchester Ave., Wabash. Grave-side services and burial are scheduled for 3:30 p.m. on Monday in the Ogan section at Mississinewa Cemetery, Somerset, Indiana. There is scheduled to be a gathering to celebrate Katie's life over dinner from 4-6 p.m. on Monday at the Wabash First United Methodist Church, 110 N. Cass Street, Wabash.

Memorial contributions can be made to the Susan G. Komen Foundation c/o komen.org.

The memorial guest book for Mrs. Ogan may be signed at [www.grandstaff-hentgen.com](http://www.grandstaff-hentgen.com).



Photo courtesy of the City of Noblesville

Volunteers pose with a newly-planted tree at the Hague Road Nature Haven.

# SMC Corporation Helps Noblesville Parks Plant Trees and Remove Invasive Species

SMC Corporation of America and the Noblesville Parks Department recently worked together on a sustainable program to help restore the Hague Road Nature Haven. The project, aimed at sustainability and to beautify, involved removing invasive species that are a problem in the area.

"As we continue to battle this ever-growing problem, we are starting to restore the area with new trees that will aid in the process of removing invasive plants," said Jonn Russell, certified arborist and parks maintenance staff member.

With SMC Corporation's contribution of time, manpower and materials, the group was able to plant 30 new native sapling trees. Native tree species planted included Red Maple, Hackberry, Yellowwood, Kentucky Coffeetree, Black Gum and Swamp White Oak. As trees were planted, safety cages were built and placed around the

samplings to help prevent damage from the nibbling creatures.

"Our initiative is to restore this area and others like it, to its natural habitat to house wildlife of all kinds: deer, birds, insects, and even field mice. Over the next few years, SMC and the parks department are hoping to develop this area into more of an attraction, not only for the residents of Noblesville, but nature loving members of the surrounding areas," Russell said.

While removing invasive species, the parks left several Milkweed Pods in the hopes that this will continue to help with the Monarch butterfly population, which has grown in size and number since the project was started in 2020.

The Hamilton County Soil & Water Department also donated materials to install two new "Boot Brush Stations" in the Nature Haven's parking lots. Boot Brush stations



Photo courtesy of the City of Noblesville

SMC Corporation volunteers work to plant new trees at the Hague Road Nature Haven.

provide information about invasive species and are just one way that people can help to protect the non-paved trail, the parks and even their own property.

Russell said the battle to eradicate invasive species continues with the department's goal to have an amazing walking trail with information about the plants and wildlife that will be living among us.

The Noblesville Parks

and Recreation Department manages over 876 acres of parkland in the City of Noblesville, including seven developed parks, 109 acres of undeveloped properties and 127 miles of trails, connector sidewalks and greenways throughout the community, in addition to two golf courses and the Noblesville Soccer Fields. For more information, visit [www.noblesvil-leparks.org](http://www.noblesvil-leparks.org).

## Haberman Files for Noblesville School Board

of Noblesville, has filed August 5, 2022 to run for Noblesville School Board.

"I'm excited to officially be a candidate for Noblesville School Board," Haberman said. "I've spent the last several years pursuing a deeper connection to the Noblesville community and serving in board leadership roles with the Chamber of Commerce and Ivy Tech that interface with our K-12 education offerings. As a recent graduate of the Miller Ambassador program offered by the school district, and as my own children enter Noblesville Schools, I found my driving force is to ensure all of our children receive the greatest K-12 educational opportunity."

Haberman was hired by the City of Noblesville in 2020 as Workforce Development Manager until

his promotion to Assistant Director of Economic Development in November 2021. Before joining the City of Noblesville, Chuck led HR and talent development teams in the construction industry at Custom Concrete and then Gaylor Electric.

Haberman served 8 years in the United States Marine Corps as a Combat Engineer. During his service, he traveled the world over 3 deployments and discovered his passion for service, leadership, and lifelong learning. After the Corps, Haberman received his B.S. in Organizational Leadership and Supervision from IUPUI, a M.P.S in Organization Development and Change at Penn State, and most recently finished the Certified Economic Developer Certificate from the



Chuck Haberman

University of Oklahoma Economic Development Institute.

Other community involvement by Haberman include:

- Miller Ambassadors - Class of 2022
- Noblesville Chamber of Commerce - Board Member, Board of Directors
- Ivy Tech Community College Hamilton County - Vice Chair, Campus Board of Trustees

- Hamilton County Economic Development Corp. - Board Member, Board of Directors
- Hamilton County Leadership Academy - Class of 2020
- Twin Oaks of Noblesville Homeowner's Association - President, Board of Directors
- Marine Corps Coordinating Council of Indiana - At Large Council Member

Haberman lives in Noblesville with his wife, Kari; daughter, Paige; and son, Connor. They love being outside as often as possible, especially with friends and family. Feel free to connect with him on his Facebook page (<https://www.facebook.com/Chuck-Haberman-for-Noblesville-School-Board-104645455496138>) or email at [ElectChuckHaberman@gmail.com](mailto:ElectChuckHaberman@gmail.com).



Photo courtesy of the Noblesville Lions

## Noblesville Lions Focus on Trash PU at the Street Dance

Last Saturday evening the Noblesville Lions gave time to assist at the Street Dance, keeping the trash cans clean. The club has done this many years in the past. A total of 16 Lions helped in the effort. Pictured above are (from left to right) Lions Dale Unger, Steve Morgan, Joe Arrowood, and Steve Shaw planning the action for the evening.

**got stuff?**  
sell it in the classifieds.  
317.770.7777



The Times photo courtesy of Joe LaRue

**Erika Vevang sits in the studio at Premier Martial Arts, which she spent almost a full year working to get up and running.**

# Premier Martial Arts Off to Great Start, Hoping to Continue Growth

By Joe LaRue  
joe@thetimes24-7.com

Erika Vevang has not been running her martial arts studio at Premier Martial Arts (PMA) for long, but she has already solidified her business and built confidence for the future.

Vevang, a Carmel High School graduate, has not spent her life surrounded by martial arts. She previously worked in the restaurant industry, beginning as a, “little old cashier,” as she puts it, before working her way up to Training General Manager for several corporate chains, including Steak ‘n’ Shake, Pizza Hut and Qdoba. She left that world to find a better work-life balance and spending time with her husband Danny and two children.

Vevang opened her studio in early June of 2022, after a nearly-year-long process working with consultants and government officials at the state and local level to get the business established and secure the appropriate licensing.

She also did not come back from a martial arts background. When she and her husband sat down to start their own business, they were presented with five possible franchise opportunities, including Premier Martial Arts. At the time, they ranked Premier fifth out of the five options.

But she was turned around on their discovery day, with Vevang saying, “One of the reasons I loved about this company is that they have a ‘why’ behind everything they do.” She

explained this further: “That is huge in training. When you have a why behind everything you do, that is really empowering and you can tell somebody to do something and when they ask ‘why am I supposed to do this?’, well I’ll tell you why you have to do it. That was a huge thing for me when we were looking into a franchise.”

Even without a background in martial arts, she is able to take her business acumen and apply it to running the studio. She said, “I pretty much do all of the business side of things, the taxes, insurance, payroll, all that kind of stuff, and then I train them as well. I have to know what we’re selling to an extent, I just don’t have to know the specific moves, what they’re doing in the classroom.”

So what does PMA offer? Vevang explained that they don’t specialize in a specific style of martial arts. “PMA actually takes a little bit of every style. We have what’s called a mixed-martial arts style.” She went on to say, “We actually focus on the child’s development the most, and we do that through the martial arts.”

“They [PMA] found that a lot of these skill sets that you have in martial arts also pertain to mentally beneficial development as well. Confidence comes with something they learn on the mat. We do what we call mat chats and that really helps with their personal development outside of the classroom. We talk about how you are supposed to respect people and we show that through bowing,” she said.



The Times photo courtesy of Joe LaRue

**The martial arts studio at PMA where Erika Vevang and her staff focus on giving kids the opportunity to grow and learn as people while developing martial arts skills. “No kid sits the bench,” is one of the key ethos of her studio, where she hopes every child gets the chance to grow and develop.**



The Times photo courtesy of Joe LaRue

**The Premier Martial Arts studio located at 15481 Union Chapel Rd., Suite 120, where Erika Vevang and her staff hope to continue growing and offering kids the opportunity to develop skills and grow as people.**

“Everything we do links to mental development.”

PMA offers classes for a range of age-groups. The youngest group is 3-4 years old, followed by classes for 5-7 year-olds, 8-12 years old, teen groups and then finally adult classes. The youngest age group have shorter classes, usually about 30 minutes, with the adult classes

lasting the longest at 45 minutes to 1.5 hours.

They offer class sessions as well as community events, including birthday parties and parent nights out. As they continue to expand and grow, they hope to expand from their current staff of three (including Vevang) and build on the programs they already offer.

# HamCo Soil and Water Conservation District Accepting Orders for Native Tree Fundraiser



Scorching temperatures in the August sun are a great reminder of the value of trees. The shade they provide can make air temperatures directly under trees as much as 25 degrees cooler than air above nearby blacktop. Cooler temperatures are just one of the many benefits trees provide including cleaner air, flood prevention, bird habitat, and higher property values.

The first step toward reaping the many benefits trees provide is planting a few. The Hamilton County Soil and Water Conservation District is supporting this effort by making quality native tree and shrub stock available via their annual native tree fundraiser.

Forty-six species of native trees and shrubs are available for just

\$30.00 per three-gallon containerized specimen. Pre-orders are required before Sept. 28. Orders can be picked up on Oct. 14 at the Hamilton County 4-H Fairgrounds. Details on tree species and growing conditions, as well as online ordering, are available at [www.hamiltonswcd.org](http://www.hamiltonswcd.org).

This tree sale focuses on species native to Indiana. These trees are uniquely suited to our soil and weather but most importantly, they are uniquely suited to support our wildlife- especially birds, insects, and other pollinators.

Three-gallon trees are a great choice as they are easy to maneuver and plant, economical, and will grow quickly. In addition to native trees, fifteen-gallon watering bags are also available in this year’s sale. The tree sale is the district’s largest annual fundraiser.

All proceeds go back into conservation and education in Hamilton County.



**A roving Times photographer snapped a photo of the lovely pink cake that earned Kherington Roberts of Hamilton County a blue ribbon prize in cake decorating at the 2022 Indiana State Fair.**

Never miss a public notice on legal proceedings! After it prints in your local newspaper, it goes online:

**IndianaPublicNotices.com**  
**TheTimes24-7.com**

# We Are HIRING

Looking for a part-time job that does not involve the words:  
*Would You Like Fries With That?*

The Noblesville Times offers jobs that include **pagination** and **page design**, **basic clerical** and even some **photography** and **writing**.

We’re looking for bright and eager people to join our winning team! This could be the perfect job for part-time students all the way up to Baby Boomers looking for something to do.



**Let us know you are interested** by sending an e-mail with your resume and a note telling us what you love about newspapers to [jobs@thetimes24-7.com](mailto:jobs@thetimes24-7.com).

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## 2022 Flix and Float Schedule

 <b>June 18th</b> Moana G	 <b>June 24th</b> Finding Nemo G	 <b>July 1st</b> Jumanji PG-13
 <b>July 16th</b> Waterhorse G	 <b>July 22nd</b> Encanto G	 <b>July 30th</b> The Shallows PG-13
 <b>August 13th</b> The Goonies PG	 <b>August 20th</b> Dog PG-13	 <b>September 3rd</b> Top Gun PG

**Cost: \$5 per person / Members get in free**

**Flix & Float Sponsors:**

**Ruoff Music Center**  
**Church, Church, Hittle & Antrim**  
**Buddenbaum & Moore**  
**Holt Legal Group**  
**Sign Craft**  
**Lew’s Plumbing**  
**Troy & Alicia Tricker**

Meeting Notes

**Carmel Plan Commission**

Meeting Agenda  
 Tuesday, August 16, 2022 at 6 p.m.  
 Council Chambers,  
 Carmel City Hall, 2nd  
 Floor  
 One Civic Square,  
 Carmel  
 How to view  
 electronically:  
 • AT&T Cable Ch. 99  
 • Digital Ch. 64.45  
 • Metronet Ch. 33  
 • Spectrum Cable Ch.  
 340  
 • Facebook.com/  
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 • YouTube.com/

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 • http://carmelin.new.swggit.com/views/1  
 1. Call meeting to order  
 2. Pledge of Allegiance  
 3. Roll call  
 4. Declaration of quorum  
 5. Approval of minutes  
 6. Communications, bills, expenditures, & legal counsel report  
 7. Reports, announcements & department concerns  
 A. Outcome of projects at committees:  
 a. Commercial: cancelled due to no items to review.  
 b. Residential:

i. Docket No. PZ-2022-00045 DP/ADLS: Jackson's Grant Village Section 2; 4-0 favorable recommendation to the full Plan Commission  
 8. Public Hearings  
 A. Docket No. PZ-2022-00117 PUD: 96th and Haverstick PUD Rezone.  
 a. The applicant seeks PUD rezone approval to allow a new development consisting of 33 townhomes. The site is located at the northwest corner of 96th Street and Haverstick Road and is zoned S-2/Residence. Filed by Jim Shinaver

and Jon Dobosiewicz of Nelson & Frankenberger on behalf of Estridge Development Management LLC.  
 B. Docket No. PZ-2022-00118 DP/ADLS: The GOAT.  
 a. The applicant seeks site plan and design approval for a building addition/remodel on 0.2 acres. The site is located at 220 2nd St. SW in Frank Hawkins Addition Lot 1. The site is zoned B-2 and is within the Old Town Overlay, Character Sub Area. Filed by Ben Bemis of CEC Inc. on behalf of Kevin Paul,

owner.  
 C. Docket No. PZ-2022-00119 DP/ADLS: Flora on Spring Mill.  
 a. The applicant seeks site plan and design approval for a residential neighborhood consisting of 12 brownstones, 12 two-family homes, 10 single-family homes, and 86 townhomes on 18.31 acres. The site is located at 9950 Spring Mill Rd. and is zoned Flora PUD, Ordinance Z-676-22. Filed by Jim Shinaver and Jon Dobosiewicz of Nelson & Frankenberger on behalf of Pittman Partners, Inc. and Onyx and East, LLC.

9. Old Business  
 A. Docket No. PZ-2022-00045 DP/ADLS: Jackson's Grant Village Section 2.  
 a. The applicant seeks site plan and design approval for 52 townhomes and an amenity building on 8.83 acres. The site is located at the NW corner of 116th Street and Springmill Road. It is zoned Jackson's Grant Village PUD (Ordinance Z-653-20). Filed by Douglas Wagner with Republic Development LLC.  
 10. New Business  
 11. Adjournment

Meeting Notes

**Hamilton County Parks & Recreation**

Meeting Agenda  
 August 15, 2022 at 5:30 p.m. - Executive Session-Land Acquisition /Litigation/Personnel; 6 p.m. - Board Meeting HCPR Administration

Building, 400 Lafayette Road, Noblesville  
 1. Call to Order - 6 p.m.  
 2. Approval of July 18, 2022 Minutes  
 3. Finance Report:  
 A. Approval of Payroll  
 B. Approval of Claims  
 4. Committee Reports

A. Foundation Update  
 5. Old Business:  
 A. Project updates  
 a. HC Farms and Bray Family Homestead Park Master Plans  
 b. Coxhall Gardens  
 1. Catering Contract  
 2. Williams House  
 Geophysical update  
 c. Campground  
 1. Water and septic

update  
 2. Nation's trail update  
 d. Grant-Next Level Conservation Trust  
 e. Miscellaneous  
 6. New Business  
 7. Director's Report  
 8. Deputy Director's Report  
 9. Additions/Announcements

Meeting Notice

**Noblesville Public Safety Council Committee**

The Noblesville Public Safety Council Committee meeting scheduled for Tuesday, August 9, 2022 at 1:30 p.m. has been canceled.

**TheTimes24-7.com**

*The Times*  
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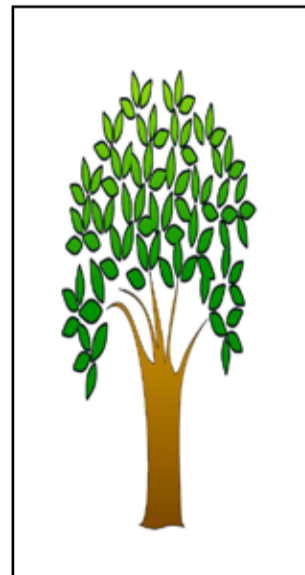
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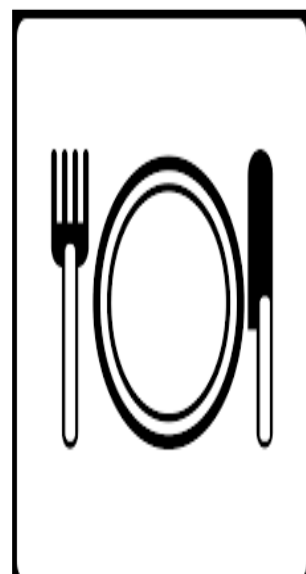
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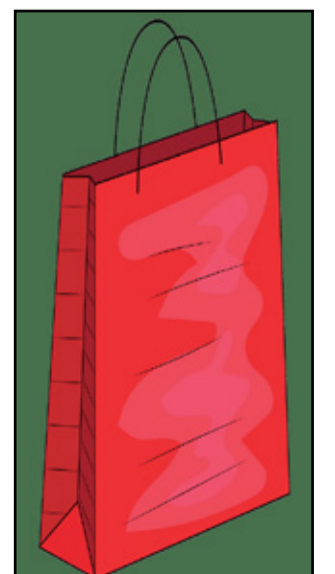
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# HHS Awards Nearly \$2M to Indiana Community Health Centers to Advance Health Equity through Better Data

Yesterday, as part of National Health Center Week, the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA), awarded \$1,979,675 in American Rescue Plan funding to 31 community health centers in Indiana to advance health equity through better data collection and reporting. On Friday, August 5, President Biden issued a proclamation on National Health Center Week to recognize the vital role health centers play in safeguarding the well-being of Americans and honor the heroic staff who keep these facilities running.

The Biden-Harris Administration has been committed to ensuring an equitable pandemic response and recovery, and these awards will help strengthen efforts to eliminate inequities in COVID-19 care and outcomes within communities of color and other underserved populations. The nearly \$90 million in funding announced nationally today also builds on the \$7.6 billion invested from President Biden's American Rescue Plan to strengthen the health center workforce, renovate facilities, and equip them with essential COVID-19 medical supplies over the past year.

"We have prioritized advancing equity in our COVID-19 response and throughout all of our work," said HHS Secretary Xavier Becerra. "Community health centers have played a pivotal role in the nation's COVID-19 response,

and now serve more than 30 million people across the country. Today's investments will help ensure that all patients have equitable access to the high-quality health care they deserve."

Funding supports a data modernization effort aimed at better identifying and responding to the specific needs of patients and communities through improved data quality; advancing COVID-19 response, mitigation, and recovery efforts; and helping prepare for future public health emergencies.

HRSA's initiative is designed to enable health centers to have better data on both patient health status and social determinants of health. With better information, programs can tailor their efforts to improve health outcomes and advance health equity by more precisely targeting the needs of specific communities or patients, particularly as part of the public health emergency response.

"Time and again, the COVID pandemic has demonstrated the vital role of trusted community leaders in delivering health care services," said HRSA Administrator Carole Johnson. "Health centers are that trusted resource in the highest risk and hardest hit communities in the country. As we recognize the heroic work of the frontline health care workers who make health centers what they are, today we also are investing in the tools they need to help them continue to best serve their communities."

The nearly 1,400 HRSA-funded community health centers in this



country serve as a national source of primary care in underserved communities. They are community-based and patient-directed organizations that deliver affordable, accessible, and high-quality medical, dental, and behavioral health services to more than 30 million patients each year, with specific initiatives intended to reach people experiencing homelessness, agricultural workers, and residents of public housing.

In 2021, HRSA-funded health centers provided care for one-in-five residents in rural areas and one-in-eleven people nationwide. One-in-three health center patients are living in poverty, and nearly two-thirds are racial/ethnic minorities.

View an interactive map of today's award recipients, including a state-by-state breakdown, at <https://bphc.hrsa.gov/funding/funding-opportunities/arp-uds-supplemental-funding/awards>

**Learn more about the Health Center Program at <https://bphc.hrsa.gov/about-health-centers/health-center-program-impact-growth>**

**Watch the Heart of a Health Center video online at <https://youtu.be/MOPmHDcsaRQ>**

**Find a health center near you with this link: <https://findahealthcenter.hrsa.gov/>**

## Attorney General Rokita Achieves \$2M Settlement for Hoosiers Following Closures of Dental Clinics

Attorney General Todd Rokita has finalized a \$2 million settlement with ImmediaDent of Indiana P.C., a chain of dental clinics that closed in March of 2020.

The entirety of the settlement will be paid in refunds to more than 22,000 Hoosiers who, according to the state's allegations, paid for treatments they never received.

"A business can't take people's payments for anticipated services and then just close their doors," Attorney General Rokita said. "They've got to either provide the promised services or return the customers' money, and we will do everything possible



Attorney General Todd Rokita

to hold businesses accountable every single time this happens."

Affected consumers will receive notice in the mail of their eligibility for a refund. The notice will include a claim form to return to the settlement ad-

ministrator, who will then process the refund checks.

Refunds not claimed within the allotted time from the settlement administrator will be remitted to the Attorney General's Unclaimed Property Division. After that, refunds will still be available through the usual unclaimed property claims procedure.

Attorney General Rokita's Consumer Protection Division investigated this matter after receiving complaints from former patients. ImmediaDent worked cooperatively with the Consumer Protection Division to identify affected consumers and create a plan to provide refunds.

# Lt. Gov. Crouch, IHCD Announce \$130M in Tax Credits and Bond Awards for Affordable Housing

Lt. Gov. Suzanne Crouch and the Board of Directors for the Indiana Housing and Community Development Authority (IHCD) announced six developments have received awards from the Low-Income Housing Tax Credit (LIHTC) program, in conjunction with Multifamily Tax Exempt Bonds. This funding is used to incentivize private developers to fund the acquisition, rehabilitation, and construction of affordable housing communities throughout Indiana.

"Affordable housing is vital to a community's vibrancy," Crouch said. "Through the tax credits and bonds, these six properties will preserve or create hundreds of units, greatly benefitting the Hoosiers who live, work and play there in those communities."

IHCD receives applications for Housing Tax Credits and Multifamily Bonds under the Qualified Allocation Plan (QAP). The QAP, which is unique to each authoring state, details selection criteria, and application requirements for the LIHTC program. Multifamily Bonds, HOME funds, Development Fund, and the National Housing Trust Fund in conjunction with tax credits. It also contains all deadlines, application fees,



Lt. Gov. Suzanne Crouch

restrictions, standards, and requirements.

- AFR Indiana will have locations in Arcadia, Fowler, and Rensselaer and is developed by Vita Investment Holdings, LLC. They will receive \$985,969 RHTC annually for 10 years and will preserve 186 affordable multifamily units

- Vita of Greenfield Independent Living, developed by Vita Investment Holdings, LLC will receive \$664,501 annually for 10 years and will build 102 affordable units for seniors

- Country View Apartments, located in Bloomington and developed by Gene B. Glick Company, will receive \$764,381 RHTC annually for 10 years to preserve 206 affordable multifamily units

- Hoosier Woods in Anderson, will be developed by TWG Development and will receive \$889,061 RHTC annually for 10 years to preserve 204 units of

multifamily units

- Vita of New Whiteland Independent Living, developed by Vita Investment Holdings, LLC will receive \$674,394 RHTC annually for 10 years to create 102 affordable senior units

- The Plaza at Central Greens, located in Indianapolis and developed by Radiant Communities Development Corporation, will receive \$1,518,036 RHTC annually for 10 years to create 122 affordable multifamily units

"IHCD is committed to preserving and creating affordable housing in all of Indiana's 92 counties," said Jacob Sipe, Executive Director of IHCD. "Affordable housing is a vital asset to Indiana's infrastructure. We will continue to work with our partners to close the housing gap and ensure housing remains affordable for years to come."

The creation and preservation of affordable housing is critical to ensuring long-term affordability that allows residents to thrive in neighborhoods and to maintain consistency in their neighbors, schools, jobs and healthcare."

IHCD has administered the LIHTC program to facilitate the creation and preservation of more than 150,000 units in the state since 1987.

## Monroe Lake Open Houses to Highlight Salt Creek Valley Cemeteries on Sept. 10 and 11

Monroe Lake will dive into the history of several local cemeteries during two open houses. The events are part of Salt Creek Valley History Week, a celebration of the Salt Creek Valley's past that runs Sept. 10 to 16.

The first open house on Sept. 10 from 6:30 to 8 p.m. will share information on three small cemeteries that are located south of Monroe Lake in Hoosier National Forest and named after the Hays family. The open house will be at the Paynetown Activity Center, 4850 S. State Road 446 in Bloomington.

If you have photos, documents, stories, or other records pertaining to people buried in one of the Hays cemeteries, Monroe Lake naturalist Jill Vance encourages you to bring them to contribute to the park's history. Vance will be able to digitally scan items during the open house, so you can keep your original records.

On Sept. 11 from 10 to 11:30 a.m., Monroe Lake will host a second open



Indiana Department of Natural Resources

house, "Before the Water Rose", at the Allens Creek Cemetery at 7650 E. Allens Creek Road in Bloomington.

When Monroe Lake was constructed, seven cemeteries were relocated to create the Allens Creek Cemetery. Attendees can walk through the cemetery sections with Vance to learn about where these cemeteries were originally located, how they were moved, and hear stories about some of the people buried there.

Susan Snider Salmon, a trained headstone restorer, will demonstrate the proper technique for safely cleaning historic grave markers. Attendees can also talk with Kel McBride, a cemetery

coordinator with the Monroe County History Center, who will share the best techniques for photographing gravestone details.

For further information on these open houses, as well as a list of other programs scheduled during Salt Creek Valley History Week, see [bit.ly/SCVhistoryweek2022](http://bit.ly/SCVhistoryweek2022).

Both open houses are free to attend; however, an entrance fee of \$7 per vehicle with Indiana license plate and \$9 per vehicle with out-of-state plate applies for Paynetown SRA.

Questions should be directed to the Paynetown Activity Center at 812-837-9967 or email [jvance@dnr.IN.gov](mailto:jvance@dnr.IN.gov).



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# The Commitment of Rep. Walorski and Her Staff



**BRIAN HOWEY**  
Howey Political Report

For a delegation that easily logs more than a million highway miles every year, Wednesday's news of the death of U.S. Rep. Jackie Walorski and staffers Zachery Potts and Emma Thomson was a staggering, drop-to-your-knees moment of shock and then overwhelming grief.

Lee Hamilton once told me it could take him five-hours to cross the old sprawling 9th CD. Highway and air travel are a fact of life for members of Congress. A typical day in a district is a member scheduled with five, seven, eight events, meeting with farmers, mayors, business folks, with hundreds of miles logged, with grueling days sometimes stretching to 12 to 14 hours, from dawn 'til dusk.

Any congressional staffer of much tenure has stories about flying into a headwind as a turbulent cold front approaches, or dodging deer on a late night return to office. "You spend this time on the road working, telling stories and laughing - and the days can be long," said former Indiana Democratic chairman John Zody, a former staffer to U.S. Baron Hill. "These trips, the people you meet on them in our communities and the memories you make become a part of you and

the work you do - and always stay with you."

It's a testament to staffers that the Walorski tragedy doesn't happen more often. That 27-year-old Zach Potts, the St. Joseph County Republican chair, and 28-year-old Thomson who served as her Washington-based communications director, were killed just deepens this tragedy.

In the television age of Indiana politics, we've had U.S. Rep. Adam Benjamin die of a heart attack, U.S. Rep. Julia Carson of cancer, and we've had a couple of near misses, including Sen. Birch Bayh surviving a plane crash that severely injured U.S. Sen. Ted Kennedy. But for the tens of millions of flown and driven miles, Jackie Walorski's death was rare for Indiana's congressional class.

In Jackie Walorski, we witnessed through her General Assembly and then congressional career a fabulous person with a huge, servant's heart. At a moment when brittle partisanship permeates Washington, Walorski's death shook the capital and drew an outpouring of grief from leaders of both parties.

"We may have represented different parties and disagreed on many issues, but she was respected by members of both parties for her work on the House Ways and Means Committee on which she served," President Biden said in a statement. "She also served as co-chair of the House Hunger Caucus, and my team and I appreciated her partnership as we plan for a historic White House Conference on Hunger, Nutrition, and Health this

fall that will be marked by her deep care for the needs of rural America."

House Minority Leader Kevin McCarthy was shaken by Walorski's death. "This news is absolutely devastating," McCarthy wrote in a Tweet. "Jackie was a dear friend, trusted advisor, and the embodiment of integrity who achieved the admiration and respect of all her colleagues in the House. She always put other first."

House Speaker Nancy Pelosi, who ordered the flags at the Capitol to be flown at half-mast in honor of Walorski, was one of several mourners who noted her kindness. "She passionately brought the voices of her north Indiana constituents to the Congress, and she was admired by colleagues on both sides of the aisle for her personal kindness."

Walorski was the top-ranking Republican on the House Ways and Means Subcommittee on Worker and Family Support. She was in line to chair the subcommittee next year, if Republicans win the House in November's election.

"Jackie brought a passion and love to her public service that I will always remember," Ways and Means Chairman Richard Neal, D-Mass., said. "She put nervous witnesses at ease with her kindness, and never met a stranger. Her bright smile, booming laugh, but most of all, deep commitment to children and families will be forever missed on the Ways and Means Committee."

First elected to Congress in 2012, Walorski's tenure in the House not only took her to a leadership position on one of

the highest-profile and most coveted committees in Congress - Ways and Means - and also to one of its most thankless outposts. She was ranking member of the House Ethics Committee, where she dealt with issues her colleagues gladly avoided but also built political capital for the way she handled the sensitive role.

Walorski's effort to promote women in science, technology, engineer and mathematics brought her into contact recently with Indiana University President Pamela Whitten. Walorski is co-chair of the congressional Women in STEM Caucus.

Walorski and Whitten met for the first time via a Zoom call last week, said Doug Wasitis, I.U. associate vice president for federal relations. "She was absolutely, clearly committed to advancing young girls and women in the STEM field," Wasitis said. "We were very excited to watch her in that world."

"She got her district," Wasitis said. "She knew what [her constituents] needed." Purdue President Mitch Daniels observed, "There could not be worse news. I'm heartsick at this tragedy. Jackie Walorski was a great public servant, a brave and constant ally for change during all my years in elected office, and a great representative of her district at both the state and national levels. I can't say how much I'll miss her."

*Mark Schoeff Jr., Washington correspondent for Howey Politics Indiana, contributed to this column. The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com.*

# Carrie Gets to Know and Appreciate Lulu



**CARRIE CLASSON**  
The Postscript

My husband, Peter, and I are back in our little place in San Miguel de Allende, Mexico.

Of course, it is not really "our" place. We don't own it and have no desire to own anything here larger than a pressure cooker (yes, Peter bought one). When we arrived, Pepe at the front desk said, "Welcome home!" in English, and that is exactly how it felt: as if we had been away from home and were now returning.

A large box that had formerly held boxes of Cocoa Puffs was already in our apartment, filled with the things we had been allowed to leave behind: kitchen stuff and some art and clothing.

It's nice having our things stored for us while we are away. It is nice to have other people worry about the internet and water and electricity and watering the many plants that fill the courtyard. It's nice having someone at the front desk who will accept packages if we have any and say "good morning!" and "good afternoon!" whenever we come and go. And, I have to admit, it is nice to have Lulu.

I'm not used to having housekeeping. But Lulu comes twice a week, and I'm getting to like it.

Of course, I wash all my dishes, and six days of the week I make my own bed. I don't leave clutter lying about. I find myself looking nervously around the kitchen to make sure the place looks OK before she comes. But then Lulu arrives with fresh white towels and a rag mop and a bucket full of cleaning supplies, and I smile at her and say, "How are you doing today, Lulu?" Lulu always says she is

doing fine.

Lulu is an older woman, thin and somewhat severe. Her hair is pulled back into a tight bun and she wears glasses. She does not readily smile and so, when she does, it is a special treat, because I am quite sure she is not doing it for show. Getting Lulu to smile has become one of my major goals on Mondays and Thursdays.

It was a bit awkward at first. I was nervous having her in the apartment. Should I leave? Was I in her way? I'm pretty sure I made Lulu nervous, skittering around to avoid her and constantly apologizing for my existence. But this is our second stay in this apartment hotel, and we are getting used to one another, Lulu and I. Now I stay put until she lets me know when she'd like to clean the area I am currently occupying, and I tell her about all the amazing vegetables I found in the market and, when she leaves, I give her a larger tip than is, perhaps, customary.

Because I can't think of a better person to have a little extra money than Lulu.

She always thanks me, and I thank her, and we have a moment of awkwardness, and then she is gone until the next Monday or Thursday.

And, of course, it is her job. But there is an ordinary kindness that Lulu embodies that warms my heart. She appreciates my gratitude, and I think she even enjoys my company for the short while we are together—even though my Spanish is not good and I am a little nervous around her. I think she knows I mean well, and that I appreciate her.

When Lulu is gone, the apartment smells of disinfectant soap—a pungent smell I will always associate with Mexico, a clean white bedspread, a spotless floor, and Lulu.

Till next time,  
Carrie

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

# Signs of A Concussion and Treatment to Follow



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

I see a number of patients each year who have suffered a concussion. Usually this is an athletic injury, but it is commonly seen in others as well. Concussions have always been a part of sports, particularly those involving high-energy impacts including football, wrestling, soccer, lacrosse, and basketball. Intensive research, along with lawsuits including the one the NFL Players Association brought against the NFL, are causing research to move rapidly to help get a firmer grasp on how to prevent and manage concussions.

A concussion is a trauma-induced alteration in mental status that usually does not involve a loss of consciousness and does not have to be a result of a blow to the head. In fact, only ten percent of concussions are associated with a loss of consciousness.

Concussions are the result of soft brain tissue moving violently inside the bony skull. It is important to realize that this movement can result in varying degrees of microscopic injuries to brain tissue,

the majority of which do not show up on radiologic imaging studies like CT or MRI scans.

Concussions alter the ability of brain cells to use energy to communicate. The brain's demand for energy exceeds what can be delivered, resulting in the many concussion signs (observable by others) and symptoms (what the athlete perceives). The injured brain is at increased risk of additional injury, sometimes catastrophic, until this mismatch of energy supply and demand is resolved.

Concussion signs may include appearing dazed, stunned, or confused. Observers may note the person is moving clumsily, saying nonsensical things, or exhibiting mood changes such as aggression or sadness. It may cause amnesia, either retrograde (forgetting what happened before the injury) or anterograde (forgetting events after the incident - a more concerning symptom).

Most sufferers usually report a headache. Other common symptoms may include nausea, dizziness, balance problems, blurred or double vision, light or noise sensitivity, "brain fog," concentration or memory problems, fatigue and changes in sleep patterns.

Athletes who sustain a concussion should be immediately removed from the contest or practice until they are evaluated by a certified athletic trainer, coach, or physician who has received training in concussion management.

This is especially critical in younger athletes who are likely more susceptible to potential severe neurologic injury if they are allowed to return to competition before recovering from a concussion.

Although a patient's signs and symptoms may appear to resolve, often the brain has not recovered completely. There are subtle neurologic changes that often can't be picked up by doing a medical history or physical examination.

Computerized neurocognitive testing such as ImPACT, has enhanced our ability to manage concussions more effectively. These tests are more objective and, most importantly, can assist us in getting athletes back on the field more safely. Typically, athletes take a baseline examination at the start of the season and repeat the test at varying times following a concussion. Athletes are usually kept out of competition until their physical exam is normal and their test returns to their baseline.

All NFL and NHL teams and most colleges utilize neurocognitive assessment software. Thankfully, its use has filtered down to the high school level in most areas. While not infallible, most doctors consider these tests to be a standard aid in the management of concussions. However, it is important to note that these tests are but one tool in determining a patient's readiness to return to normal activity. Concussion is a clinical diagnosis that requires an assessment by a clinician

with experience in concussion management.

We are constantly searching for tools to aid in the diagnosis and management of concussions. Some of my patients have brought the "concussion blood test" to my attention. These questions have originated from headlines such as this one from the New York Times: "Concussions Can Be Detected With New Blood Test Approved by FDA." Unfortunately, this is inaccurate.

The test was developed to detect two proteins released into the bloodstream that indicate there is bleeding in the brain, not to aid in the diagnosis of concussion. The test will be used primarily in emergency rooms to determine if a patient needs a CT scan to evaluate for bleeding in the brain.

There are steps that can be taken to help reduce the risk of suffering a concussion. It is critical to teach players to wear properly fitted safety gear and instruct them on proper technique, especially tackling in football. Prevention of falls is also important in non-athletes as well.

Everyone should understand the potential serious nature of even a "minor" concussion. Athletes in particular need to be taught to report their own or their teammates' symptoms or signs immediately.

More information may be found at [www.cdc.gov/TraumaticBrainInjury/](http://www.cdc.gov/TraumaticBrainInjury/)

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

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Photos courtesy of Kia

# 2022 Kia EV6 GT-Line Sends a Postcard from 2030

Kia sends you a postcard from 2030. While several automakers are plotting plans to convert their internal combustion line-up to all-electric by then, the Kia EV6 is already driving there. Its sleek muscular profile covers a swift and silent powertrain that gives passengers every opportunity to luxuriate in a tech-laden cabin. It's the car we were promised in the future, fully realized today. Let's take it for a ride.

It looks the part with its wide electric car stance, squinty angry headlamps, and slashed lower fascia. Bulging fenders surround fat 20" wheels. Kia wants us to think of the EV6 as a crossover, and it was quite large resting in my garage, but think more of a tall swagger wagon. I especially like the barely sloping roof, gently kissed by the upturned rear

pillar, and a wide curvy rump with just a strip of LEDs arching over.

The minimalist artwork continues inside where twin thin screens top the dash for gauges and infotainment, sueded sport seats are heated/ventilated, and the flybridge console houses cupholders, gear selector, and wireless phone charger. Sueded sport seats are heated and ventilated. Check too Meridian audio, heated steering wheel, and power moonroof. Safety is highlighted by front/rear automatic braking, widescreen head-up display, and safe exit assist that prevents passengers from stepping into traffic.

Living with the EV6 is pretty easy. Fully charged, our all-wheel-drive GT-Line goes 274 miles (310 miles without the sports gear) and can fast charge from 10-

80% in just 18 minutes. Charge overnight at home on a 240v charger, but employing just household current consumes 68 hours. Definitely get the home charger. If you care about economy, the car boasts 116/94-MPG city/highway.

GT-Line means this EV6 looks like the super-fast GT, but isn't nearly as quick. Though, it's not slow. The 77.4 kWh lithium-ion battery pack sends 320 horsepower and 446 lb.-ft. of torque to the road through all-wheel-drive. While the GT can click off 0-60 mph in a scant 3.5 seconds, the GT-Line will require 5.2s. I know, the sacrifices we must make. Just be aware that if you keep going fast, you won't go very far.

And, that would be a shame because the EV6 is a joy to drive. Ener-

**2022 Kia EV6 GT-Line**  
**Five-passenger, awd 5-door**  
**Powertrain:** Li-ion batteries/motor  
**Output:** 320hp/446 lb.-ft.  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 20"/20" alloy  
**Brakes f/r:** regen disc/disc  
**Must-have features:** Style, Driving  
**Driving range:** 274 miles  
**0-60 mph:** 5.2s  
**Economy city/hwy:** 116/94 mpg-e  
**Assembly:** Hwasung, Korea  
**Base/as-tested price:** \$41,400/57,410

gize the big pedal and it whooshes silently away. It's very happy slipping through city traffic or making haste on the Interstate with regenerative braking allowing one-pedal control. Adaptive cruise and lane centering steering add to the relaxation. The car is quite heavy - over 4,000 lbs - but the weight is low down in the chassis

and the suspension does a good job of stepping through corners and over rough pavement.

If the EV6 had a gas engine, I'd still like it. It is beautiful and works simply. The cabin is roomy and sets the standard for ease of use with all of the latest infotainment and safety features. But, it is electric and that makes it a better car. I'm not



**CASEY WILLIAMS**  
Auto Reviews

enjoying being home from 2030, but I can't wait to see what Kia builds eight years hence.

A base price of \$41,400 rises to \$57,410 as-tested (minus \$7,500 federal tax credit). Competitors include the Ford Mustang Mach-E, Tesla Model Y, Chevy Bolt EUV, Subaru Solterra, Toyota bZ4X, and Hyundai IONIQ 5. Storm Forward!

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

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**BETSY** From Page A1



The Times photos courtesy of Nicholas Shotwell

**Sheridan Blackhawks Marching Band performs "Into the Storm" on Friday morning during the 75th Indiana State Fair Band Day at the Indiana State Fair, where the band placed 18th overall of 39 high school marching bands. Sheridan Blackhawks placed seventh of the 17 bands in their new AA class. Sheridan's percussion ranked sixth in the AA class and 16th overall, and Sheridan's Guard ranked ninth in AA class and 22nd overall, under marching band director Libby Doublestein. Winds and percussion students sported black sleeveless shirts, white marching band pants, and black marching shoes. The guard members wore gray uniforms to represent clouds, with blue silks for blue skies, yellow lightning bolt silks, and black and white swing flags, made by band parents and community members, which represented swirling wind. There was also a guard member in a red and white dress and boots, acting as the farmer experiencing the storm.**

hawks have competed in Class A for smaller bands. This year, the band has 26 playing members (winds and percussion and 10 guard members, plus a drum major) and bumped up to Class AA for 26-50 playing members (winds and percussion). The Blackhawks competed with much larger bands for Class Awards (first, second, third place in each class) and Class Caption Awards - Guard (Auxiliary) and Percussion.

Doublestein said, "The judges were generally complimentary and spoke about the significant improvement throughout the season and how evident that was in their performance."

The band's State Fair Band Day show theme was "Into the Storm," by Robert W. Smith. The musical

piece presented the intensity, fury and relentless pounding of the wildest of storms. Set pieces depicted a farm, including a barn, windmill and silo. Toward the end of the show, the band formed concentric circles "to move dramatically across the field like a tornado, causing the set pieces to succumb to the storm," Doublestein said.

The Blackhawks' State Fair Band Day started early. The band met at the school at 5 a.m. to arrive at the Fairgrounds when the gates opened. "We did stretches and basics as the sun came up, which was a very peaceful start to the day," the band director said. "Before stepping up to the start line, it is a tradition for our band to form a circle and quietly sing 'Amazing Grace.' The tears started form-

ing in many of our eyes, knowing how special this last performance was to everyone, and especially to our super-seniors (students who graduated in June, and chose to stay and march one last season)."

Then it was time to line up to go out onto the track for the competition.

Doublestein said, "Lining up at the start line, the band was focused and prepared. Stepping onto the field, the energy continued to grow. They performed with excellence and pride, knowing this was the culmination of over 250 hours spent working together this summer. That hard work paid off with a performance that every person who had anything to do with the show -- be it marching, directing, building, supporting from the stands -- was truly

proud of."

The band performed at 9:27 a.m. Friday, fourth in the day's lineup. Winds and percussion students sported black sleeveless shirts, white marching band pants, and black marching shoes. The guard members wore gray uniforms to represent clouds, with blue silks for blue skies, yellow lightning bolt silks, and black and white swing flags, made by band parents and community members, which represented swirling wind. There was also a guard member in a red and white dress and boots, acting as the farmer experiencing the storm.

"Thankfully, the temperature hadn't gotten unbearable yet by that time. Our uniforms with the sleeveless shirts helped a great deal with handling

the hot temps," Doublestein said.

The band spent the day enjoying the State Fair. "We had a good amount of time to enjoy the Fair since we performed so early. Fair food, rides, and must-have pictures riding 'The Champion!'" she said. They also stayed through to watch the bands perform in the Finals.

Doublestein expects the Marching Blackhawks to return to 2023 Indiana State Fair Band Day. She said, "At dismissal early Saturday morning (around 12:30 a.m., when we returned from the Fair), the rookies were shedding just as many tears as the seven-year super seniors. They all have so much heart, and their dedication to each other and this band is remarkable."

This year, the band has

been to four contests so far, placing 11th at Centerville, second at Montgomery County, 12th at Muncie Central, and 13th at Anderson.

What's next?

The first day of classes for Sheridan Community Schools is today. There will be a few high school band practices over the next two weeks and the band will perform during halftime at Sheridan's first home football game, on Friday, Aug. 19.

Doublestein looks forward to discovering the Blackhawks' potential this school year.

"Our marching band grew by almost double from 2021 to 2022. We are excited to start planning for next year."

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

**OFFICERS** From Page A1

or GED equivalent.

- Must be at least 21 years of age and have not reached 40 years of age by date of hire.
- Must possess a valid driver's license to operate a motor vehicle.
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- No Operating While Intoxicated (OWI) convictions.
- No dishonorable discharge from the military service.

The deadline to apply is Sept. 16, 2022.

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The Noblesville Police Department has 96 sworn officers and has many specialized units to include drone pilots, SWAT, motorcycle, FTO, crisis negotiations, K-9, mentoring, boat patrol, honor guard, dive, crime scene technicians, bicycle patrol, motor vehicle crash reconstructionist, school resource officer, mental health specialist, wellness specialist, and many more.

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Anyone requesting additional information is encouraged to contact Recruiting Officer Lt. Bruce Barnes at (317) 776-6340 ext. 1243 or [bbarnes@noblesville.in.us](mailto:bbarnes@noblesville.in.us)

**DOG** From Page A1



Lt. Gov. Suzanne Crouch



First Dog Henry Holcomb

furry friends enjoying the beauty of Indiana whether that's at one of our incredible state parks, miles of trails or countless pet-friendly destinations."

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"There's no need to

leave your dog at home when traveling in Indiana," IDDC Secretary and CEO Elaine Bedel said. "No matter the time of year, Visit Indiana has plenty of resources to help you find the perfect spots to explore with your pets."

Pet-friendly trip ideas, destinations and lodging in Indiana are available at [VisitIndiana.com](http://VisitIndiana.com).

The Indiana State Nature Passport and Indiana Arts and Culture Passport also highlight locations across the state welcoming to dogs.

For more information go to [VisitIndiana.com/dogs](http://VisitIndiana.com/dogs) or follow Visit Indiana on social media at @VisitIndiana on Facebook, Twitter or Instagram.

\*All prizes are available while supplies last.

**EXPRESS** From Page A1

aboard the NPX to practice the new moves during the 65-minute family train ride. Passengers will enjoy superhero juice and cake pops while riding on the historic 1950s train.

Passengers will board the NPX unique, tall railcars from the beautifully restored Hobbs Station platform located inside Forest Park in Noblesville.

Tickets for the Superhero Express start at \$34 per person. The Superhero Express will run Saturday, Sept. 10 at 9:30 a.m., 11:30 a.m. and 1:30 p.m. and Sunday, Sept. 11 at 10:30 a.m. and 12:30 p.m.

For information about the variety of NPX excursions - from the Superhero Express to special dining experiences and holiday-themed rides in 2022 - visit: [nickelplate-express.com](http://nickelplate-express.com).

The City of Noblesville and Noblesville Parks Department are going all out to ensure your experience at Forest Park is the best it can be. Through its fun, exciting and educational rail excursions, Nickel Plate Express is pleased to be a partner in that creating that exciting experience.

Nickel Plate Express is a program of the Nickel Plate Heritage Railroad, a charitable nonprofit that operates the historic Arcadia Depot and offers entertainment and educational excursions on historic train equipment out of Forest Park, Noblesville. The 12.5 miles of Nickel Plate track is owned by the Hoosier Heritage Port Authority and runs from Noblesville through Cicero and Arcadia to Atlanta, Ind., in northern Hamilton County.

**Obituary deadline**  
 The Times publishes obituaries daily at [www.thetimes24-7.com](http://www.thetimes24-7.com), and in its print product every day with the exception of Sundays and Tuesdays. All obituaries must come from a funeral home. A photo may be included and should be sent as a high-resolution JPEG.  
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**Thanks for reading The Times,**  
**Hamilton County!**



# TUESDAY

## In The Kitchen

# DAY

Tuesday, Aug. 9, 2022

A9

# Family Meals that Make Busy Weeknights a Breeze

**FAMILY FEATURES**

After a long day in the classroom or at the office, it's tough to top bringing the family together with a home-cooked meal. When evenings are busy with homework and activities, however, there might be little time left for complicated dishes.

Take those schedules on with a menu of delicious recipes that require 30 minutes or less so you can focus on celebrating the day's accomplishments with loved ones. These simple yet flavorful ideas from Milk Means More call for limited instructions, less equipment and shorter ingredients lists fueled by dairy favorites that provide much-needed nutrients to recharge the entire family.

Pork Chops in Creamy Mustard-Peppercorn Sauce feature the sharp yet balanced taste of mustard and cracked black peppercorns as an easy way to dress up pork chops. When pasta night comes around, Pasta with Yogurt Sauce provides a quick, creamy Middle Eastern solution.

This Chicken with Creamy Sun-Dried Tomato Sauce recipe gets its robust flavor from sauce made with sun-dried tomatoes and enhanced with luscious half-and-half. For a tasty twist on Taco Tuesday, you can play "beat the clock" with Roasted Chicken and Zucchini Tostadas by crisping corn tortillas under the broiler then topping them with a tangy yogurt spread, cumin-seasoned chicken, veggies and shredded cheese.

Turn your hectic weeknights into cause for celebration with more quick and easy recipe ideas at MilkMeansMore.org.



Pork Chops in Creamy Mustard-Peppercorn Sauce

### Pork Chops in Creamy Mustard-Peppercorn Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 20 minutes  
Servings: 4

- 3/4 cup evaporated 2% milk
- 3 tablespoons spicy brown mustard or Dijon mustard
- 3/4 teaspoon coarsely cracked black peppercorns
- 1/2 teaspoon all-purpose flour
- 4 boneless pork loin chops (1 1/4 pounds), cut 3/4-inch thick
- 1/4 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon minced garlic
- 1/4 cup reduced-sodium chicken broth
- cooked noodles or rice (optional)
- chopped fresh parsley (optional)

In bowl, whisk milk, mustard, peppercorns and flour. Set aside. Pat pork chops dry with paper towels. Sprinkle both sides of chops with salt. In large nonstick skillet, heat oil over medium-high heat. Cook pork chops 3-4 minutes, or until browned. Turn and cook 3-4 minutes, or until thermometer inserted in thickest part of chops reads 145 F. Transfer chops to serving platter. Loosely cover with foil to keep warm. Add garlic to drippings in skillet. Cook 15 seconds. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in milk mixture and any accumulated juices from cooked pork. Cook and stir until just boiling. Immediately remove from heat and spoon sauce over chops. Serve with noodles or rice, if desired. Garnish with parsley, if desired.



Pasta with Yogurt Sauce

Photo courtesy of Jenny Struik of "Jenny with the Good Eats"

### Pasta with Yogurt Sauce

Recipe courtesy of Enas Malik, RDN, on behalf of Milk Means More  
Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4

- Salted water
- 8 ounces angel hair pasta
- 1 tablespoon vegetable oil, divided
- 1 small white onion, minced
- 8 ounces ground beef or lamb
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup plain yogurt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 3 cloves garlic, minced
- 1 tablespoon fresh mint or 1 teaspoon dried mint

In medium pan, bring salted water to boil. Add pasta and cook according to package directions. Strain pasta and reserve about 1/2 cup water.

In medium saute pan over medium heat, heat 1/2 tablespoon vegetable oil. Add minced onions. Cook until translucent and aromatic, 2-3 minutes. Add ground meat and season with salt and black pepper. Cook until meat is browned through, 8-10 minutes. Drain fat. Transfer cooked meat to bowl and set aside.

In small pan over medium heat, cook yogurt, white pepper, cumin and garlic powder until mixture comes to soft boil and thickens. Remove pan from heat. Add pasta water to reach desired consistency.

In same saute pan used to cook meat over medium heat, add remaining vegetable oil and saute garlic until golden in color. Add mint. Remove from heat and pour over yogurt mixture. Mix pasta, meat and yogurt sauce; serve.

### Roasted Chicken and Zucchini Tostadas

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 25 minutes  
Servings: 4

- 12 street taco-size corn tortillas
- nonstick cooking spray
- 1/2 cup plain Greek yogurt (2% or 5%)
- 3 teaspoons lime juice, divided
- 1/4 teaspoon garlic powder
- 1 1/2 cups shredded or chopped rotisserie-roasted chicken breast
- 1/2 cup seeded and chopped tomato
- 1/2 cup chopped zucchini
- 2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper

- 1 cup (4 ounces) shredded Monterey Jack cheese

Heat oven to broil.

Line large baking sheet or 18-by-13-by-1-inch baking pan with foil. Arrange tortillas in single layer on pan. Lightly spray tortillas with nonstick cooking spray. Broil about 5 inches from heat 4-6 minutes, or until beginning to brown on one side. Remove from broiler. Carefully turn tortillas over.

In medium bowl, stir yogurt, 1 teaspoon lime juice and garlic powder. Set aside. In another bowl, toss chicken, tomato, zucchini, remaining lime juice, olive oil, cumin and cayenne pepper.

Spread yogurt mixture on unbrowned sides of tortillas. Top with chicken mixture. Sprinkle with cheese. Broil about 5 inches from heat 2-3 minutes, or until hot and cheese melts. Serve immediately.



Roasted Chicken and Zucchini Tostadas



Chicken with Creamy Sun-Dried Tomato Sauce

### Chicken with Creamy Sun-Dried Tomato Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 20 minutes  
Servings: 4

- 3/4 cup half-and-half
- 1/2 teaspoon all-purpose flour
- 1 1/4 pounds boneless, skinless chicken breast cutlets (about 3/4 inch thick)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon oil from sun-dried tomato jar
- 1/2 cup oil-packed, slivered sun-dried tomatoes, drained
- 1/3 cup finely chopped onion
- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon grated Parmesan-Reggiano cheese

In bowl, whisk half-and-half and flour. Set aside.

Pat chicken pieces dry with paper towels. If necessary, cut into four serving-size pieces. Sprinkle both sides of chicken with salt and pepper.

In large nonstick skillet over medium heat, heat sun-dried tomato oil. Cook chicken pieces 3-4 minutes, or until browned. Turn chicken. Cook 3-4 minutes, or until thermometer inserted in thickest portion of chicken reads 165 F. Transfer to serving platter. Loosely cover with foil to keep warm.

Add sun-dried tomatoes and onions to drippings in skillet. Cook 1-2 minutes, or until onion is tender. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in cream mixture and any accumulated juices from cooked chicken. Cook and stir until simmering and slightly thickened. Remove from heat. Stir in Parmesan-Reggiano cheese. To serve, spoon sauce over chicken.



# TUESDAY Health and WELLNESS

Tuesday, Aug. 9, 2022

A11

## Why Breastfeed? The Benefits of Breastfeeding for Both Mother and Child

By: **Dr. Cameal Wright, CareSource Vice President and Market Chief Medical Officer**



Dr. Cameal Wright

The American Academy of Pediatrics (AAP) recently updated their guidelines around breastfeeding, now supporting continued breastfeeding until two years or beyond, as mutually desired by the mother and child. Breast milk is and always has been the most optimal source of nutrition for a growing baby, and if breastfeeding is an option for the mother, that is the top recommended practice for giving babies the nutrients they need.

August represents National Breastfeeding Month, a time to raise awareness about the importance of breastfeeding. As the U.S. continues to face a shortage in infant formula, and with the AAP's updated guidelines, it's of the utmost importance now for mothers to be informed on the many benefits of breastfeeding for both their

babies and themselves.

The Importance of Breastfeeding

The World Health Organization (WHO) actively promotes breastfeeding as the best source of nourishment for infants and young children. Breast milk is specifically formulated for optimal nutrition for a newborn. The composition of breast milk changes to match a baby's needs as it grows and its nutritional requirements change. Babies also receive immune support from the antibodies provided in breast milk, as breast milk offers immunity in the early stages of life before a baby can

receive vaccinations. In fact, studies found that breast milk of mothers vaccinated for COVID-19 carry antibodies against the virus.

In addition to the ample amount of health benefits, breast milk is economically favorable. Due to an infant's changing routine, many find breastfeeding to be the most convenient feeding option due to the ability to breastfeed anytime, anywhere. Breastfeeding can help lift financial burdens associated with feeding as it offers a free, nutritional food source for babies.

Additionally, breastfeeding creates a special bond between mother and baby because it promotes skin-to-skin contact. Many experts say the bonding experience during the first years of life helps lessen social and behavioral problems in both children and adults. Breastfeeding even burns extra calories and helps many mothers

return to their pre-pregnancy weight. If a new mother has questions about breastfeeding, they can turn to health plans for answers, like CareSource. CareSource provides critical information and resources to assist mothers and families, pays for lactation consultants that can provide members with prenatal education and postnatal assistance with breastfeeding, and provides all mothers with a breast pump and supplies.

Disparities in Breastfeeding

Despite the AAP recommending breastfeeding, national rates remain low, especially among minority groups. The Centers for Disease Control and Prevention (CDC) shows racial and ethnic disparities in breastfeeding initiation continue to persist. Low rates of breastfeeding add more than \$3 billion a year to medical costs for mothers and their children in the U.S., per the

CDC. Additionally, three quarters (76%) of Black infants are ever breastfed, which is below the national average of 84%. Indiana is one of 26 states where the breastfeeding initiation rate was lowest among infants of Black mothers. It's important to consider the root causes of disparities in breastfeeding, including historical trauma, access to care, provider bias and promotion of formula by manufacturers. Culturally appropriate education, increased breastfeeding support and diverse representation within health care should be encouraged and implemented in order to increase awareness of the importance of breastfeeding and help remove these barriers.

CareSource encourages mothers and expecting mothers to learn more about the benefits of breastfeeding, especially as we continue to see a short supply of infant formula. Health plans like CareSource can provide

access to case management workers who connect mothers to resources in their community. Additionally, mothers can utilize CareSource24, a 24-hour Nurse Helpline, to ask questions and get advice. CareSource has also recently partnered with The Milk Bank, sponsoring 1,000 ounces of human milk through their Give an Ounce campaign. The gift is part of a larger effort to increase access to adequate infant nutrition during the formula shortage.

Breastfeeding is more than just a lifestyle decision; it's an investment in health for both mothers and their infants, reducing health risks like asthma, obesity, diabetes, sudden infant death syndrome (SIDS), breast cancer, ovarian cancer and more, according to the CDC. It's critical to advance the support, protection and promotion of breastfeeding so all families have the opportunity to breastfeed.

## New Patent-Pending Method Mass-Produces Antitumor Cells to Treat Blood Diseases and Cancer

A Purdue University chemical engineer has improved upon traditional methods to produce off-the-shelf human immune cells that show strong antitumor activity, according to a paper published in the peer-reviewed journal Cell Reports.

Xiaoping Bao, a Purdue University assistant professor from the Davidson School of Chemical Engineering, said CAR-neutrophils, or chimeric antigen receptor neutrophils, and engraftable HSCs, or hematopoietic stem cells, are effective types of therapies

for blood diseases and cancer. Neutrophils are the most abundant white cell blood type and effectively cross physiological barriers to infiltrate solid tumors. HSCs are specific progenitor cells that will replenish all blood lineages, including neutrophils, throughout life.

"These cells are not readily available for broad clinical or research use because of the difficulty to expand ex vivo to a sufficient number required for infusion after isolation from donors," Bao said.

"Primary neutrophils especially are resistant to genetic modification and have a short half-life."

Bao has developed a patent-pending method to mass-produce CAR-neutrophils from human pluripotent stem cells (hPSCs), that is, cells that self-renew and are able to become any type of human cell. The chimeric antigen receptor constructs were engineered to express on the surface of the hPSCs, which were directed into functional CAR-neutrophils through a novel, chemically de-

defined protocol.

The method was created in collaboration with Qing Deng at Purdue's Department of Biological Sciences, Hal E. Broxmeyer, now deceased, at Indiana University School of Medicine, and Xiaojun Lian at the Pennsylvania State University.

"We developed a robust protocol for massive production of de novo neutrophils from human pluripotent stem cells," Bao said. "These hPSC-derived neutrophils displayed superior and specific antitumor activi-

ties against glioblastoma after engineering with chimeric antigen receptors."

Bao disclosed the innovation to the Purdue Research Foundation Office of Technology Commercialization, which has applied for an international patent under the Patent Cooperation Treaty system of the World Intellectual Property Organization. The innovation has been optioned to an Indiana-headquartered life sciences company.

"We will also work with Dr. Timothy Bentley, professor of neurology

and neurosurgery, and his team at the Purdue College of Veterinary Medicine to run clinical trials in pet dogs with spontaneous glioma," Bao said.

This research project was partially supported by the Davidson School of Chemical Engineering and College of Engineering Startup Funds, Purdue Center for Cancer Research, Showalter Research Trust and federal grants from the National Science Foundation and National Institute of General Medical Sciences.

## What is a Stress Fractures and How Do You Treat It?

I ran into a college athlete recently who complained of shin pain. He had been upping his running mileage in preparation for the cross country season. His pain was due to a stress fracture. It is estimated that between 5 and 30 percent of athletes develop a stress fracture each year. Briefhaupt first described the condition in 1855 when examining military recruits, a group that is at high risk for stress fractures.

Everyone is familiar with bone fractures, especially those from an acute injury. Even untrained eyes can usually identify the fracture lines on an X-ray; the bone often looks like a broken stick. Stress fractures, however, can be much more difficult to diagnose.

Stress fractures, as the name implies, are caused by ongoing stress on bone tissue. This repetitive microtrauma causes disruption of the microscopic structure of the bone over time that eventually



JOHN R. ROBERTS, M.D.  
Montgomery Medicine

exceeds the bone's ability to heal itself. A tiny crack subsequently develops in the bone that may or may not be obvious on an X-ray. Think of bending a piece of metal over and over - eventually it weakens and breaks.

Stress fractures usually occur in bones that are prone to repetitive stress based on the specific sport involved. The fractures can involve any bone, but the most common locations and their associated sports include the hip, leg, and foot (runners & jumpers), the spine

(gymnasts, divers, and volleyball players), arms (throwers), and ribs (rowers). The forces experienced by bones in the feet and legs can be up to twelve times a person's weight. Stress fractures are one of the five most common injuries in runners and account for up to half of injuries in soldiers.

Risk factors for stress fractures can be divided into intrinsic (originating within the body), and extrinsic (coming from outside the body). Intrinsic factors can include gender (twice as likely in females), weak or imbalanced muscles, prolonged rest that can lead to weak bones, leg misalignment, being tall, and having poor foot structure.

One very important intrinsic risk factor is decreased bone density, known as osteoporosis. This is especially worrisome in young female athletes and can be part of the "female athlete triad." This triad includes disordered eating such

as anorexia and bulimia, amenorrhea (no menstrual periods) and osteoporosis. Any young woman who has a stress fracture needs to be evaluated for the female athlete triad.

Extrinsic risk factors usually include an excessive amount or intensity of training, a poor training surface (too hard or irregular), and worn out or improperly fitted shoes. Running shoes should be fitted correctly to the foot structure, preferably at a professional running shoe store such as Blue Mile, and should be changed out every 300 miles or so. Other extrinsic factors include smoking, poor nutrition, and medications, especially oral steroids.

A person with a stress fracture usually presents with a particular history. The pain usually comes on gradually and is felt at the end of the activity causing the pain. The pain then becomes more severe, causing the person to limit participation.

During the early phase of injury the pain is relieved with rest which is usually not the case as the damage progresses. Many patients complain of pain at night and athletes frequently have a hard time pinpointing a specific spot where it hurts.

The physical exam often offers clues to the diagnosis. Pain is usually elicited when pressing or tapping the affected area. There may be swelling or redness at the site as well. Having the patient put stress on the bone by hopping, etc. may worsen the pain.

If the history and physical exam does not identify the problem other tests need to be ordered. Conventional X-rays are frequently normal. Often CT or MRI scanning is required to locate and assess the severity of the fracture. Nuclear bone scans can also be useful. Which study to order is usually determined by the site of the possible fracture and other medical

conditions the patient may have.

Treatment is fairly simple - break the cycle of repetitive stress on the bone. This is done by cross training to strengthen the muscles around the fracture site without putting stress on the bone. Rehabilitation usually takes four to 12 weeks depending on the site and severity of the fracture. Occasionally stress fractures do not heal and require surgical stabilization. One rule of thumb is to increase activity about ten percent a week during rehabilitation. As far as treating the pain, there is some evidence in animal models that taking non-steroidal medications such as Aleve and ibuprofen for pain may delay healing, so we usually try to stick with Tylenol and other local treatments such as icing.

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

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