# 🗢 TODAY'S VERSE

Matthew 24:34-35 Verily I say unto you. This generation shall not pass, till all these things be fulfilled. Heaven and earth shall pass away, but my words shall not pass



#### FACES of HAMILTON COUNTY

What makes Thomas Kneeland smile? "My kids," said the then 29-year-old Fishers Arts Council member. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. He has a blended family of five children, now ages 5-12. He was born and raised in Greenville, Miss. He came to Indiana to attend DePauw University in Greencastle to study creative writing and graduated in 2014. He is a former downtown Noblesville resident of three years. He graduated from Indiana Wesleyan with a master's degree in ministry. He is the founder and executive director for Kneeland Center for Poetry. "We focus on creating places for underrepresented writers across the world." Professionally, he is a poet, best-selling author and copywriter and has three books of poetry, one in second edition that is available at Barnes & Noble Booksellers, where he also has other books available, the latest about black lives. The Noblesville Barnes & Noble will have a grand opening at 10 a.m. Wednesday at 17070 Mercantile Blvd., in the former Pier 1 space in Noblesville (next door to the former Barnes & Noble)and will feature New York Times bestselling author of "Somebody's Daughter," Ashley C. Ford, cutting the ribbon, welcoming customers to the store as well as signing copies of her memoir.

# And Another Few Things...

# 1. Daniels Fireside Chat

A fireside chat between Purdue University President Mitch Daniels and David Ricks, chair and CEO of Eli Lilly and Company, will be the highlight of the seventh annual Lilly Day at Purdue on Wednesday.

"We are excited to host Lilly Day at Purdue again this year," said Tim Coleman (Management '90), Lilly's vice president and information officer, medicines development information and digital solutions. "It's a great opportunity for students to learn about how we unite caring with discovery to create medicines that make life better for people around

# 2. Nongame Wildlife

Outdoor Indiana magazine's September/October issue features a cover article commemorating the 40th anniversary of the Indiana Nongame Wildlife Fund.

The Nongame Wildlife Fund supports the conservation of endangered and nongame wildlife in the Hoosier state. Nongame wildlife is any wild mammal, bird, reptile, amphibian, fish, mollusk, or crustacean that is not hunted or trapped for sport or commercial use. The crawfish frog, aka the Hoosier frog, is the cover photo.

The issue also includes features on walking sticks, those trail companions dear to so many hikers, and Octave Chanute, a manned-flight pioneer who did many of his test flights on the Indiana Dunes.

Outdoor Indiana is available now at most Barnes & Noble stores in Indiana for \$4. Subscriptions are \$15 for one year and \$28 for two years.

Subscribe at ShopINStateParks. com or by calling 317-233-3046. To read article excerpts, go to OutdoorIndiana.org.

# 3. Ivy Tech Honors

Ivy Tech Community College was named in the annual Top 100 ranking of America's Best State Employers. This is the third Forbes designation the College has received this year, along with the Best Employers for Women for the second straight year and the Best Employers for Diversity.

to work has been a focus of the College," Dr. Sue Ellspermann, Ivy Tech President said. "It is exciting to see that our efforts to align policies and procedures to support all employees have paid off. These efforts have enabled us to increase employee engagement and attract and retain top talent."

lvy Tech has over 6,400 employees; about half of those are full-time. You can see the full Forbes list at https://www.forbes.com/ lists/best-employers-by- state/?sh= 4c7768161983



**NOBLESVILLE, INDIANA** 



Photo courtesy of the Boys & Girls Club of Noblesville

(From left to right) BGCN Board President Daryl Petry, Genesis Inspiration Foundation Executive Director John Guastaferro, BGCN Director of Club Operations Abigail Stutesman and Genesis Operations Sr. Group Manager David Senft at the check presentation last week.

# **Boys & Girls Club of Noblesville Receives Grant from Genesis Inspiration Foundation**

The Tom & Soni Sheehan Boys & Girls Club of Noblesville (BGCN) recently received a \$50,000 grant from the Genesis Inspiration Foundation in support of its Arts Programs for youth. The support will assist the organization in providing a suite of programs that will expand members' perspectives while focusing on arts education and exploration.

"The Tom & Soni Sheehan Boys & Girls Club of Noblesville is so honored to receive this award," stated BGCN executive director, Becky Terry. "Our young artists are extremely creative, and with this grant, they have access to supplies and programming that rises to the level of their imaginations."

"The Genesis Inspiration Foundation is committed to improving educational outcomes for children specifically through the arts," stated Genesis Inspiration Foundation, executive director, John Guastaferro. "We are honored to support the Boys & Girls Club of Noblesville to

**⇒**See GENESIS Page A7

# The Daily Almanac

Sunrise/Sunset RISE: 7:09 a.m. SET: 8:18 p.m.

High/Low **Temperatures** High: 85 °F Low: 68 °F

#### Today is....

- Frankenstein Day
- National Beach Day • Touch-A-Heart Tuesday

# What Happened

- On This Day • **1963** Telephone hotline between Washington DC and Moscow is established
- 1967 Thurgood Marshall becomes the first African-American appointed to U.S. Supreme Court
- 1984 Space Shuttle Discovery takes off on its maiden voyage

#### **Births On This Day** • **1893** Huey Long

- American politician
- 1930 Warren Buffett American businessman, philanthropist

#### **Deaths On This Day** • 2003 Charles Bronson

- American actor
- 2013 Seamus Heaney Irish poet, playwright, Nobel Prize laureate

# Local Celebs Ready for Hamilton County Launches Dancing with Our Stars



BETSY REASON

"Dancing with the Stars" just announced its lineup for the 31st season, premiering on Sept. 19, Hamilton

County has its own version of the dance competition.

The Eighth annual Dancing with Our Stars, featuring local celebrities, on Sept. 8, will benefit our own Meals on Wheels

of Hamilton County. Ticket sales end on Wednesday.

Meals on Wheels, which started in 1975, delivers more than 56,800 meals each year to elderly, disabled, chronically ill and home-bound residents in all eight communities of Hamilton County.

I am told that many of the "celebrities" have zero dancing experience. But many volunteer after seeing a friend in the dance

See BETSY Page A7

# **New Online Portal for County-Appointed Boards**

The Hamilton County Council has a new online process for nominating appointments to county-run boards. In the past, appointments have been made through word of mouth.

"During our last meeting, we had the opportunity to showcase the ineffective nature of the current process as we filled a position on the newly formed consolidated Board of Zoning Appeals and the Hamilton East

Alexander, Vice President of the County Council. "The appointments sparked a spirited debate about recommendations and the qualifications of the nominated individuals. These are items that could be automated if done correctly."

The new online process will list each of the county-appointed board seats along with their roles and responsibilities.

# **Putting Backspin On A Mouse**



JOHN O. MARLOWE

mouse in my pantry . . . and he might just be staying there. Living with

There's a

the countryside right out my

back door, it

really isn't strange that a mouse has set up lodgings inside the cozy confines of my larder. In fact, I count on it happening two times each year.

For whatever reasons, I seem to attract the little rodent residents in large numbers each spring and fall. Logic tells me that their arrival coincides with the agricultural activities in the fields around me. Farmers plant in the spring and harvest in the fall, and a mouse is no match for a 45,746 pound John Deere combine.

⇒See MARLOWE Page A7

### Public Library board," says Ken See PORTAL Page A7 GiGi's Playhouse to Host Seventh **Annual 3.21 Mile Run in Noblesville**



GiGi's Playhouse Indianapolis, a local Down syndrome achievement center, will host its seventh annual 3.21 Mile Run on Sept. 10 at Forest Park in

Noblesville. The event supports the continued growth of GiGi's Indianapolis location and the 572 participants that benefit from its FREE therapeutic, educational, wellness and career programs.

"This will be the first time we've been able to host this event in person since the

See RUN Page A7

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# OBITUARIES

Jeannine Forner Sarah Jane Johns Orville Lee 'Art' Massingill Vera Mushrush

The Times appreciates all our customers. Today, we'd like to personally thank James Gapinski Heartland Growers Inc. for subscribing!

# **⇒ HONEST HOOSIER**

Is August really almost over? And is the first grading period for schools almost over, too. Something seems so wrong about both of those statements.



Exercising at least five days a week can cut sick days in half. 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 QUOTE

"Motivation is simple. You eliminate those who are not motivated."

- Lou Holtz

# TODAY'S JOKE

If you have the New England Patriots defensive tackle, linebacker and tackle in a car, who's driving? Probably a







PAGE TWO TUESDAY, AUG. 30, 2022

# **OBITUARIES**

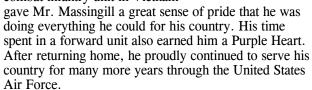
Orville Lee 'Art' Massingill

April 8, 1949 - August 23, 2022

Orville Lee 'Art' Massingill, age 73, of Sheridan, Indiana, passed away on Tuesday evening, August 23, 2022, at Riverwalk Village in Noblesville.

He was born on April 8, 1949, in Pennington Gap, Virginia, son of the late Luther and Vergie (Moore) Massingill.

Mr. Massingill was a 1967 graduate of Sheridan High School. During his younger years he had a real love for farming, assisting both Davis Farms as well as Dave Glunt with their farm operations. Eventually, the call to serve his country came, and he quickly found himself in the United States Army. Being deployed to a combat infantry unit in Vietnam



In addition to his military career, he worked as a setup man for Ford Motor Company, setting and calibrating the machines for the production line, retiring after 28 years of dedicated service.

He was a member of the K.V. Elliott Post 67 of the Sheridan American Legion. Mr. Massingill was also a member of the Sheridan Church of God, and most recently was attending Six Points Church in Sheridan.

He never found himself at a loss for something to do. He enjoyed hunting and fishing, shooting pool with friends (usually Gail Ewing or Josh Kennedy), pitching horseshoes up at the park with the Sheridan Horseshoe League, heading over to the Sale Barn at Strawtown (most likely with Gail Ewing and/or Vernard Moore), or sometimes just sitting, not so quietly, in front of the TV watching boxing.

Mr. Massingill loved his family, especially when it came to his grandkids. He loved following everything they were involved in. His dedication to family and friends and his strong work ethic, are just the beginning of a wonderful legacy that his family can carry forward.

Survivors include the love of his life Patricia 'Patty' (Hancock) Massingill, the two being married on July 19, 1969; three sons Randy (favorite daughter-in-law, Connie) Lee Massingill of Rockwood, Tennessee, Mark Allen Massingill of French Lick, Indiana and Jeremy Fendly (Gina); daughter Kelly (Toby) Lynn Johnson of Sheridan; eight grandchildren Kristal Johnson, Isaac Johnson, Stevie Massingill, Lane Massingill, Cameron Massingill, Logan Massingill, Chase Massingill and Courtney Wilson; seven great-grandchildren Caiden Fendley, Lucy Hester, Toby Davis, Jaxon Massingill, Walker Massingill, Navy Rain Johnson and Charlie Wilson; brother Chuckie Massingill; three sisters Ann Nesbitt (Larry) of Coatsville, Coleen "Cookie" Walton of Sheridan and Elaine Burtron (Carl) of Sheridan; and many, many special nieces and nephews.

He was preceded in death by his parents Luther and Vergie (Moore) Massingill; father-in-law and motherin-law Glen and Ruth Hancock; sister Alice Jane Collins and her husband Bill Collins; brother-in-law George Walton; and sister-in-law Terri Massingill.

Services are scheduled for 2 p.m. on Thursday, September 1, 2022, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with Visitation scheduled to be held from 11 a.m. until the time of service.

Burial with Military Honors will follow at Crown View Cemetery in Sheridan.

Pastor Josh Kennedy will be officiating.

# Vera Mushrush

February 12, 1927 - August 28, 2022

Vera Mushrush, 95, of McCordsville, formerly of Noblesville, passed away on August 28, 2022. She was born on February 12,

1927, in Indianapolis, to Clarence and Florence (Walker) Mushrush. Ms. Mushrush graduated from No-

blesville High School in 1945, graduated from Indiana Central Business College and immediately began her 44-year career as a secretary at IBM.

She also worked as a librarian. She was a member of Fortville Christian Church for over 70 years where she was a 2nd Grade Sunday School Teacher. Ms. Mushrush started the Deaf Ministry, starting a Sign Language Class that Gary and Phyllis Wilson taught.

She led the Ladies Outreach Team for many years. She enjoyed working on the Welcome Desk Team and was very active in mission projects with the church. Ms. Mushrush was a 50-year + Member of the Missions Committee and she was the first woman on the committee. She was the first FCC member to go alone on a church mission trip.

She enjoyed short term mission trips as she traveled to 35 countries and 50 states including Malawi, Japan, Thailand, Honduras, Zimbabwe for nine months and four trips to India as she was a Forwarding Agent for a mission in India for over 50 years. Ms. Mushrush traveled to over 70 US churches speaking on behalf of the India Mission and she was a Workshop Leader for Forwarding Agents at several National Missionary Conventions. She followed the Bible in practicing hospitality in her home either for a meal or for several months as she hosted over 75 missionaries in her home. She led workshops on Hospitality at several North American Christian Conventions in various cities.

In later years she operated a pay fishing lake on her

A funeral to celebrate Vera's life is scheduled to be held on Friday, September 2, 2022, at 12 p.m. noon at the Fortville Christian Church 9450 N 200 West Fortville, Ind. 46040. Friends are scheduled to call on Friday from 10 a.m. until the time of service. Burial is scheduled to take place at 3 p.m. at Crownland Cemetery, Noblesville.

Memorial contributions may be made to the Fortville Christian Church 9450 N. 200 West Fortville, Ind.

Online condolences may be shared at www.sealsfuneralhome.com.

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

IndianaPublicNotices.com TheTimes24-7.com

#### **Jeannine Forner**

December 12, 1955 - August 24, 2022

Jeannine Forner, 66, of Fishers, passed away on Wednesday, August 24, 2022 unexpectedly.

She was born on December 12, 1955 to Irwin and Dolores (Assell) Allen in Aurora, Illinois.

Mrs. Forner retired as a safety officer for Medxcel. She liked humming birds, having her nails done, traveling and golfing. She enjoyed watching football games and spend-

ing time with family during the holidays. Most of all, Mrs. Forner loved her grandchildren, especially spending time baking cookies with them.

Survivors include her daughters Amanda Marie (Jason) Gutierrez and Teresa Lynn (Brad) Fisher; sons Jon Paul Forner and Stephen Michael (Kelly) Forner; 14 grandchildren; brother Keith Allen; and sisters Beth (Bob) Sterkel and Lori (Dan) Sherman.

In addition to her parents, she was preceded in death by her husband Paul Alan Forner.

Visitation is scheduled to be held from 4-8 p.m. on Wednesday, August 31, 2022 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers. Services are scheduled to begin at 10 a.m. on Thursday, September 1, 2022 at St. Louis de Montfort Catholic Church, 11441 Hague Road in Fishers, with the Rev. Thomas J. Haan officiating.

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

#### Sarah Jane Johns

July 15, 1947 - August 22, 2022

Sarah Jane Johns, age 75, of Sheridan, Indiana, passed away on Monday evening, August 22, 2022, at Riverview Hospital in Noblesville.

He was born on July 15, 1947, in Noblesville, Indiana, daughter of the late Charles Frederick "Chod" and Mary Elizabeth (Prindle) Greathouse. Mrs. Johns was a 1965 graduate of

Sheridan High School and a member of the Sheridan Wesleyan Church.

She had a gift for helping and taking care of everyone around her. After graduation, she took a position as a Nurses Aid with Sheridan Healthcare Center and adapted quickly to the role of caregiver. Mrs. Johns treated the residents like family and was a trusted friend to the families of her patients. She would later go to work for St. Vincent Hospital for several years before leaving the healthcare field. Changing career fields, she went to work in the cleaning industry, working for several different companies through the years, including Biddle Manufacturing, Comfort Inn and Suites and later Bull Dog Cleaning Services.

As Mrs. Johns eased her way into retirement, she realized that she had more time to devote to what truly made her happy. She loved going to as many festivals as she could, especially the Covered Bridge Festival, and going out to eat every chance she could get. She also enjoyed taking trips down to Kentucky to visit family and friends.

To Mrs. Johns, there was nothing more important than family--except maybe the Indianapolis Colts. She tried her best to never miss a game and was absolutely over the moon when they finally got to the Super Bowl.

Survivors include the love of her life Irvin Laverne Johns, the two being married on March 2, 1970; two sons Jeffery L. Johns and Bradley Joseph Johns, both of Sheridan; three grandchildren Alex Norman, Jayden Goodwin and Annabelle Brothers; brother Gerald "Gator" Greathouse of Sheridan; sister Nora Dellingner of Whitestown; and her cat Patches.

She was preceded in death by her parents Charles Frederick "Chod" and Mary Elizabeth (Prindle) Greathouse; two brothers James and Roger Dale Greathouse; and brother-in-law Ray Dellingner.

Services are scheduled to be held at 2 p.m. on Tuesday, August 30, 2022, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with Visitation scheduled to run from 12 p.m. noon until the time of service. Burial will follow at Spicewood Cemetery in Sheridan. Pastor George Cooper will be officiating.

Memorial contributions may be to MAMAS Cup-

# Meeting Notice

# **Hamilton County Community Cor**rections Advisory Board

Pursuant to IC 5-14-1.5-5(a) the Hamilton County **Community Corrections** 

Advisory Board will meet at 12 p.m., noon on Thursday at Hamilton County Community Corrections, 18104 Cumberland Road, Noblesville, Indiana. The purpose of the meeting is to discuss agency business.

# Meeting Notice

# **Noblesville Tree Board**

The City of Noblesville Tree Board will meet on Tuesday, September 6, 2022 at 5 p.m. in room A213 at City Hall, 16 South 10th

# **NHA to Open Housing Choice Voucher Waiting List on Wednesday**

# NOBLESVILLE HOUSING AUTHORIT

Serving Hamilton County, Indiana

The Noblesville Housing Authority (NHA) will be accepting on-line pre-applications for the Housing Choice Voucher (HCV) Program Waiting List. The open enrollment period will run from Wednesday at 9:00 a.m. to Sept. 9 at 4 p.m.

Pre-application forms must be completed online at www.waitlistcheck. com/IN2939.

This wait list is not on a first come, first served basis. All pre-applicants will be sorted by preference and then by lottery. As long as applicants complete the pre-application process within the wait list opening period, they will be considered for the wait list.

Preference is given to extremely low-income households, elderly, disabled, veteran households, those who live or work in Hamilton County, or those who live or work in the counties adjacent to Hamilton County (Boone, Clinton, Hancock, Madison, Marion and Tipton County).

Families with children are encouraged to apply. There is not an advantage to applying early, as the selection is through a preference and lottery process.

The 200 applicants selected via preference and the lottery will be added to the Nobles-

ville Housing Authority Housing Choice Voucher Waiting List and notified. The lottery results and application status will be available online by Monday, October 3, 2022, at www.WaitListCheck. com. Applicants that are not selected will need to reapply when the list reopens.

Applicants may use any computer, tablet, or smartphone with internet access to apply. Those without internet access can use free wi-fi locations, such as the local public library and public businesses. An email address will be required.

The application process will allow applicants to create a free Google Gmail address. Applications will not be available at the Noblesville Housing Authority office, and fax or email requests will not be accepted.

Persons with disabilities that need help completing the online application and require a reasonable accommodation, please contact the Housing Authority at (317) 773-5110, ext. 3 or by email at list@gonha.org by no later than 4 p.m. next Monday.

Please visit the Noblesville Housing Authority website at www.GoNHA. org for more information on the Housing Choice Voucher Program.

# **Sheridan Public Library** to Celebrate Library **Card Sign-Up Month**

September is Library Card Sign-up Month, when libraries nationwide join the American Library Association (ALA) to remind parents, caregivers, and students that signing up for a library card is the first step on the path to academic achievement and lifelong learning.

Libraries play a crucial role in the education and development of children, offering a variety of programs to spark creativity and stimulate an interest in reading and learning. Through access to technology, media resources and educational programs, a library card gives students the tools to succeed in the classroom and provides people of all ages opportunities to pursue their dreams, explore new passions and interests, and find their

At the Sheridan Public Library, patrons of all ages can find a variety of educational resources and activities, including storytime, discovery time, elementary, teen and adult programs, game night and

During September, SPL will be awarding a grand prize for Library Card Sign-up Month. Each patron to sign up for a library card during the month of September will be entered into drawing.

Libraries everywhere continue to adapt and expand services to meet the evolving community needs. To sign up for a library card visit the front desk with a valid photo ID with current address or mail with current address.

To learn more about the library's resources and programs, please visit https://sheridan.lib.in.us/



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Thanks for reading The Times!

# Local Groups to Offer Set of Tours Through Noblesville's Historic Downtown Buildings

On Sept. 16 and 17, Noblesville Main Street and the Noblesville Preservation Alliance are teaming up to present a two-day tour through Downtown Noblesville's historic buildings and homes on and around the Square.

"This new partnership between Noblesville Main Street and the Preservation Alliance is a win-win for the residents of and visitors to Noblesville," said Kate Baker, executive director of Noblesville Main Street. "It's the perfect way to experience first-hand the incredibly rich history these buildings and homes have to offer!"

and homes have to offer!
On Friday, "Upstairs
Downtown" ticket-



holders will be able to tour commercial buildings on and around the historic Square. The tours continue Saturday with "the 35th Annual Historic Home Tour" through downtown homes. Building & home owners will be present to answer questions and the tours have self-guided and guided options available.

To learn more about the weekend



and to register for the event, visit noblesvillemainstreet.org/

Noblesville Main Street (NMS) enriches the culture and community of Noblesville's downtown historic district by creating partnerships and programs to connect people to unique places and experiences.

A 501 c3 not-for-profit organization, NMS is 100% funded through annual corporate and partner sponsorships. To learn more, visit https://www.noblesvillemainstreet.

# Indiana Archaeology Month Celebration Begins Thursday

This week marks the 27th anniversary of a statewide celebration of archaeology in Indiana. Indiana Archaeology Month kicks off Thursday and continues throughout September.

All month long, Hoosier history buffs can meet archaeologists and learn about the state's fascinating past. Through the past years' celebrations, thousands of members of the public have been able to experience archaeology in this and many other ways.

A variety of events for all ages will be offered by universities, museums, organizations, and individuals throughout Indiana. The Indiana Department of Natural Resources Division of Historic Preservation & Archaeology (DHPA) coordinates the activities. A schedule of events is at on.IN.gov/archaeologymonth.

"Archaeology tells us about the past, but it also helps us figure out more

# DNR

# Indiana Department of Natural Resources

about ourselves today and what we might be like in the future," said Dan Bortner, DNR director and State Historic Preservation Officer. "This month provides a fun way for Hoosiers to learn how."

This year's commemorative poster focuses on the diversity of Indiana's Late Precontact ceramics. The ceramics of the Late Precontact period (1000 to 1500 CE) of Indiana indicate that Native American groups were not static but were diverse, dynamic, and complex.

"Archaeologists examine the different decorative styles of pottery to interpret shifting movements and cultural interactions of people through time in areas that would become Indiana and the Midwest," said State Archaeologist Amy Johnson.

The poster and an in-depth discussion of the design are available at on.IN.gov/archaeologymonth.

Overall, archaeologists have recorded more than 75,000 sites in Indiana since the early 1800s, helping shape public understanding of the precontact and historic people who also called the land we now call Indiana home.

# Grants Help to Preserve Nine Historic African American Sites Across Indiana



# INDIANA LANDMARKS

Roberts Chapel Homecoming and Burial Association, Inc. in Atlanta will receive \$9,250 to repair soffits, the foundation, and two damaged pews at the 1858 church, as well as aid conservation of three gravestones in the adjacent cemetery.

This funding comes from two funds established by the late Eli Lilly chemist and preservation champion Standiford "Stan" Cox.

Grants totaling more than \$150,000 are being distributed from the Standiford H. Cox Fund and the Dovie Stewart Cox & Chester A. Cox Sr. Memorial Fund to nine different sites across the state.

These sites significant to Indiana's African American history are receiving restoration and rehabilitation assistance as part of these funds.

Stan Cox, who passed away in 2019, joined Eli Lilly and Co. in 1957 as its first Black chemist. He established the two funds with Central Indiana Community Foundation (CICF) to support the restoration, preservation, operation, and ongoing maintenance of African American historic sites in Indiana.

The remaining organizations receiving grants are listed below, along with a brief description of how the funds will be used:

• African American Historical Society and Museum, Fort Wayne: \$7,500 to install a more energy efficient heating system in the c.1909 duplex that houses the museum.

• Allen Chapel AME Church, Indianapolis:

\$17,500 to repoint masonry on the north façade of the 1865 church, restoring sections along the cornice and parapet.

• Friends of Division Street School, Inc., New Albany: \$7,500 for structural repairs to the back steps and accessible ramp into the school, built in 1884 for Black students in the city's east end.

• Indiana Landmarks: \$20,000 to aid rehabilitation of houses on Elmer Street constructed in the 1950s in South Bend by the Better Homes of South Bend, an African American building co-operative formed in 1950 by workers from the nearby Studebaker complex.

• Lyles Station Historic Preservation Corporation, Inc., Gibson County: \$40,000 to repair clapboard siding and windows, rebuild the porch, and repaint the c.1900 house built for Joseph Lucas, a principal at Lyles Station.

• St. Augustine's Episcopal Church, Gary: \$14,500 to install a highefficiency furnace in the 1959 church, designed by Modernist architect Edward Dart.

• Stewart Lawn
Cemetery, Inc., Vigo
County: \$14,500
to replace the fence
surrounding Stewart Lawn
Cemetery and resurface
the road traversing the
property. The cemetery
has a high percentage
of African American
burial sites; most are
descendants of the nearby
Lost Creek Settlement.

• Turner Chapel AME Church, Fort Wayne: \$20,000 to replace the roof on the 1927 Gothic Revival-style church. "Partnering with Indiana Landmarks allows us to honor Stan's legacy by caring for sites that are important to our state's Black history," said Brian Payne, president & CEO at CICF.

"These grants, which we make in conjunction with Central Indiana Community Foundation, continue the visionary work of Stan Cox to protect Indiana's Black heritage," said Mark Dollase, vice president of preservation services at Indiana Landmarks.

The Standiford H. Cox Fund supports the restoration, preservation, operation, and ongoing maintenance of African American historic sites in Indiana. The Dovie Stewart Cox & Chester A. Cox Sr. Memorial Fund, which Cox created to honor his parents, provides support for Lost Creek Community Grove at the Lost Creek Settlement near Terre Haute, one of the state's earliest settlements of free people of color. Indiana Landmarks' African American Landmarks Committee serves as a preservation advisor to both funds, recommending projects.

Applications for the next round of grants are due April 1, 2023. Those looking to suggest a property that might qualify for grants from the funds should contact Indiana Landmarks at coxfunds@ indianalandmarks.org.

Born in Brazil, Ind., Cox was an Indiana University graduate who worked for 32 years for Eli Lilly and Co., beginning as a chemist and holding a variety of positions during his career. A member of Phi Beta Kappa, the nation's most prestigious academic society, he also earned a master's degree from Butler University. An advocate for academic biochemical research, he endowed the Standiford H. Cox Professorship in Biochemistry at Indiana University in





Thanks for reading The Times, Hamilton County!



Ruoff Music Center Church, Church, Hittle & Antrim

**Buddenbaum & Moore** 

**Holt Legal Group** 

Sign Craft Lew's Plumbing Trov & Alicia Tricker

# Gov. Holcomb Caps Off Asia Trip Targeting EV Ecosystem Growth in South Korea

Governor Eric Holcomb and Secretary of Commerce Brad Chambers returned to Indianapolis on Saturday, wrapping up three days in South Korea and concluding a week-long economic development trip to Asia.

In Seoul, the delegation, joined by incoming Purdue University President Mung Chiang, sought to strengthen existing and future opportunities for investment in futurefocused industries, including energy and electric vehicles.

"I couldn't be more pleased with our discussions in Seoul this week, reaffirming the strong economic and cultural partnerships between Indiana and South Korea," said Gov. Holcomb. "It was a great opportunity to highlight the alternate energy and EV battery ecosystems we are building in the state. I'm confident that the relationships we created and deepened this week will lead to even more innovation, investment and a focus to develop better two-way trade between Indiana and South Korea.'

Last Wednesday, Holcomb, Chambers and the delegation visited Samsung SDI to tour its main electric vehicle (EV) battery production line. They also met with top executives of the company and with Stellantis to



Photo courtesy of Governor Holcomb's office

**Governor Eric Holcomb speaks at the Friends of** Indiana Reception hosted by US Ambassador to Korea Philip Goldberg. The reception celebrated the growing partnership between Indiana and South Korean government and business officials.

celebrate their growth plans in Indiana.

In May, the companies announced a joint venture to invest more than \$2.5 billion to build an EV battery plant in Kokomo, creating up to 1,400 jobs in Indiana. Plant construction is scheduled to begin later this year with production expected to launch in the first quarter of 2025.

"Our goals for the growth of Indiana's economy are ambitious, and South Korea's industry is right in line with our 5E focus on the energy transition and building an economy of the future," said Sec. Chambers. "Largescale investments from companies like Stellantis and Samsung SDI are a testament to Indiana's strengths and growing global leadership, and I look forward to more good news for Hoosiers following our productive

meetings in Seoul."

In Seoul, the delegation also met with a number of South Korea-based business prospects to highlight the state's growing energy and electric vehicle manufacturing ecosystem and the competitive advantages of investing in Indiana.

On Thursday, Holcomb highlighted Indiana's future-focused industries at the American Chamber of Commerce in Korea's Korean Digital Innovation Forum, and the delegation networked with US, South Korea and global business attendees in life sciences, technology and advanced manufacturing.

And on Friday, the delegation concluded its time in South Korea with a Friends of Indiana Reception hosted by US Ambassador to Korea Philip Goldberg.

The reception celebrated the South Korea-Indiana partnership

with government and industry officials; South Korean companies invested in Indiana, including POSCO and Daechang Seat Co.; and Indiana-based companies with facilities in South Korea, such as Cook Medical, Eli Lilly and Zimmer Biomet.

This concludes Holcomb's Asia economic development trip to Taiwan and South Korea, marking his 12th international economic development trip as governor. He was the first U.S. governor to visit Taiwan since 2019 and is the first Indiana governor to go to Taiwan



Governor Eric Holcomb

in 17 years. The Indiana Economic **Development Corporation** (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate

Led by Secretary of Commerce Brad Chambers, @ SecChambersIN, and governed by a 15-member board chaired by Governor Eric J. Holcomb, @ GovHolcomb, the IEDC manages many initiatives, including performancebased tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and

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Photos courtesy of Ford

# **2022** Ford Maverick is Far More Than It Needed to Be

Ford makes the best-selling pickup of all time, its full-size F-150, but not everybody needs to pull a 30-foot RV or haul a ton of rocks. The Ranger is a tidier package for city dwellers, but it costs nearly as much as an F-150 and certainly enjoys a tall drink of fuel. For those of us who really just need to tote a little mulch or a couple of bicycles, and still slippin' parallel park, the Ford Maverick is far better than it needed to be.

Ford could have shortened the Ranger platform and slapped a new body on top of its separate frame and solid rear axle, but made the better choice of basing the Maverick on the Escape's and Bronco Sport's integrated crossover architecture. That gave it the right style, the tight handling, and the basis for a segment-busting baby rancher.

Styling clearly connects it to its larger siblings, but the Maverick has its own look too. A streamlined front with LED headlamps fronts a three-box design with crew cab, 17" dark alloy wheels, and spray-in bedliner. The bed also features 10 tie-down hooks and a power outlet. True pickup fans will notice something missing: A gap between the body and bed because, well, the Maverick doesn't have or need

Ford could have given the Maverick a black plastic interior with monocolor cloth seats, but it didn't. Instead, the XLT gets twotone cloth seats, console with orange inserts, and orange accents on the air vents too. There's a lot of plastic, but designers added interest with contrasting light and darker gray plus diamond patterns formed into the doors. Some of

the plastic looks like stone. Ford definitely made the most of every penny to keep prices down.

Nothing feels cheap, including the rotary gear selector, thumping audio system, and intuitive swipescreen. The steering wheel is rubber, but grippy thick. Click devices into 4G Wi-Fi, Apple Car-Play, and Android Auto. Beyond roomy armrest storage and deep door pockets with drink holders, the rear seat flips up for additional storage or to side-load bicycles. Safety is enhanced by automatic emergency braking, blind spot warning, and rear cross path detection.

The base Maverick's hybrid powertrain achieves a frugal 42/33-MPG city/highway, but the 2.0-liter turbocharged four-cylinder in our test vehicle puts a peppy 250 horsepower and 277 lb.-ft. of torque to the

2022 Ford Maverick XLT Five-passenger, FWD Pickup

Powertrain: 2.0-liter T4, 8-spd trans Output: 250hp/277 lb.-ft. torque Suspension f/r: Ind/Twistbeam Wheels f/r: 17"/17" alloy Brakes f/r: disc/disc Must-have features: Style, Simplicity Towing: 4,000 lbs

Fuel economy: 23/30 mpg city/hwy
Assembly: Hermosillo, Mexico
Base/As-tested price: \$20,995/\$26,420

ground through the front wheels. Say, what? Yep, the front wheels. Normally, I'd want all-wheeldrive in a pickup, but front-drive with traction control should handle virtually any inclement weather while delivering 23/30-MPG city/highway.

Plant your foot into the turbo for a giggle. Attacking on-ramps and accelerating away from unmentionable speeds is a joy, but that engine also allows owners to carry 1,500 lbs. of payload or tow up to 4,000 lbs. Unlike body-on-frame pickups, the Maverick twists and shouts as one cohesive form that feels very solid. I prefer the fully independent suspension on all-wheel-drive models, but you'd have to consult specs to out our front-drive edition's twist beam out back.

Ford could have just



COLUMNIST NAME
Column Name

made the Maverick a cheap little truck with a bargain price. Instead, it created a piece of art that handles like a sport sedan, blows compacts off the road, and can still get a little dirty on weekends. In total, the Ford Maverick is far more than it needed to be, especially given a \$20,995 base price or \$26,420 as-tested.

Send comments to Casey at

Storm Forward!

AutoCasey@aol.com.

# I'm Coming Home I Can't Sleep Doc, What Should I Do?

I sometimes envy people who have a family home to return to, a place where they grew up, where their parents or even their grandparents lived.

The closest thing I have is the farmhouse where my mother grew up. My grandparents lived there until they died, and my mother's older brother, Andy, and his wife, Bea, live there still, despite everyone's insistence that, at 90, Andy might want to think about moving to a place with fewer stairs, a little bit closer to town.

"I've lived here almost all my life!" Andy says. "Why should I move now?"

People could say,
"Well, because you're 90
years old, and you broke
your leg a year ago and
it's a big old house for a
couple of people who are

no longer young." But most people don't bother to say that because it wouldn't change Andy's mind. He likes sitting in the kitchen. He can watch the birds on the feeders that Bea keeps stocked with seeds and look out on the fields that used to be filled with peas or soybeans but are now horse pasture. He can see where the barn used to be before he tore it down rather than have it collapse on itself. He's got things the way he likes them, and he doesn't see the point in upsetting the applecart—that's my

guess.

Mother moved to the farmhouse when she was young. She had 10 siblings, and that was a lot of kids to keep track of. This is why I cannot really blame my grandparents for failing to update the youngest three on the exact date of the move.

The school bus dropped them off at their house, but and everyone was gone. They didn't know what to do. My mother was the oldest of the three, and they sat together on a roll of linoleum until someone came and brought them to the new farmhouse. That was a very long time ago, and my uncle Andy has been there ever since.

The home I grew up in was sold long ago. When



CARRIE CLASSON
The Postserint

I married Peter, I sold my house, and we lived together in his home. We sold Peter's place when we moved to the city. Then we started coming to Mexico. Last night, I realized my idea of home was, once again, changing.

This little apartment that we do not own—where we have no more than two matching plates and bowls—this place feels more and more like coming home.

Jorge, who owns the hotel we stay in, was raised here with even more siblings than my mother had. There were 13 of them, and they all grew up in the home that occupied this space that Jorge has converted into eight apartments. Jorge lives here still, in a small apartment in the front, always available if a guest arrives late or loses a key or has any of the problems hotel guests are prone to.

There is a lot about this hotel that does not seem like a proper business establishment. There is a lot of unnecessary kindness and art and laughter. I think it is because this is—and will remain—Jorge's home. Sitting at the front desk in the afternoons, Jorge is always delighted to see everyone, delighted to share his home.

I don't think it has to make sense any more than Andy's choice to remain in the farmhouse kitchen. Home is where you find it. Home is what you know. Home is where you feel at ease. That makes sense to me.

Till next time,

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



JOHN R. ROBERTS, M.D. Hamilton Health

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated we lose over \$40 billion in lost worker productivity due

to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. I'll focus on some causes of insomnia this week. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem.

ing problem.

There are three types of insomnia. Transient insomnia lasts a week or less and is usually due to some type of limited stress. Short-term insomnia lasts one to six months and is usually caused by persistent stress, while chronic insomnia lasts greater than six months.

There are many causes

of insomnia. Transient and short-term insomnias can be caused by stress as well as environmental factors such as sleeping in an unfamiliar bed or other location. Having too much light or noise in the room can also be contributing factors.

Chronic insomnia has numerous causes, the most common of which is anxiety. Trouble initiating asleep is the primary symptom of people suffering from anxiety. These folks usually report that they can't turn their thoughts off. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression is also a common cause of chronic insomnia, though these folks usually present with "terminal insomnia," meaning they wake up too early and are unable

to get back to sleep. Pain from arthritis or other conditions like Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) can lead to chronic insomnia. Lung disease such as COPD and heart disease, especially congestive heart failure, can lead to frequent episodes of waking at night. Chronic insomnia is also a symptom of PASC (Post-Acute Sequelae SARS-CoV-2),

commonly known as "Long COVID."

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent nighttime awakenings. Over-the-counter medication use can be a common cause of chronic insomnia, particularly stimulants such as caffeine as well as sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is a common practice in teens and college students so they don't miss out on social media postings. Caffeine can stay in your system for eight hours or

longer.

Over-the-counter or prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can suffer from "rebound insomnia." Sleeping pills can also be very dangerous when

used by the elderly. They can cause problems with balance and coordination leading to falls that often result in fractures or brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually does not allow the brain to get into deep sleep. Deep sleep is critical for the brain to refresh itself. If the brain does not get enough deep sleep, the person constantly feels sleep-deprived.

Manufacturing shift workers can suffer chronically from shift work sleep disorder. This condition can result when workers either change shifts or have a brain that is wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem arises when they want to go to bed earlier

Next week I'll cover prevention and treatment of sleep disorders. Pleasant dreams!

and can't get to sleep.

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



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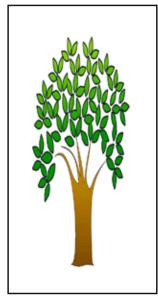
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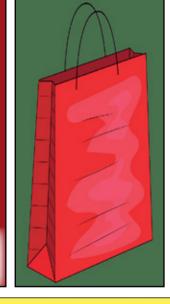
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# **U** GENESIS

broaden their art programming and continue to develop and inspire today's youth in the classroom and beyond."

The Genesis Inspiration Foundation is a 501(c) (3) nonprofit organization committed to supporting education through the arts. Its mission is to improve educational outcomes by providing access to transformative arts programming that engages and inspires children in traditionally under resourced communities.

Since its inception in 2018, Genesis Inspiration Foundation has donated nearly \$3 million to fund youth arts programming at museums, schools and nonprofit arts and cultural organizations nationwide. Primary funding for Genesis Inspiration Foundation comes from Genesis retailers and charitable donations.

For more information on way to support the Tom & Soni Sheehan Boys &

**O** BETSY

From Page A1



Photo courtesy of the Boys & Girls Club of Noblesville

The Art Room at the Tom & Soni Sheehan Boys & Girls Club of Noblesville. The \$50,000 grant from the Genesis Inspiration Foundation will go towards creating new programs for members that focus on art education and exploration.

Girls Club of Noblesville, visit www.BGCNI.org or contact the Club at 317-773-4372.

The Boys & Girls Club of Noblesville provides high-quality, low-cost programs for youth members with the help of donors and sponsors. Between the Club, the Community Center and Camp Crosser, they provide

opportunities for members to enjoy activities and experiences that help shape character and offer new perspectives. The club is dedicated to inspiring and enabling all young people to reach their full potential as productive, caring and responsible citizens by promoting leadership, character, health and physical development.

## From Page A1

competition.

The celebrities are partnered with local dance professionals from early spring until the show to learn their routine.

"Dancing with Our Stars" was originally created as an out-of-the-box fundraiser idea, and eight years later, the event is still going strong.

Meals on Wheels executive director Beth Gehlhausen looks for people in the community who want to come and have some fun and get their family and friends to join for the event, and then pairs the local "celeb" with a local dance professional.

"It's the best entertainment you'll see all year," Gehhausen said.

While there are new celebrity dancers every year, most of the professional dancers have participated all eight years. The "local celeb" and the dance professional pick their performance style and song together. A top male and female dancer are crowned at the end of the night as well as a People's Choice winner, which is the dancer who receives the most votes, or dollars donated on their behalf.

Tickets are \$75 and include a catered dinner, wine at the table and dessert.

Professional dancers include: Rob Jenkins, Scott Shook, Adam Trogdlen. Ed Godby-Schwab, Xavier Medina, Natasha Cox, Yulia Shook, Diana Miller, Olga Cansino and

Kristen Motz Here are this season's local "celebrity" dancers

**ORUN** 

who are paired with the professional dancers:

• Tim Griffin dancing with Natasha Cox -- Griffin is a Carmel Fire **Public Information Officer** perhaps best known for his regular segment on WISH-TV's Life.Style.Live as "Fireman Tim." Cox has been teaching ballroom and Latin dancing for over

thirteen years now. S

 Phil Huang dancing with Kristen Motz -- Huang is an orthopedic surgeon with Community Health Network specializing in hip and knee replacements and revision surgery. Motz is owner of Rivvn Dance Co. where she teaches private lessons and is a Latin dancer for local events around the

 Aaron Head dancing with Diana Miller -- Heais d Community Engagement Manager for the City of Noblesville

 Tom Kilian dancing with Olga Cansino --Kilian is Hamilton County Community Foundation president and IMPACT Central Indiana

 Kenneth Hubbard dancing with Yulia Shook - Hubbard is retired Brigadier General serving more than 32 years as the Assistant Chief of Staff, G8 (Comptroller) U.S. Army Central Command, SHAW AFB, Sumter, S.C. Shook is an independent instructor who teaches at Starlite Ballroom Dance School and is NDCA registered as a teacher and professional competitor.

• Erin Dickerson dancing with Ed Godby-Schwab -- Dickerson is a licensed Clinical Social Worker and licensed Clinical Addictions Counselor. Godby-Schwab has more than 50 years of dance experience in several styles of dance, including jazz, ballet, modern and ballroom.

• Pinky Stuhldreher dancing with Adam Trogdlen -- Stuhldreher is a retired Community Health Network physician and ballroom dancing enthu-

• Kris Beckwith dancing with Scott Shook -- Beckwith is an obstetrician/ gynecologist with Community Health Network. Shook is an independent instructor who teaches at Starlite Ballroom Dance School and is National Dance Council of America (NDCA) registered as a teacher and professional competitor.

 Karen Keinsley dancing with Rob Jenkins -- Keinsley is a certified public accountant with Slattery & Holman, P.C. Jenkins for the last 2 years has been a full-time ballroom dance instructor and five of those years, Rob danced in professional ballroom competitions with his wife Melissa.

• Taylor McLean dancing with Xavier Medina -- McLean is a marketing program specialist at Indiana Donor Network and Communications and branding director at Clauson Marshall Racing. Medina is a director, choreographer and dancer.

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

# **O PORTAL**

Anyone interested in filling county-appointed board seat will need to complete an online form with their credentials and experience. When any of the seats on the county-appointed boards need to be filled, the Council can easily review the applications in the online portal.

Applications for the following boards are now live at https://www.hamiltoncounty.in.gov/1755/ Interested-in-Appointment-Opportunities.

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 Board of Zoning Appeals

• Economic Development Boards

 Hamilton County Parks Board

• Hamilton County Plan Commission

From Page A1



Council VP Ken Alexander

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**Director Chris Mertens** 

says Chris Mertens, Director of Hamilton County's Information Systems Services Department. "One of our web team members responsible for this project, Jasmine Hazelbaker, is a recent college graduate. In order to attract her generation to service in the community, online applications like these are an expectation, especially in today's technology driven world.'

#### **MARLOWE** From Page A1

The other possibility is that mice come in to enjoy the new fall lineup of television shows.

This predictable late fall mouse forecast is why I found it so disconcerting when an entire Mouse Family Robinson showed up at my place late-August. That's way too early. Something is definitely amiss in micedom.

I've caught eight of them, so far!

Oh, I suppose there is the remote possibility that I'm catching the same mouse over and over again. I use a live-catch mouse trap.

I spent \$29.95 for this catch-and-release upscaled mouse penitentiary. It consists of nothing more than a metal box, open on two ends, with a series of baffles inside, designed to addle the mouse once the aroma of bait lures him (or her) inside.

The problem is that some mice leave a trail of breadcrumbs, and are able to retrace their steps to freedom, to dine again once more another day.

I've been using the metal box ever since the girl I was dating introduced me to it. It doesn't work well, but I carry a torch for steel. Her name is Joni, and she is very much an Earth child. She lives by the tenet that all life is

sacred.

She rescues stray animals, live-traps her mice and shoes wayward bees back outside through open doors and windows. She is vegan, and proudly proclaims that she never eats anything that "has a Mother and Father." I believe that's the same criterion she uses for choosing her

Joni scoops up her captured mouse in the livecatch trap, saunters to the back fence, opens it, and then cheerfully exclaims, "It's been nice knowing you, little fella." It's the same thing she said to me last January.

Despite its inconsistency, I still use the metal box. I haven't found anything better. I hate using the spring-loaded snap traps. There's just something sinister about enticing a little mouse to enjoy a hunk of cheese, only to slam a wire guillotine onto the back of his neck. I get the same funny feeling when I'm eating McDonald's French Fries, and my chest tightens.

Those sticky traps are the worst. Once a mouse pulled himself and the trap through the coils of my electric stove, in a clever attempt to free himself. It didn't work, and for hours I worked to separate the glue-covered squealing mouse and trap from the

burner. For six months afterwards, every time I scrambled some eggs, I couldn't chomp down before making certain that what I was eating really was bacon.

One of the finest tools for ridding mice is a 9-Iron. I was at work, and a mouse startled me before dashing behind a row of boxes. I reached for the only "weapon" handy, and grabbed my boss's golf club from the bag nearby. The mouse made another pass, and sure enough, I clobbered him right on the sweet spot.

The mouse tumbled through the air, landing on both feet about 40 yards from where I was standing. He froze for a moment, then gathered his senses and dashed under the dumpster. My boss came out and noticed the 9-iron in my hand.

"What's that?" he yelled.

"Looks like a double-bogey to me," I said. Every time a mouse

invades my 50-year-old home, I always wonder if rich people have the same problem with little varmints dashing all over their palatial estates. I've decided no . . . unless we are talking about FBI agents.

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

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pandemic," Executive

From Page A1

Director Denisse Jensen says. "It will be so exciting to celebrate together in person once again and raise funds for the Playhouse."

This year's fundraising goal is \$60,000, money that is vital to helping GiGi's achieve its mission. "Like many not-for-profits, the past couple years have been a challenge financially," Jensen adds. "Down syndrome is the largest chromosomal disability in our country and yet, it's the least funded. This run is critical in helping us expand our programs and reach more people with Down syndrome."

The 3.21 Run is also designed to educate and inspire Central Indiana residents to embrace children and adults with Down syndrome. Kids like 10-year-old Kinley Palmer from Fishers who was diagnosed with Down syndrome moments after she was born. "We love GiGi's," says her mom, Maria. "It provides a safe and inclusive place for Kinley, and it

lifelong friendships.' Adult Honoree David Harshbarger is 25-years old. The Zionsville resident participates in a number of programs at the Playhouse including EPIC, a program for adults that provides

has provided our family

with tremendous support

and resources, as well as



**David Harshbarger** 

opportunities for socialization and community involvement. His mom Sue says the activities are key to keeping him engaged in his community. "As they get older and graduate from high school it's easy to become isolated. Routines and schedules are so important for their mental health and happiness. We're incredibly grateful to GiGi's for providing that for David.'

The 3.21 Run kicks off with open registration at 2 p.m., along with live music, a kids' carnival and a Silly Safaris show. The Kids Dash for Down syndrome starts promptly at 4 p.m., immediately followed with the 3.21 Mile Run and a 1 Mile Inspirational Walk.

To register a team, learn more about the event, volunteer or become a sponsor click here https://support. gigisplayhouse.org/ gigifit-acceptance-challenge-2022/event/indianapolis-in. Registration is \$30 up until September



1st and \$40 after September 1st through race day. Kids 12 and under are \$15. All registered attendees will receive a shirt and medal. Serving children and

adults of all ages, GiGi's Playhouse Indianapolis provides educational and therapeutic programs at no charge to families in a format in which individuals with Down syndrome learn best. We will never let cost deter our families from participation or impede the achievement of our children and adults.

In helping individuals with Down syndrome achieve their Best of All, we also advance our larger vision of global acceptance for people of all abilities. All programs aim to maximize self-confidence and empower individuals to achieve their greatest potential. GiGi's Playhouse Indianapolis is a 501(c) (3) tax-exempt charitable organization.

Learn more at http:// gigisplayhouse.org/indianapolis

Thanks for reading The Times, Hamilton County!

Tuesday, Aug. 30, 2022

# A Savory Solution to Stretch Your Grocery Budget



'n today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

# **Save Money**

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

## Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your

# One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

# **Serve Up Nutrition**

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

Weeks, MS, RD, on behalf of the Mushroom Council Prep time: 20 minutes Cook time: 50 minutes Servings: 4

## Chicken:

- 8 boneless, skinless chicken thighs salt, to taste
- pepper, to taste tablespoons unsalted butter ounces mushrooms, such as white button, crimini or
- portabella, quartered zucchinis, sliced in half moons
- 4 sprigs fresh rosemary, leaves removed and roughly chopped

cloves garlic, minced

- 4 cups chicken or vegetable broth
- tablespoon unsalted butter tablespoon extra-virgin
- olive oil small yellow onion, diced garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped 1 cup uncooked orzo pasta

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

# **Blended Pasta Sauce**

Recipe courtesy of the Mushroom 2 tablespoons extra-virgin

- olive oil medium yellow onion,
- finely chopped garlic cloves, minced
- pound mushrooms (such as white button, crimini or portabella), finely chopped 1 pound 80% lean ground beef
- tablespoon Italian seasoning teaspoon kosher salt
- jar (24 ounces) marinara sauce

cooked pasta salt, to taste pepper, to taste grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



## Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council Prep time: 10 minutes Cook time: 30 minutes

- 1 tablespoon extra-virgin olive oil
- cloves garlic, minced medium onion, small diced
- ounces mushrooms, such as white button, crimini or portabella, sliced
- jar (24 ounces) marinara sauce can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste teaspoons balsamic vinegar
- teaspoon granulated sugar
- tablespoon dried basil
- 1/2 teaspoon salt
- teaspoon oregano
- 1/2 teaspoon black pepper 1 bay leaf

- Creamy Spinach, Mushroom and Lasagna Soup
- 3 cups vegetable broth lasagna noodles, broken
- into pieces cup heavy cream
- ounces fresh baby spinach cup whole milk ricotta 1/2 cup shredded mozzarella cheese,
- for topping Heat large pot over medium heat. Add

olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes. Add marinara, diced tomatoes, tomato

paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

www.TheTimes24-7.com www.TheTimes24-7.com Tuesday, Aug. 30, 2022 **A9** 

# Flavorful Family Favorites for Hectic School Nights

FAMILY FEATURES

nce the homework is finished and long days in the classroom and at the office are drawing to close, you're likely to find hungry loved ones waiting near the kitchen. When busy school nights have you feeling like you're pinched for time, turn to recipes that are easy to make yet

still delicious to enjoy.

For a kid-friendly way to put veggies on the table, look no further than familiar favorites like tacos. These Pickled Beet Tacos put Aunt Nellie's Sliced Pickled Beets at the center of the meal combined with seasoned black beans and a creamy avocado sauce for a dinner that takes less than an hour to prepare. An added bonus: This simple recipe makes 10 servings, meaning you can rely on leftovers for

lunches throughout the week or a second dinner on an evening when after-school activities leave little time for cooking. If dinner plans call for a low-stress side dish or lighter meal, serve up Italian Pasta and Bean Salad

that requires just 15 minutes of prep and a handful of flavorful ingredients like READ 3 Bean Salad. It's a perfect complement for a variety of main courses from burgers and grilled chicken to sandwiches

Visit auntnellies.com and readsalads.com to find more meal solutions for busy school nights.

#### Italian Pasta and Bean Salad

Prep time: 15 minutes Servings: 6

- 2 cups uncooked rotini pasta
- 1/2 cup prepared pesto can (15 ounces) READ 3 Bean Salad, drained
- cup grape or cherry tomatoes, halved
- 3/4 cup fresh mozzarella bocconcini, cut in halves or quarters
- 1/4 cup toasted walnuts (optional)

#### 1/4 cup (1 ounce) shredded fresh Parmesan cheese

Cook pasta according to package directions; drain and rinse under cold running water. In bowl, combine pesto with pasta to coat well. Combine pasta with drained bean salad. Stir in

tomatoes and mozzarella; refrigerate. To serve, sprinkle walnuts and Parmesan cheese

Substitution: 3/4 cup mozzarella may be substituted for bocconcini.



Italian Pasta and Bean Salad



Pickled Beet Tacos

#### **Pickled Beet Tacos**

Recipe courtesy of 40Aprons.com Prep time: 15 minutes Cook time: 25 minutes Servings: 10

1 jar (16 ounces) Aunt Nellie's **Sliced Pickled Beets** 

#### **Black Beans:**

- 1 can (15 ounces) black beans, drained and rinsed
- 3 tablespoons water
- teaspoon paprika
- 1 teaspoon garlic powder

# 1/2 teaspoon ground cumin 1 pinch salt

**Quick Pickled Red Onions:** 1 cup pickling liquid from Aunt Nellie's Sliced Pickled

# Beets jar

- 1 small red onion, thinly sliced

# **Avocado Sauce:**

- 2 ripe avocados1 tablespoon lime juice
- pinch salt
- 1/4 teaspoon garlic powder

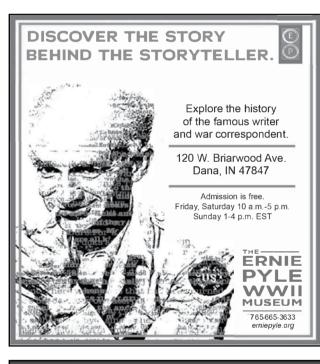
#### 10 tortillas (8 inches) fresh chopped cilantro (optional)

Drain beets; reserve liquid and set aside. To make black beans: In saucepan over medium-low heat, combine black beans, water, paprika, garlic powder, cumin and salt. Cook 5-6 minutes, or until warm; taste and adjust seasoning as desired.

To make quick pickled red onions: In small pot over medium-low heat, heat reserved pickling liquid. Once simmering, add sliced red onion and cook 3 minutes.

To make avocado sauce: In food processor or blender, pulse avocados, lime juice, salt and garlic powder until smooth.

Assemble tacos by filling tortillas with sliced beets, black beans, pickled red onions, avocado sauce and cilantro, if desired.



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Tuesday, Aug. 30, 2022

# **Abortion Ban's Hospitals Requirement Will Further Curtail Access**

By Leslie Bonilla Muñiz

Indiana's new abortion-limiting law, set to go into effect on September 15, has been dubbed a near-total ban for its succinct list of narrow exceptions — but its requirement that legal abortions be done in hospitals will further flatten access, experts and abortion rights advocates say.

The ban, set out in Senate Enrolled Act 1, delicenses Indiana's abortion clinics, literally crossing the facility type out of Indiana Code. Seven of them performed 98.4% of the state's 8,414 abortions in 2021, according to a report from the Indiana Department of Health.

Instead, the ban requires that exempted abortions - for rape, incest, lethal fetal anomalies and the life of the mother — be performed in state-licensed hospitals or in ambulatory surgical centers that are majority-owned by hospitals.

Physicians must refer eligible patients out, unless they have admitting privileges at particular hospitals; then, physicians and patients will travel to qualifying facilities for the procedures.

Outpatient surgical centers, under Indiana law, must operate under at least one licensed physician or hospital governing board, with more requirements on anesthesia, laboratory

exams, and transfers to hospitals for patients who

develop complications. But experts say the measure is better at narrowing location options than it is at ensuring safety.

"The wide concurrence among the scientific community is that these requirement are ... basically harassment measures to make it more difficult for these facilities to provide abortions," said Jodi Madeira, an Indiana University Maurer School of Law professor.

'They've been very effective in cutting down the number of facilities that can provide abortions," Madeira added. She's the school's foremost expert on law and medicine.

#### Hospital access inequitable in Indiana

Planned Parenthood of the Great Northwest, Hawaili, Alaska, Indiana and Kentucky says the hospital location requirement will disadvantage those who already struggle to reach hospitals. Particularly for people in rural locations - but also for those with disabilities or those who are immigrants.

"Even if a patient is legally entitled to abortion care under an exemption, they may practically be unable to find a provider as a consequence of abortion providers no longer being licensed or because of the ambulatory surgical requirement,"

said spokeswoman Nicole

"Reducing the number of locations in the state where patients can access care in a life-threatening emergency — one of the few exceptions provided under this outright ban will force patients to travel farther distances and potentially wait longer to get the care they need," Erwin added.

Planned Parenthood's facilities alone accounted for 51% of last year's Indiana abortions.

Directed to say no Some hospitals, however, almost never perform abortions.

Catholic hospitals, for example, follow directives by the United States Conference of Catholic Bishops.

About 30 of Indiana's 170 hospitals are Catholic-sponsored, according to Indiana Hospital Association spokeswoman Natalie Russell. More, she wrote, "maintain close, historic affiliations with various faith groups even though they are not technically part of a religious order."

About 3,500, or nearly 25%, of Indiana's hospital beds were in Catholic hospitals in 2016, according to an American Civil Liberties Union report. That included just 22 Catholic hospitals.

The directives, last updated in 2018, bar Catholic health providers from performing abortions unless the "direct purpose" is the "cure of a proportionately serious pathological condition of a pregnant woman" that can't be safely postponed until fetal viability. Another directive notes no exception for rape.

"Catholic health care organizations are not permitted to engage in immediate material cooperation in actions that are intrinsically immoral, such as abortion, euthanasia, assisted suicide, and direct sterilization," the conference adds.

The conference notes that Catholic health care providers should be worried about the "danger of scandal in any association with abortion providers.'

A Franciscan Health spokesperson said the organization doesn't perform abortions because it is "a Catholic health care system."

"We believe the gift of life is so valued that each person should be cared for with joy, respect, dignity, fairness, and compassion that he or she is consciously aware of being loved," the spokesperson wrote. "We are grateful for the Supreme Court's recent ruling because we always celebrate life and protect it at every stage."

Still, according to I.U. Maurer's Madeira, the directives aren't "hard

"They do have some wiggle room. There are ethics committees that meet in the hospital," Madeira said. "... The law allows them to refuse to provide care that does not comport with their beliefs. They just have to transfer the patient."

And for those cases in which the patient's death without an abortion is clear, inaction constitutes medical malpractice, she said.

But not every case is that clear-cut.

**Chilling effect** 

Indiana hospitals, which last year performed just 1.4% of the state's procedures, have just a month left to adjust to the law — which mandates the revocation of a doctor's license who performs an abortion determined unlawful.

Typically, the Indiana Attorney General's Office investigates consumer complaints against doctors, and can file formal charges in cases it finds credible. The seven-member state Medical Licensing Board acts as the judge hears the cases.

But under SEA 1, the board "shall" revoke licenses if the AG's office proves the case with a "preponderance of evidence" rather than "beyond a reasonable doubt.'

Hospitals are hard at work on policy and procedure updates, according to Indiana Hospital Association President Brian Tabor.

"As providers implement this new framework, IHA remains committed to ensuring that elected officials, at every level, understand the importance of supporting medical professionals and protecting them from liability and other repercussions when working in good faith to comply with the new law while providing lifesaving care to Hoosier moms and babies," Tabor said in a statement.

The Indiana State Medical Association and others expressed similar concerns for medical professionals earlier this month, before SEA 1's passage.

"Indiana cannot have an effective health care system if the training and expertise of physicians is not respected and they are under constant threat of political interference for practicing medicine and assisting their patients," executive vice president Julie Reed said then.

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# Witham Health Services Receives Naloxone Vending Machine

Witham Health Services announced yesterday the placement of Indiana's newest naloxone vending machine at their facility located in Whitestown at Anson at 6085 Heartland Drive, Zionsville, IN 46077. The machine is one of 19 to be placed statewide and will be available for use by the public. Gov. Eric J. Holcomb first announced the initiative in

Dec. 2021. "There is no single solution to ending this epidemic that has taken the lives of thousands of Hoosiers," Gov. Holcomb said. "We can, however, take thoughtful steps to help shake the scourge of addiction from our communities. Naloxone vending machines are a practical tool to prevent overdoses and save lives."

Naloxone, also known as Narcan, is a medication approved to reverse an overdose from opioids and is given when a person is showing signs of opioid overdose to block the deadly effects of the overdose.

The vending machines are manufactured by Shaffer Distribution Company and programmed to dispense free naloxone kits. Each kit includes a single dose of naloxone, instructions for use, and a referral to treatment for substance use disorder. The machine holds up to 300 naloxone kits and is free to access.





Photos courtesy of Witham Health Services

The machine holds up to 300 naloxone kits and is free to access.

Overdose Lifeline, Inc., an Indiana nonprofit dedicated to helping those affected by substance use disorder, is partnering with the Family and Social Services Administration (FSSA) Division of Mental Health and Addiction (DMHA) to identify jails, hospitals, and other community sites interested in a vending machine to distribute the lifesaving medication. Machines have already been placed in public areas of St. Joseph, Wayne, DuBois, Marion, and Monroe County jails, Tippecanoe County Community Corrections, Clark

Memorial Hospital, Scott Memorial Hospital, Union Hospital in Vigo County, and an Eskenazi Health Center in Indianapolis.

Overdose Lifeline will purchase the vending machines using federal grant funds totaling \$72,600 made available through DMHA. There is no cost to entities that implement a vending machine.

"We must continue to ensure widespread access to naloxone, given the lingering impact of COVID-19 and the increased supply of fentanyl in our 92 counties," said Douglas Huntsinger,

executive director for drug prevention, treatment, and enforcement for the state of Indiana. "Every life lost to a drug overdose is one too many. Naloxone offers the opportunity to get individuals with substance use disorder on the path to long-term recovery."

Indiana reported a 21% increase in fatal overdoses during the 12-month period beginning in Dec. 2020 and ending in Dec. 2021, according to provisional data released in May by the Centers for Disease Control and Prevention.

"This machine gives Boone County residents zero-barrier access to a medication that could mean the difference between life and death," Kelly Braverman, President/CEO Witham Health Services said. "Witham is proud to be the recipient of one of the state's first naloxone vending machines, and we applaud Governor Holcomb's commitment to address the drug epidemic. From our recent Community Health Needs Assessment residents of Boone County ranked mental health and substance abuse 1 & 2 top areas of concern. This is a great extension to the Mental Health

in the Emergency Department Program Witham has in place where patients who come to our Emergency Departments with a mental health crisis have the opportunity to receive immediate treatment from an Integrated Wellness mental health professional and get support 24 hours a day."

To learn about Overdose Lifeline's naloxone distribution opportunities or to request a free naloxone kit, visit www.overdoselifeline.org.

Witham Health Services is proud to be part of the growth and vitality throughout Boone County and the surrounding communities.

Our mission is to improve your health through excellence and personalized care. Every day, our experienced and compassionate staff, combined with our state-of-the-art technology, bring exceptional health resources to patients and their families – all close to home.

Witham has offices in Crawfordsville, Frankfort, Jamestown, Lebanon, Thorntown, Whitestown at Anson and Zionsville. At Witham Health Services, we feel called to care for our neighbors; supporting them to live healthy, active lives and helping them heal in times of injury and illness. To learn more about our mission, our values and vision, visit www. witham.org.



