

➡ TODAY'S VERSE

1 Corinthians 4:5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.



➡ FACES OF  
HAMILTON COUNTY

People who call our community their own.

What makes Sara Ballew smile? "My kids, my family, my dogs, customers," said the 44-year-old Noblesville resident. The 1997 Hamilton Heights graduate and former Cicero resident has been working at Discount Copies, her family's business, since 1998, two years after the copy business opened. "Mom and I have worked together since I was 14. We work together pretty well." She likes working with all of the customers. I kind of feel like we're the 'Cheers' of copy shops." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Sara likes working with her whole family; even her kids work there. The shop is open for contactless curbside service with a service window with a Ring doorbell and is open for inside business, as well, with remodeled front counter areas. She is married to Christopher Ballew and has three sons, Justin, Kyle and Nick; and three stepchildren, Natalie, Raygan, and Cooper. Best thing she's done in her life? "Being a mom. That was what I wanted to do since I could remember. I always wanted kids. It's been great that they get to come to work with me." She and her mom, Teresa Peil, who are both Tri Kappa sorority members, live across the street from each other in Old Town Noblesville. When Sara's not at work? "I like to watch movies, play games, do puzzles and read." Noblesville artist Lesley Haflich in 2018 painted Sara and her mom together in one portrait as part of the "30 Women of Noblesville" portrait painting exhibit at Nickel Plate Arts Campus in Noblesville. "It was a privilege. I really liked that," she said of the painting that's on display when customers walk in the front door of Discount Copies. "It made me feel special." Sometimes, she helps her mom, a Belfry Theatre board member, check in patrons for Belfry shows. The next Belfry show, "The Great Gatsby," directed by Andrea Odle, runs today through Sunday, with four more performances, at Arts for Lawrence's Theater at the Fort.

And Another Thing...

1.2023 Commodity Classic

Over 10,400 attendees from all walks of agriculture gathered in Orlando earlier this month for the 2023 Commodity Classic. The 2023 event broke the previous Commodity Classic record of 9,770 attendees, which was held in New Orleans in 2016.

"The excitement in Orlando was energizing," said George Goblisch, a Minnesota farmer, ASA director, and co-chair of the 2023 Commodity Classic. "We knew going into the event that registration was up 30% over last year, but to have a record-breaking show just blew us away."

In addition to the excitement at the event, ASA and its farmer leaders were kept busy approving policy resolutions and fielding numerous requests from the media.

2. Biologists Monitor Mudpuppies, and You Can Help

DNR biologists are tracking records of the mudpuppy, a Species of Special Concern in Indiana. Mudpuppies are one of Indiana's largest salamanders, reaching more than 12 inches in total body length. Mudpuppies occur statewide, but the conservation status of the species has been difficult to assess because of their secretive habits. Mudpuppies are fully aquatic and spend their entire lives in lakes, rivers, and streams. They are sometimes caught by anglers but may also be observed crawling along lake bottoms at night, especially during winter and early spring.

# The TIMES

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Photo courtesy of Rob Slaven and Indy Ghost Light Photography

Hamilton County Theatre Guild's The Belfry Theatre presents "The Great Gatsby" -- featuring Rachel Bush as Daisy, Mike Lipphardt as Tom Buchanan and Sam Smith as Jay Gatsby -- at 7:30 p.m. today and Saturday and 2 p.m. Saturday and Sunday at Arts for Lawrence's Theater at the Fort.

## 'Great Gatsby,' Live Music, Gardening, Egg Hunts, Play Auditions, Prairie to Open



BETSY REASON  
The Times Editor

There are plenty of things to do this weekend and beyond. Here's our Times' list of 35 things to do.

1. Hamilton County Theatre Guild's The Belfry Theatre presents "The Great Gatsby," directed by Noblesville's Andrea Odle, with performances at 7:30 p.m. Friday and Saturday and 2 p.m. Saturday and Sunday, at Arts for Lawrence's Theater at the Fort in northern Marion County, with tickets by calling 317-773-1085.

2. Enjoy live music with Hill and Oaks tonight and John Beatrice on Saturday and Craig Thurston on March 31 at Primeval Brewing in downtown Noblesville.

3. Enjoy live music by the 78's at 7 p.m. today and March 31 and April 6 at Boathouse Kitchen & Swan Dive in Cicero and March 28 at the Hotel Carmichael in Carmel.

4. Watch Agatha Christie's "Murder on the Orient Express" today and Saturday at Booth Tarkington Civic Theatre in Carmel, with reservations at civictheatre.org

5. Join a newly organized group of volunteers in making a community garden of fruits, vegetables and herbs near Southside Park in Noblesville, by attending two call-out community meetings, 9 to 11 a.m. Saturday and 6:30-8 p.m. April 6 at Mill Top Banquet & Conference Center in Noblesville.

6. Westfield Winter Farmers Market is 9 a.m. to noon this Saturday and April 1, at West Fork Westfield Event Center on East 191st Street.

➡ See BETSY Page A5



Photo courtesy of Hamilton Heights Middle School

Hamilton Heights Middle School teachers and students are pictured in front of the former Roads Hotel located at 150 E. Main Street in Atlanta. Built in 1893 and listed on the National Register of Historic Places, it is one of the 12 historical sites in Jackson Township, Hamilton County, Indiana that is included on the self-guided tour taking place throughout the month of April.

## Self-Guided Historical Tours in Jackson Township Set to Begin in April

The Hamilton County Bicentennial Celebration continues northward with a self-guided tour of locations of historical significance in Jackson Township in Northern Hamilton County. Beginning April 1 (no fooling), the public is invited to enjoy self-guided visual tours that can be accessed by scanning the posted codes at 12 locations throughout Atlanta, Arcadia, and Cicero.

As a special feature on Saturday, April 15 from 2:00 to 5:00 p.m., many of these locations will be open for an up close and personal visit including Hamilton Heights School Corporation's newly renovated Student Activity Center (SAC).

The self-guided tours project was created and filmed by a group of Hamilton Heights educators and 7th- and 8th-grade students. They worked together to provide a unique opportunity to give residents and visitors alike a glimpse of these sites of historical significance in Atlanta, Arcadia, and Cicero in Jackson Township last fall as part of the Hamilton County Bicentennial activities. The sites include: The Roberts Settlement, Arcadia Depot, Glass Factory, HHSC Student Activity Center/History Hallway/Ryan White, and Becks Hybrids in Arcadia. Morse Reservoir, War Me-

➡ See JACKSON Page A5

➡ INSIDE TODAY

Dick Wolfsie.....A4  
Ken Thompson.....A4  
Business.....A6  
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➡ HONEST HOOSIER

Omaha! Omaha! Happy 47th Peyton Manning. Maybe he's the answer to who can QB the Colts? Hey, Tom Brady did it!



➡ TODAY'S QUOTE

"Show me a man who gets rich by being a politician, and I will show you a crook."

-Harry S. Truman

➡ TODAY'S JOKE

What'd the ground say to the rain?  
Hey, stop it or my name will be mud!

➡ TODAY'S HEALTH TIP

If you're inactive and overweight, get tested for diabetes. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



➡ OBITUARIES

None

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







Photo courtesy of Hamilton Heights Middle School

Hamilton Heights Middle School Robotics Team is 46 members strong with seven teams advancing to the Indiana VEX Robotics State Championship on Saturday,



Photo courtesy of Hamilton Heights Middle School

All three high school robotics teams are pictured in a match that included teams A and C against team B and a team from another school in competition. Courtesy photo.



Photo courtesy of Hmailton Heights Middle School

Team 214F and Team 214G win the Teamwork Award at the Noblesville West competition earlier in the year. Courtesy photo.

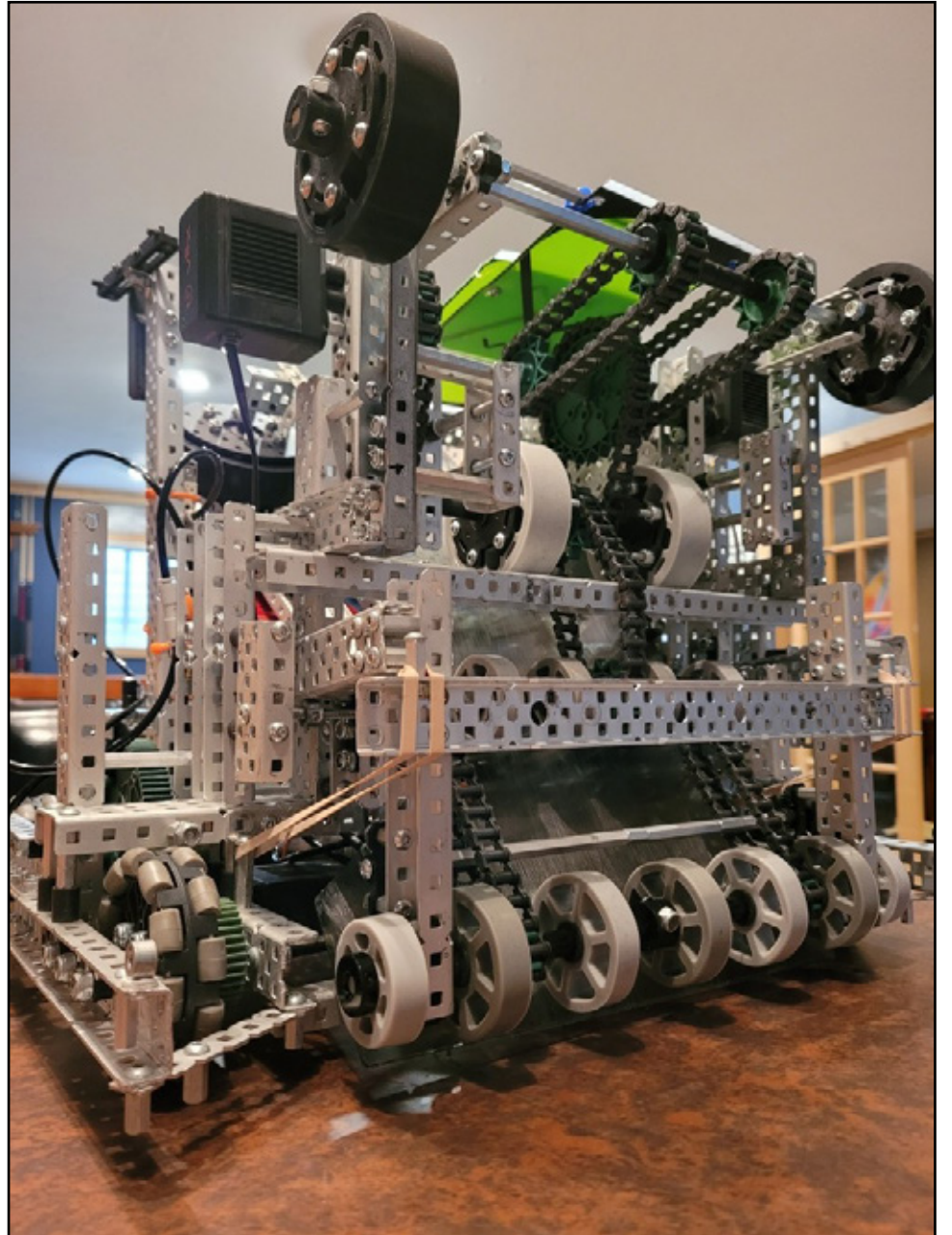


Photo courtesy of Hmlton Heights Middle School

Members of Hamilton Heights High School Robotics Club get the opportunity to design and build robotics to compete in a variety of challenges. The club offer students the opportunity to develop skills in engineering, programming, and problem-solving, while also fostering teamwork, communication, and leadership. Courtesy photo.

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## 10 Heights Robotics Teams Qualify For State Championship

Seven robotics teams from Hamilton Heights Middle School and three robotics teams from Hamilton Heights High School are headed to the 2023 Indiana VEX Robotics State Championship at Lucas Oil Stadium after successfully qualifying at various competitions held earlier this season. This is the sixth year in a row that HHMS has sent multiple teams to the state level competition. In fact,

Hamilton Heights Middle School will have the most teams represented in the state competition of all the schools who qualified. Lacy Bowyer and Chad Jung are the middle school Robotics Club coaches.

The high school Robotics Club has also qualified to compete at the state level twice since 2020.

The high school teams are coached by Doug and

Christi Ozolins, and PJ Steffen.

The Indiana VEX Robotics State Championship is the largest state robotics competition in the nation, with 350 robotics teams from elementary, middle, and high schools across the state to compete. Teams are eligible to compete at the event by winning a state-qualifying award at a local competition. HHMS teams qualified at the regular season

tournaments earlier in the school year. They did so by winning Teamwork Challenges and Excellence Awards at area events.

"Our students are top notch," said Lacy Bowyer, Hamilton Heights Middle School Robotics Teacher and Robotics Coach. "They put in the work every day and are highly skilled at what they do. They research what works and are always making modifi-

cations to stay competitive."

"VEX Robotics is a great program that teaches the kids so many different skills, way beyond the obvious of playing with robots," added Christi Ozolins, Hamilton Heights High School Robotics Coach. "These students put in a lot of time and work on their robots. Last week alone they spent 30 hours prepping for the state competition."

The best of the state's robotics competitors will be on display and Heights returns to showcase its teams' talents at the event on the largest stage Indiana has to offer this Saturday at Lucas Oil Stadium. The VEX State Championship competition is free and open to the public. We invite you to show your support by helping cheer on the Hamilton Heights Middle and High School teams on Saturday!

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Photo courtesy of Noblesville Schools

Hassler attributes the success of her library approach to the fact that she is often learning alongside her students.



Photo courtesy of Noblesville Schools

Hassler discusses Bigfoot tracks in the library with Noble Crossing fifth graders

# Squirrels, Bigfoot And No Shushing. Is This The School Library You Remember?

Hidden clues. A wonder box to explore. Passionate debates. Microscopes and flashlights. Does this sound like the school library you remember? Talking is encouraged in today’s Noblesville Schools libraries, as they build on classroom learning in engaging ways that students of the past could never have imagined.

Noble Crossing Elementary librarian Taryn Hassler is known as a tornado of creative energy, embodying the belief that when she is all about making learning fun, her students and colleagues will catch the excitement too.

Hassler’s library circulates almost 30,000 books a year and students visit as part of their regular school schedule. Some of their library time is spent as one might expect – listening to storybooks read by Hassler and browsing for their own new reads. But that doesn’t begin to describe what she has grown her library experience into.

Students in her library pursue hands-on learning and deep thinking through fun topics that are strategically designed to cross multiple academic disciplines and, maybe most importantly, to get students hooked. Last year it was all about squirrels, when a lesson on the historic Hamilton County squirrel stampede grew into a yearlong theme of educational activities not just in the library, but across the whole school.

This year Hassler’s focus is on the mystery of Bigfoot. What at first glance might look like just fun and games (and, wow, has she created a lot of fun and games!) in fact allows her students to experience evidence collection, scientific measurement, research, debate, theory analysis, anthropological study, problem solving and media literacy.

And her students, from preschool to fifth grade, can’t get enough of it. She brings in Bigfoot expert speakers, partners with local businesses, and organizes Bigfoot family night events. All this supplements her active day-to-day library atmosphere of themed crafts, specialty equipment, featured books, science tables, reading spaces, and nature items found in her wonder box. Students buzz about their library learning throughout their day and can’t wait to come back.

With degrees in elementary education and library science, Hassler describes her role as educational “mortar”, filling in gaps around the bricks set by teachers in the classroom. Collaborating closely with the other educators in her building is key to ensuring she is aligned with their lessons and supporting their academic objectives. She attributes the success of her approach to the fact that she is often learning alongside her students.

Hassler has already selected Noble Crossing’s theme for next school year – a celebration of the local bicentennial with a focus on pioneer days. She will undoubtedly be creating new and exciting learning opportunities that will wow her school community. Because her library is never about shushing and it’s not just about Bigfoot. It’s about asking big questions, using big imaginations, thinking big ideas, building big skills, and having big fun.

# Health Care Providers Encouraged to “Ask the Question” Hamilton County Chosen for Nationwide Program Preventing Veteran Suicide

Hamilton County’s Veteran Suicide Prevention Coalition is encouraging health care providers and community organizations to “Ask the Question” in an effort to better identify military veterans and their families and to prevent suicides among veterans.

Indiana is home to more than 390,000 veterans. Yet the U.S. Department of Veterans Affairs estimates more than half of them do not receive health care through the VA system. The Coalition wants to encourage more health care providers to ask, “Have you or a family member ever served in the military?”

“It seems like a simple question, but the conversation isn’t currently happening,” says Kristen M. Ludeker-Seibert, Director of Coordination for A Healthier Hamilton County: Systems of Care and a facilitator of the Veteran Suicide Prevention Coalition. “By asking the question, we’re hoping we’ll be able to better identify Hoosier veterans and service members, screen them for medical or mental health issues related to their service, and provide them with the resources and support they need.”

To that end, the Coalition has begun to plan a number of town hall meetings. Health care providers and community organizations are encouraged to email Ludeker-Seibert at kludeker-seibert@hamiltoncountypshc.org if they are interested in partnering with the “Ask the Question” initiative. Those who chose to participate will be provided staff training, military member resource sheets, access to military culture training, and aggregate data to track effectiveness of the initiative.

The “Ask the Question” initiative and its sister-program Crisis Intercept Mapping, were designed and developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) on behalf of service members, veterans, and their families to help communities strengthen the delivery of evidence-based suicide prevention policies and practices. The program is now up and running in 36 communities throughout the United States. Hamilton County is the first and only Indiana county selected to participate.

“We started noticing an increase in veteran suicides two years ago,” says Jim Ginder, a Health Education Specialist at the Hamilton County Health Department. “We’re thrilled to participate as this program has a proven track record of providing a comprehensive and coordinated approach in creating connections and opening doors for our veterans.”

Members of the Hamilton County Veteran Suicide Prevention Coalition include the Indy Warrior Partnership, Acadia Health, Aspire Indiana Health, the Hamilton County Commissioners, the City of Carmel, the City of Fishers, the Hamilton County Health Department, the Fishers Health Department, the Division of Mental Health and Addiction, Acadia Health, the Indiana Veterans Association, the Veterans Health Administration, the Division of Mental Health and Addiction, and the Department of Workforce Development.

# Project Executives to Break Ground on Fishers Event Center

City officials, executives from Indy Fuel, Thompson Thrift, and ASM Global will host a groundbreaking ceremony to mark the commencement of construction for the Fishers Event Center, an 8,500-seat entertainment and sporting event venue. The project, announced in September 2022, is the anchor to a nearly \$550 million expansion of the popular Fishers District lifestyle and entertainment destination in Fishers. The Fishers Event Center is anticipated to be completed by end of 2024.

**Want TO GO?**  
**What:** Fishers Event Center Groundbreaking  
**When:** Friday, March 24, 3:30 p.m.  
**Who:** Fishers Mayor Scott Fadness, ECHL Indy Fuel Owner Jim Hallett, Thompson Thrift CEO Paul Thrift, ASM Global Regional Vice President Leonard Bonacci, Fishers City Council members, Hamilton Southeastern and Fishers High School students  
**Where:** 11000 Stockdale Street, Fishers, IN 46037



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# Here’s Hoping New Purdue Grid Coach Fares Better Than History



**KENNY THOMPSON**  
Columnist

With Ryan Walters’ first spring practices as Purdue’s head football coach under way, let’s continue our look back at his predecessors.

Purdue’s football fortunes waxed and waned in the first quarter of the 20th century, a direct result of the coaching hires made until James Phelan – a member of the College Football Hall of Fame – came on board in 1922.

Two years removed from an All-American football season at Harvard, law school graduate Oliver Cutts came to West Lafayette in 1903 hoping to build on the previous season’s 7-2-1 record.

Fate had different plans for Cutts and the Boilermakers.

On Oct. 31, a 14-car special train carrying the players, staff and a handful of fans was en route to Indianapolis for the annual clash with Indiana. The train never reached its destination.

Approaching 18th Street in Indianapolis, the train came around a bend. Through miscommunication, a group of coal cars was being backed down the same rail line. The coal cars were mostly steel. The Purdue special cars were wooden.

The players’ car, located behind the engine, was splintered in two by the collision. Twelve players were among the 16 killed.

Cutts was among the fortunate, suffering a sprained ankle and a badly bruised foot. A future governor of Indiana, Harry G. Leslie, suffered injuries that would affect him the rest of his life.

The remaining five games of the season were cancelled.

Perhaps inspired by their late teammates, the Boilermakers would have a 1904 season that ranks among the greatest in school history. Purdue went 9-3, including a 27-0 win over Indiana at Indianapolis and a 36-0 home victory against Notre Dame to close out the season. It would be 25 years before another Purdue team would approach that record.

Cutts left for the University of Washington in 1905 but returned to Purdue as athletic director from 1915-18.

Following his death at the age of 65 in 1939, the Journal and Courier described Cutts as “a gentleman and scholar who never smoked, drank or cursed, and never spoke roughly to his players.”

If there was such a thing as hiring a big-name coach in 1905, Albert Herrnstein would have qualified.

As a standout halfback on Michigan’s point-a-minute teams in the early 1900s, Herrnstein played in the first Rose Bowl in 1902, a 49-0 rout of Stanford that was so dominating that the Rose Bowl decided in 1903 to have chariot races instead.

After graduation, Herrnstein coached the Haskell Indian School in Kansas for two seasons. His lone Purdue team outscored opponents 177-30 while compiling a 6-1-1 record.

Ohio State lured Herrnstein away in 1906, apparently not concerned then about hiring a Michigan man. The Buckeyes won the Big Ten title that year, and Herrnstein went

28-10-1 in four seasons. Four of those losses, though, were to Michigan. That was a no-no even a century ago.

The hardware business proved far less stressful. For more than 50 years he ran the Herrnstein Hardware Co. in Chillicothe, Ohio, before his death in 1958.

As a football coach, Myron Witham was a tremendous mathematics professor. The Boilermakers went 0-5 in 1906, his lone season in West Lafayette.

He would fare far better in his second chance as a head coach, going 63-26-7 with two Rocky Mountain Conference championships at Colorado from 1920 to 1931. Witham died in 1973 at age 92.

Another law school graduate gave football coaching a try at Purdue in 1907. Leigh Turner was an assistant coach under Fielding Yost while attending Michigan Law School.

Turner’s only Boilermaker squad scored a grand total of 10 points while once again going 0-5. He died in 1971 at age 91.

Purdue’s next coach was a medical school graduate. Frederick Speik looked like a promising hire, going 4-3 in 1908. Speik fell out of favor during the 1909 season and was fired with three games remaining.

The Evening Courier reported that the Purdue student body and the Athletic Association “felt that some radical measure had to be enacted to prevent a disgraceful showing over the next three games.”

The Chicago Tribune piled on, noting “Since Speik has been in charge ... Purdue has not won a game of note, and his ability as an instructor did not meet the expectations of members of the association, who assert that Speik had splendid

material from which to pick an eleven.”

Speik established himself as a doctor/surgeon in the Los Angeles area and never coached another game. He took his life in 1940 at the age of 58.

An Olympic silver medalist in the Greek style discus in 1908 and Syracuse University’s first football All-American, Bill Horr decided to give football coaching a try in 1910 at Purdue.

Horr made it four losing coaches in a row at West Lafayette, although his third and final season saw Purdue go 4-2-1 to raise his overall record to 8-11-1. Horr spent the next 10 years as line coach at Syracuse before serving as a lawyer for the American Liability Insurance Company. He was 75 when he passed away in 1955.

Purdue figured it was time to hire a full-time, professional football coach. It chose an all-time great in 1913.

Andy Smith had compiled a 30-10-3 record in four seasons at Penn before he was lured to West Lafayette. In three seasons at Purdue, Smith went 12-6-3 and never had a losing campaign.

Smith would have his greatest success after leaving West Lafayette, winning four national championships and five Pacific Coast Conference championships at California from 1916 to his death at age 42 from pneumonia in 1926. He was inducted into the College Football Hall of Fame in 1951.

Next, Purdue turned to a successful east coast high school coach. Cleo O’Donnell’s 1914 Everett (Mass.) High School team went 13-0 and outscored opponents 600 to 0, including an 80-0 victory over Oak Park, Ill., in what was billed as the national championship of high school football. The Big Ten proved

a lot tougher than Oak Park, with O’Donnell’s Boilermakers going 1-8 in conference play and 5-8-1 in 1916-17. He fared better at his alma mater, going 69-27-6 from 1919-29 at Holy Cross. O’Donnell died at age 67 in 1953, eight years before his son, Kenneth, became a key aide to President John F. Kennedy.

Butch Scanlon delivered what none of his predecessors could in 1918, a Big Ten championship. That banner wasn’t enough to save his job two years later when he was, as the Journal and Courier put it, “retired” by athletic director Nelson Kellogg following a 10-7 loss to Indiana. Scanlon went 7-12-1 at Purdue. Full disclosure: Scanlon coached my wife’s grandfather, end R.C. (Cooper) Kerr, as did the next Purdue coach.

By 1921, Purdue had had doctors and lawyers coaching football so someone in the athletic department figured it was time for an Indian. Well, at least someone who posed as one.

The debate has raged for decades over whether William “Lone Star” Dietz was really a Native American or a fraud.

Dietz registered for the draft in 1918 as a “Non-Citizen Indian,” a claim that drew the suspicion of the Federal Bureau of Investigation. The FBI determined that Dietz had assumed the identity of James One Star, an Ogala man who had disappeared in 1894. Two court appearances ended in a hung jury and then a 30-day sentence in Spokane, Wash., after Dietz pled no contest.

Dietz came to West Lafayette in 1921 with a spectacular 27-3-1 record at Washington State and with the Mare Island Marines in 1918. The Journal and Courier was sure Dietz would be the

man to build sustained success at Purdue.

“We believe that a new era of football is dawning for Purdue. With a man who is a leader, with a team that is good, that merely needs coaching, advice and understanding, Purdue cannot but come out of the gridiron rut into which she has slipped during the past few years. ... Purdue shall take its place among the leaders in the Big Ten from now on.”

Dietz was an outstanding football coach and would be elected to the College Football Hall of Fame in 2012. Unfortunately, Dietz’s reputation would suffer during his lone season at Purdue.

The Boilermakers were shut out five times in 1921, and scored a mere nine points on their way to a 1-6 record and a tie for eighth place in the Big Ten.

It appeared, though, that Dietz would be retained. That possibility ended in January 1922 when he was accused by a University of Washington professor of offering eight west coast high school players \$100 a month to come play at Purdue. Today, that’s about \$1,650 dollars or chicken feed in today’s somewhat legal bidding for college athletes.

Interim Purdue president Henry Marshall – owner of the Journal and Courier – immediately fired Dietz, even though he and the eight athletes denied the charges.

One week after his dismissal, Dietz married the society editor of the Journal and Courier in a ceremony performed by Lafayette mayor George Durgan.

*—Kenny Thompson is the former sports editor for the Lafayette Journal & Courier – and an award-winning journalist. He has covered Purdue athletics for many years.*

# Unpaid Tickets Leads To Chaos



**DICK WOLFSIE**  
Funny Bone

I recently read in one of my newsfeeds that an 85-year-old man was fumbling through his drawers (which is a funny image, right there) and found a one-dollar parking ticket fine that he had gotten almost 70 years ago and forgot to pay.

Henry was apparently a man with a sharp financial sense. He knew that someday he’d be 85 (with any kind of luck) and that if he conveniently misplaced the summons, he could pay it 60 years later when a buck was a mere pittance—and maybe he could pick up a little positive press for seniors at the same time.

I’d like to re-examine this case in light of a similar event in my own life. I also forgot to pay a parking fine, right before we left for a vacation. It was a legitimate oversight. Actually, I had put the ticket in my back pants pocket, then went home, threw the pants in the Maytag, and

that’s the last I remembered seeing it. After that, it was washed completely from my mind.

When we returned from our trip, I received a note from the city saying that my fine had been doubled due to failure to pay. I was somewhat relieved because I had heard that if you are delinquent on paying those tickets, they can even take away your car. Who knows what they take away if you don’t pay a jaywalking ticket!

I recalled that story about Henry. I’m a senior, also. Not quite as senior as Henry, but I think I have entered that period of life when some of my oversights would no longer be considered punishable. Most people would even say they are charming.

I decided to contest this and made the call to the Traffic Violation Bureau: “Hello, I have a question. I’m curious: have you heard about this guy, Henry, the senior citizen who didn’t pay his parking ticket for almost 70 years?”

“Yes, of course. What an uplifting, touching story about the inner goodness of human beings. His honesty is so heart-warming. Who is this, anyway?”

“My name is Dick Wolfsie and I...”

“Yes, Mr. Wolfsie, we

have your records. Disgraceful, contemptible—criminal, even.”

“I don’t get it. This guy doesn’t pay his ticket for six decades and he’s a hero. I skip a few weeks and you double my fine? You called his story heart-warming.”

“How old are you, Mr. Wolfsie?”

“I just turned 76.”

“I’m afraid you don’t have enough time left to make your story heart-warming.”

“Look, I still don’t understand why you are punishing me after two months, and I bet you have his photo on your bulletin board.”

“Oh, your picture is up there, too.”

As a result of Henry’s story, I am thinking about heading to my hometown in New York in a couple of months and taking back an old library book that I forgot to return in 1980. Of course, if I do return it now, they’ll charge me big time and call me a thief. But if I could stay alive for 30 more years, they’d think I’m downright adorable.

*—Dick Wolfsie spent his career sharing his humor, stories and video essays on television, radio and in newspapers. His columns appear weekly in The Paper of Montgomery County. E-mail Dick at Wolfsie@aol.com.*

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THE TIMES

# Pancake & Sausage Breakfast

special thanks to

## Saturday, April 29, 2023

### Forest Park Inn

### 8 a.m. to 11 a.m.

### \$5 per ticket

**Tickets can be purchased at the door**

### Proceeds support Noblesville Babe Ruth Baseball

www.noblesvillebaberuthbaseball.com





The Times photo

**Easter egg hunts galore are happening now through Easter in and around Hamilton County.**

7. Enjoy brunch and an Easter Egg Hunt with the Easter Bunny beginning at 10 a.m. Saturday at St. Mark’s United Methodist Church in Carmel.

8. Auditions for Underdog Theatre’s “Second Chances” will be at 10 a.m. Saturday at Green Valley Church of Christ, 19005 Cumberland Road, Noblesville, for high school- and college-age actors with rehearsals and performances to take place in Noblesville. “Second Chances” follows life on Mars long before life existed on Earth. Prepare a monologue, complete an audition sign-up and get more information at [underdogtheatre.org](http://underdogtheatre.org)

9. Enjoy live music at Grindstone Public House in Noblesville, featuring The Dead Squirrels on Saturday and Disagreeable on April 1, Craig Thurston on April 6, John Gilmore on April 8.

10. Experience the live music of Mike Archer from 7-9 p.m. Saturday at Spencer Farm Winery in Noblesville.

11. See work of artist Marc “Mozzy” Love’s exhibit, “Welcome to the Boomtown,” open noon to 5 p.m. Wednesdays through Fridays in March in the Stephenson House. Bobbi K. Samples’ work is currently on display in the Meyer Najem 2nd Floor Gallery.

12. Participate in a Pop-Up Bird Seed Cakes program at 4 p.m. Wednesday at Fishers AgriPark.

13. Head to the 1836 Prairietown as the outdoor areas open for the 2023 season on March 28 at Conner Prairie in Fishers.

14. Hamilton County Passion Play “Behold the Lamb” on stage March 29-April 1 at Noblesville High School Auditorium. As of press time, tickets, at \$1 each, were still available for the Thursday performance, at <https://www.beholdthelamb.com/>

15. Second Ward Vintage Market is April 1 in the Lacey Arts Building in downtown Noblesville.

16. Put on your running shoes and head for Forest Park for the return of the free Easter Egg Hunt activities that begin at 10 a.m. April 1, with the hunt at 11 a.m., sponsored by Noblesville Parks and Recreation Department and Hare Chevrolet. Activities at Shelter 5 include bounce houses, a DJ, and vehicle tours from the Noblesville Fire Department and Noblesville Police Department. The Easter Bunny also will make a special appearance. The egg hunt includes three age groups for ages 3-10 (3-4, 5-6 and 7-10). Children ages 2 and younger are invited to stop by the Parks and Recreation tent, where toddler-related activity bags will be handed out to the first 50 kids. Noblesville Kiwanis Sunrisers will host a pancake breakfast in conjunction with the egg hunt at Forest Park Inn 8 a.m. to 10:30 a.m. April 1, featuring pancakes, sausage, juice, coffee and milk, for \$5 with proceeds to go to a local charity.

17. You get to ride a train for this Easter happening. Board the Nickel Plate Express for

an Egg-citing Easter train ride with the Easter bunny on April 1, 2, 8 leaving Hobbs Station at Forest Park Depot in Noblesville.

18. If you’re 21 and older, enjoy an Adults Only Easter Egg Hunt from 10 a.m. to noon April 1 at Urban Vines Winery in Westfield. A \$40 ticket includes a sandwich, Mimosa samples, live music with The Neighbors Band, find the Golden Eggs, then get your photo taken with the Urban Vines Bunnies.

19. Bring your precious pup to Egg-Paw-Looza!, 11 a.m. to 2 p.m. April 1 at Asa Bales Park in Westfield. For three dog egg hunts, professional pet portraits with the Easter Bunny, activities, pet vendors, food and beverage vendors. A portion of ticket sales will benefit the Indiana Canine Assistance Network (ICAN).

20. Enjoy a night of painting and see baby animals 4 p.m. to 8 p.m. April 1 at Kiln Creations in downtown Noblesville. Silly Safari will bring a menagerie of Easter bunnies and chicks to pet, then paint some Easter-themed pottery (which will be ready for pickup in a week after kiln drying) for your \$25 ticket. Painters under age 13 require supervision.

21. Legacy Keepers Music’s new 2023 Classical Guitar series, a part of the Bicentennial Celebration, kicks off at 7 p.m. April 1 in the Historic Courtroom at the Hamilton County Courthouse in downtown Noblesville. NHS 2021 graduate, guitarist Santiago Baptista, will take the stand to give his own musical testimony before the featured artist, Joseph Jones, a 2020 Butler University Masters Guitar program graduate. The series continues May 6 with Brett Terrell and Friends, Nov. 4 with Nolan Winters and Dec. 2 with John Alvarado. Tickets are \$20 each or \$60 for season tickets for the four concerts, a savings of \$20.

22. Partake in the Wayne-Fall Lions Club’s annual Palm Sunday Breakfast from 7 a.m. to 1 p.m. April 2 at the Club on East 191st Street at DeShane Avenue and Victory Chapel Road, in Noblesville, with a menu featuring pancakes, eggs, bacon and sausage for a freewill donation.

23. Hyperion Players is seeking actors to audition for more than two dozen roles in an original play, “Call Me Sister,” set at Christmas 1550, at 7 p.m. April 2-3 at Emmanuel United Methodist Church in Noblesville, with actors asked to perform cold reads from the script. Performances June 8-11.

Noblesville Jim Dandy’s annual Easter Kids’ Night is 5 p.m. to 8 p.m. April 5, with face painting, egg coloring and a coloring contest and more.

24. Calling all singers, dancers, magicians and other performers for April 7 First Friday in downtown Noblesville, with Noblesville Main Street’s “Noblesville’s Got Talent,” with audition registration at [www.noblesvillemainstreet.org](http://www.noblesvillemainstreet.org)

25. Enjoy an Easter

breakfast buffet and visit with the Easter Bunny for a photo opportunity from 8:30 a.m. to 12:30 p.m. April 8 at Conner Prairie in Fishers. Remember to bring your own camera to capture the memory. Assigned seating will be arranged in advance for registered guests.

26. The community is invited to an annual Easter Egg Hunt 9 a.m. to noon April 8 at the First Christian Church in Noblesville. Ages 5 and younger with parents at 9 a.m., ages 6-9 at 10 a.m. and ages 10-12 at 11 a.m.

27. Owners can bring their dogs and sniff out thousands of treat-filled Easter “Beggs” with treats, at 11 a.m. April 8 at Hamilton Town Center’s Dog Park behind Express.

28. Families can celebrate Spring at the Hide and Peep Egg Hunt and more 11 a.m. to 1 p.m. April 8 at Village Green in front of Dick’s Sporting Goods.

29. Join the 11th annual Adult Easter Egg Hunt at noon April 8 at Blackhawk Winery & Vineyard in Sheridan, where the eggs you find will earn special prizes, and where your ticket includes a glass of wine and wine tumbler. For ages 21 and older. Grounds are open until 7 p.m. with music and food, with \$25 tickets at [eventbrite.com](http://eventbrite.com).

30. Add a touch of jazz to your Easter Sunday from 11 a.m. to 1 p.m. April 9 at Feinstein’s at Hotel Carmichael in Carmel with special guest Tom Clark and sounds of Blair Clark, who has captivated audiences through Europe, Canada and all over the U.S.

31. Families can celebrate Spring at the Hide and Peep Egg Hunt and more 11 a.m. to 1 p.m. April 8 at Village Green in front of Dick’s Sporting Goods.

32. Join the 11th annual Adult Easter Egg Hunt at noon April 8 at Blackhawk Winery & Vineyard in Sheridan, where the eggs you find will earn special prizes, and where your ticket includes a glass of wine and wine tumbler. For ages 21 and older. Grounds are open until 7 p.m. with music and food, with \$25 tickets at [eventbrite.com](http://eventbrite.com).

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34. Bring Fido and sniff out thousands of treat-filled Easter “Beggs” with treats, at 11 a.m. April 8 at Hamilton Town Center’s Dog Park behind Express.

35. Celebrate Spring at the Hide and Peep Egg Hunt and more 11 a.m. to 1 p.m. April 8 at Village Green in front of Dick’s Sporting Goods.

*-Betsy Reason writes about people, places and things in Hamilton County. Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).*



Photo courtesy of Hamilton Heights Student Activities Center

**Hamilton Heights School Corporation’s Student Activity Center was originally built in 1957 as the Jackson Central High School. During its more than 60-year tenure the building served the educational needs of students as Hamilton Heights High School (1965–1992) and Hamilton Heights Middle School (1993-2020) prior to being repurposed into the Student Activity Center in 2021.**

monial at Red Bridge Park and Pvt. William Cutts’ gravesite in Cicero. Atlanta Library, Mr. Muffin’s Trains, Roads Hotel, and Inter-Urban in Atlanta.

In coordination with the Hamilton County Bicentennial Committee, Hamilton Heights will be hosting an open house at its newly renovated Student Activity Center on Saturday, April 15 from 2:00 to 5:00 p.m. Guests will be given a personalized tour of the facility and meet and greet with Hamilton Heights’ leadership team and school board members. Hamilton Heights Student Activity Center is located at 420 W. North Street, Arcadia. Enter through doors B and H.

Today, the Student Activity Center is home to the HHSC History Hall (history of all things

Hamilton Heights), HHSC Board Room, HHSC Community Room, HHSC Husky Orange Room, HHHS Robotics, HHMS Football, Wrestling, Track & Field, All HHHS sports schedules and practices in both gyms, Jr. Husky Basketball Program (K-5), HH Wrestling Club (elementary aged kids), Healthy Way Clinic, and Early Childhood Assessment Team.

A special note of appreciation is extended to the following educators and students for their bringing local history to life through this incredible project: Jeff Beechler (HHMS 8th Grade US History Teacher), Julie Davis (HHSC School Board member) Lucia Garber (HHMS Business Teacher), Connor James (HHMS Business Teacher), and Melissa Martin

(HHSC Integrated Technology) along with students, Jude Bailey, Dayne Belcher, Reece Blanton, Gracie Bortone, Allie Bushey, Corbin Carlson, Presley Cherry, Olivia Cosand, Marc Davis, Hannah England, Silas Fryman, Jack Kakasuleff, Austin Kappes, Hazel Lynch, Zane Pritsch, Norah Reiger, Grace Reynolds, Lily Schuler, Caleb Sullivan, and Nora Trees.

About Jackson Township. Jackson Township, organized in 1833, is home to three towns, Atlanta, Arcadia, and Cicero and two unincorporated communities, Deming and Millersburg. It consists of just nearly 55 square miles with a population of approximately 10,550 and is served by the Hamilton Heights School Corporation.



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# FRIDAY

## Business

### Notes and

## NEWS

Friday, March 24, 2023

A6

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## Purdue's 'World's Whitest Paint' Wins 2023 SXSW Innovation Award

The world's whitest paint, developed by Purdue University researchers and recognized in Guinness World Records, has been named winner of the 2023 Innovation Award in the sustainability category by South by Southwest Conference & Festivals (SXSW).

The award "recognizes the most exciting creative developments in the connected world," and was presented to Purdue on Monday (March 13) at the 25th annual SXSW Innovation Awards Ceremony in Austin, Texas. Purdue was chosen in the sustainability category from among four finalists that included Purdue; Indianapolis-based Attarraya: Sustainable Shrimp-Farming Tech; The Trees of the Future, based in Hayward, California; and Chicago-based Natures Fynd: Fy Protein.

The paint, developed by Purdue professor of mechanical engineering Xiulin Ruan, is fighting global warming by keeping surfaces cool enough to reduce the need for internal air conditioning. SXSW is the latest to recognize the innovation, which was previously featured on PBS NewsHour and The Late Show With Stephen Colbert. Earlier this month, the paint was named winner of the 2023 Gizmodo Science Fair.

In 2022 Ruan and his team innovated further by developing a new formulation of his groundbreaking paint that is now thinner and lighter – ideal for radiating heat away from cars, trains, airplanes and even spacecraft. According to Ruan and his team's models, covering 1% of the Earth's surface in their technology could mitigate the total effects of global warming, a fact encouraging them to continue pursuing formulas suitable for surfaces like asphalt and roadways (podcast available online).

"With this award, we are honored that SXSW joins a growing list of organizations, publications, and states that rec-

ognize Purdue University and its world-changing researchers are delivering practical solutions to today's toughest challenges," said R. Ethan Braden, executive vice president, chief marketing and communications officer for Purdue University and Purdue Global. "Whether it's the world's whitest paint to combat global warming or the workforce needed to onshore semiconductor production in the United States, Boilermakers are delivering innovative giant leaps again and again."

Painting the town white to go green

Typical commercial white paint gets warmer rather than cooler when subjected to sunlight or other light sources. Paints on the market that are designed to reject heat reflect only 80% to 90% of sunlight and can't make surfaces cooler than their surroundings.

In comparison, the world's whitest paint reflects 98.1% of solar heat away from its surface.

Because the paint absorbs less heat from the sun than it emits, a surface coated with this paint is cooled below the surrounding temperature without consuming power.

Using this formulation to cover a roof area of about 1,000 square feet could result in a cooling power of 10 kilowatts, more powerful than the air conditioners used by most houses. At SXSW, researchers demonstrated the effects of the difference with two model barns sitting under direct halogen lights: one painted in commercial paint and one in Purdue's white paint. Judges were able to compare thermometers reading the barns' internal temperatures and to feel the difference in the roofs. The barn painted in Purdue's technology consistently held cooler internal temperatures by 8-10 degrees Fahrenheit. The "whitest white" barn roof was also much cooler to the touch, prompting many surprised responses from

judges and viewers.

While Ruan's original paint formula is massively efficient, it required a layer 0.4 millimeters thick to achieve subambient radiant cooling. The newer, thinner formulation can achieve similar cooling with a layer just 0.15 millimeters thick.

The new paint also incorporates voids of air, which make it highly porous. This lower density, together with the thinness, provides another huge benefit: reduced weight. The newer paint weighs 80% less than the original paint yet achieves nearly identical solar reflectance – 97.9%, compared to the original formula's 98.1%.

Ruan and his team of researchers are currently working with the Purdue Research Foundation's Office of Technology Commercialization for commercialization. According to Ruan, "We are in discussions right now to commercialize it. There are still a few issues that need to be addressed, but progress is being made."

Ruan says the cost and production process is expected to be similar to commercial paint, which they've kept in mind from the beginning so that it would be accessible when it's ready for market.

Patent applications for this paint formulation have been filed through the Purdue Research Foundation Office of Technology Commercialization. For further discussion on this intellectual property, contact Will Buchanan at wdbuchanan@prf.org and reference code 2022-RUAN-69542. This research was supported by the National Science Foundation with Award No. 2102645, and Andrea Felicelli was supported by a National Science Foundation Graduate Research Fellowship. The research was performed at Purdue's FLEX Lab and Ray W. Herrick Laboratories and the Birck Nanotechnology Center of Discovery Park District at Purdue.

## READI Bolsters Quality Of Life Investments In Northwest Indiana

Indiana Gov. Eric Holcomb joined officials and community leaders earlier this week in Gary as the Northwest Region celebrated a significant investment that will support current and future residents. Fueled by \$10 million in funding from the transformational Indiana Regional Economic Acceleration and Development Initiative (READI), the \$30 million Tolleston Opportunity Campus will increase access to childcare, health care and other community programming.

"Indiana's strong fiscal foundation has placed us in a position of strength and has enabled us to make unprecedented investments in our rural, urban and suburban communities," said Gov. Holcomb. "This historic initiative in Gary will provide critical services for Hoosiers, increase quality of place and position the city and surrounding region for continued success."

The nationally recognized READI program allocates \$500 million to 17 regions across the state to accelerate shovel-ready projects and programs that are expected to transform Indiana communities, attract talent and improve the quality of life for Hoosiers in the short and long term. The Northwest Indiana Region, led by the Northwest Indiana Forum, was awarded \$50 million in READI funds to advance its strategies, grow its population base, improve quality of place and quality of life, increase and diversity the region's quality of opportunity, and spur innovation and entrepreneurship to attract and retain talent.

"The Forum is very proud to be leading the northwest Indiana READI effort," said Heather Ennis, president and CEO of Northwest Indiana Forum. "This is one of 34 amazing projects occurring in northwest Indiana. As these catalytic projects evolve,

many – like the Tolleston Opportunity Campus – are adding additional partnerships, deepening the impact they will have on our region."

Supported by three anchor organizations – Boys & Girls Clubs of Greater Northwest Indiana, Crossroads YMCA and Methodist Hospitals – the Tolleston Opportunity Campus will be built at the Gary branch of the Boys & Girls Club in the former Tolleston Middle School. The project, which includes a new 50,000-square-foot space and an upgrade to the Boys & Girls Club, reimagines urban development, working to deliver exceptional spaces and programs focused on youth development, healthy families, healthy communities and economic and workforce development. These spaces and programs will include a fitness center with a wide range of amenities, learning opportunities for families and specifically for children, as well as a health care clinic and extracurricular classes.

"Our community is excited about the Tolleston Hub project, including the new YMCA," said Mayor Prince. "It's proof Gary and our friends and neighbors can reimagine what's possible when we all work together. We welcome all of our partners to Gary, and we look forward, with you, to accomplishing great things for northwest Indiana."

Through READI, 17 regions across the state that represent all 92 counties are moving forward with projects and programs designed to enhance Indiana's regions for current and future generations of Hoosiers. Collectively, the state's \$500 million investment is expected to yield roughly \$8 billion of additional public, private and nonprofit dollars invested in enhancing Indiana's quality of life, quality of place and quality of opportunity.

## AAA Hoosier Motor Club Announces CEO Retirement

AAA Hoosier Motor Club announced today that Kirk Hendrix, President, and CEO will retire effective July 2023, starting a leadership transition process over the next five months. Hendrix's decision to retire will bring to a close a remarkable career of 10 years with the organization.

"The growth we have experienced under Kirk's leadership has been unprecedented," stated board chair Steve Walker. "His ability to lean into innovation and vision has launched us into the AAA of the future. We now have more products, more staff, and more services than ever before. We are prepared to meet the needs of members wherever they are."

"It was a privilege being selected to this position 10 years ago and an honor to serve it since. I've had the pleasure of working alongside some great people, all carrying on the good and noble work that AAA provides. This tenure, my career's longest, has been a particularly fulfilling part of my career. It's gratifying for me to be able to

wind down my career while serving this great organization," stated Hendrix.

The Hoosier Motor Club board of directors will oversee the process of choosing Hendrix's successor. The board will engage in developing the CEO job description, conducting an organizational assessment, meeting with external stakeholders, developing a transition plan, and hiring the executive firm to conduct the national search.

During Hendrix's tenure at AAA Hoosier Motor Club, he has guided the organization through numerous achievements, including the introduction of AAA Adventure Travel for thrill-seeking travelers, "My Pit Crew" mobile tire service, providing customers with an opportunity to order tires online, and have them installed at their home or office, and the introduction of the first Electric Vehicle to provide AAA roadside service. He leaves the organization in solid financial standing with systems in place that the board and staff can continue to use to grow its many programs.

## IU Health Recognizes Indy Airport Employees Who Saved Travelers' Lives

IU Health recognized 22 Indianapolis Airport Authority employees recently for their heroic work in saving the lives of two travelers who suffered traumatic medical emergencies at the Indianapolis International Airport (IND) in 2022.

More than 8 million people from all over the world travel through the Indy airport each year, and the airport's public safety team is ready to step in at any hour of the day to protect the well-being of passengers, employees and the airport terminal facilities.

On two separate occasions in 2022, that's exactly what they did, coming to the aid of passengers experiencing serious medical emergencies. IND first responders were dispatched to the terminal in response to a patient with difficulty breathing and one that was unconscious. Thanks to a passerby and an Indy airport police officer, CPR was in-progress for both. On arrival, Indianapolis Airport Authority Fire Department paramedics and EMTs provided advanced life support care and resuscitated the patients. The patients were transported to IU Health West for further treatment, recovery and discharge to return home safely.

"These specific responses were the difference between life and death," said Kurtiss McKisick, EMT and EMS liaison for IU Health's Indianapolis Suburban Region. "It was an honor

to recognize the crews involved in these incidents for their quick response, knowledge and skills that resulted in a life saved."

IU Health recognized the following Indy airport public safety team members for their "superior dedication, care, compassion and commitment in serving their patient":

- Dispatcher Heather Clodfelder
- Dispatcher Brent Freudenstein
- Dispatcher Julia Pulliam
- Firefighter/Paramedic Andrew Patton
- Firefighter/EMT Derek Wilson
- Lieutenant/EMT Kennitay Byrd
- Firefighter/EMT Ed Taylor
- Lieutenant/Paramedic Keith Schmidt
- Firefighter/EMT Adam Rich
- Dispatcher Lori Joseph
- Dispatcher Cameron Collins
- Dispatcher Cameron McAtee
- Dispatcher Cory Wiggins
- Dispatcher Christine Nevins
- Police Sergeant Officer Mike Grimes
- Division Chief/Paramedic Michael Hammond Sr.
- Firefighter/EMT Jamar Kendrick
- Deputy Chief/EMT Stephen Summers
- Battalion Chief/EMT Travers Swardson
- Lieutenant/EMT Jim Nungester
- Firefighter/Paramedic Bran-

don Towns

- Battalion Chief/EMT Brian Booth

The American Heart Association reports that only 30% of cardiac arrest patients survive upon arrival at the hospital. Conversely, the IAA's public safety teams have consistently achieved a survival rate of over 60%, which significantly surpasses the national average.

"The success of the IAA's public safety teams' efforts is primarily attributed to their dedication to training, preparation, and having the appropriate equipment on hand, such as automatic defibrillators and an effective CPR program," said Keith Berlen, IAA senior director of operations and public safety. "Many of the patients we revive go on to recover neurologically, a testament to the high-quality care provided by our teams."

To learn more about joining the IND public safety team and other open opportunities with the Indy airport, visit IND.com/Careers.

Travelers can also learn and practice the life-saving skill of hands-only CPR at American Heart Association kiosks located at the Indy airport in both Concourse A (near gate A18) and Concourse B (near gate B15). Since the first interactive kiosk was placed at IND in 2016, nearly 23,000 passengers have completed the brief training to learn Hands-Only CPR.



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# Friday Voice of our PEOPLE

The Times of Noblesville

Friday, March 24, 2023

A7

## BeMe Teams Up With CareSource To Provide Digital Mental Health Support For Teens

BeMe, a digital behavioral health company, and CareSource, a nationally recognized nonprofit health plan, are announcing a new partnership to provide teens enrolled in Indiana's Hoosier Healthwise coverage access to digital mental health support and interventions designed specifically to address teens' unique needs.

CareSource provides health coverage to nearly 19,200 teens through Hoosier Healthwise, part of Indiana's state Medicaid program. Through the BeMe and CareSource partnership, these individuals will have mobile access to mental health support including content, care activities and real-time one-on-one coaching, as well as clinical services and crisis support as needed.

"Teens today, more so than ever, are facing numerous pressures and obstacles that impact their mental and emotional health," said Steve Smitherman, market president for CareSource Indiana. "Having a science-backed and teen-centric approach to support teens' needs and build their skills to make them feel empowered to take on life's challenges

will be incredibly beneficial to our members and communities in Indiana."

The state of teen mental health has been a public health crisis for more than a decade. A 2021 Surgeon General health advisory refers to teen mental health as an "urgent health issue," and highlights a chilling statistic: One in three high school students and half of female students reported persistent feelings of sadness or hopelessness in 2019, an overall increase of 40% from 2009. What's more, in 2021, 44% of U.S. high school students experienced persistent sadness or hopelessness. In Indiana, 46.7% of students in middle and high school reported feeling sad or hopeless almost every day for up to as long as two weeks in a row, leading them to stop performing some of their usual activities.

Indiana has been a leader in emphasizing the importance of teen mental health and privacy. With this new partnership, thousands of Indiana teens will have access to a first-of-its-kind mental health program. Through access to the BeMe platform, teens will have a fun,

safe, familiar mobile modality that combines science-backed digital tools with live human connection for maximum support and impact.

"Innovative interventions are desperately needed to support teens' mental health in Indiana and across the country," said Nicoletta Tessler, CEO and co-founder of BeMe. "BeMe's mobile mental health solution addresses these fundamental needs and is designed for a digital-first generation that is desperate for support. We are thrilled to partner with CareSource to bring this much-needed solution to thousands of Hoosier teens."

BeMe is designed entirely in collaboration with teens as the platform is uniquely informed by an active Teen Advisory Board. This board is critical in shaping the experience and ensuring holistic relevancy for users. Since its January 2022 launch, BeMe has served over 90,000 teens across all 50 states who use the platform to tackle common mental health issues they're facing. The platform has seen content engagement rates that are five times higher than other apps.

## Let's Talk About Stem Cells



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

I've been seeing some news stories recently describing stem cell therapy. This week I will describe what they are, where they come from, how they might be used to treat disease and finally, touch briefly on the social and ethical challenges surrounding their use.

Stem cells are critical to our development and tissue repair. They have the potential to change into other more specialized cells in the body through a process known as differentiation. By definition, stem cells have to exhibit two properties: (1) they must be able to divide multiple times while remaining unchanged and (2) they have to have "potency," the ability to differentiate into other cell types.

Stem cells have a hierarchy of potency that is important in determining what they are capable of doing. Totipotent cells sit at the top of the stem cell pyramid. They have the capacity to differentiate into any of the approximately 200 cell types in our bodies. Pluripotent cells can differentiate into nearly all cells, while multipotent cells can become only cells of a closely related family of cells. There are additional levels of potency that produce even fewer cell types.

There are two types of stem cells in humans – embryonic and adult. Embryonic stem cells are derived from embryos that are 4-5 days old. Embryos at this stage

contain about 50 to 150 cells, some of which are pluripotent and can propagate indefinitely.

Adult stem cells are found in most tissues in the body and are multipotent. They are generally able to produce all of the cell types of the particular organ where they reside. They can also be found in umbilical cord blood. These cells exist to replace and repair tissues. It is hypothesized these cells may bear responsibility for development of some cancers since they have the capacity to divide almost indefinitely, one of the hallmarks of cancer cells.

Stem cells can be removed from either embryos or various tissues of the body and then grown in laboratory tissue culture. This is a very tricky business, as stem cells naturally want to differentiate into other cells. The stem cells need to be kept in a very specific biochemical soup to prevent them from differentiating. One of the most challenging facets of stem cell research is discovering the complex biochemical signaling that controls stem cell differentiation.

The excitement surrounding the use of stem cells arises from the potential they have to replace damaged or genetically defective cells and tissues in the body. Currently, the only stem cell treatments approved by the Food and Drug Administration (FDA) are products that treat certain cancers and disorders of the blood and immune system.

There are no currently approved embryonic stem cell treatments. However, the first human study using embryonic stem cells was started a few years ago. It involved placing stem cells around damaged nerves in patients with spinal cord injuries.

There are a number of

potential challenges when using embryonic stem cells. One is discovering how to program them to differentiate into the desired cell type. Stem cells can differentiate into masses of different cell types and tissues if allowed to grow on their own. If a patient receives stem cells from a human donor, there is also the risk of rejection by the recipient's immune system.

Finally, embryonic stem cell research presents social and ethical challenges in regard to obtaining stem cells from human embryos. Removing embryonic stem cells usually resulted in destruction of the entire embryo. A technique was developed in 2006 that allows the embryo to survive following stem cell removal.

More recent research has developed a methodology to produce pluripotent stem cells from fully differentiated cells. These reverse-engineered stem cells are called induced pluripotent stem cells. Scientists have taken skin cells and added various proteins to alter DNA expression to cause the mature skin cells to revert to stem cells. This discovery is very exciting and has the potential to obviate the need to use embryonic stem cells.

You may run across medical clinics that claim to offer stem cell therapies. This is a very questionable practice since using stem cells for treatment of diseases is in its infancy and there is no good evidence to indicate they are safe and effective. The FDA is really cracking down on stem cell clinics. Consumer Reports had an excellent review in January 2018 that you can read at [goo.gl/vfZfvv](https://www.consumerreports.org/health/alternative-medicine/stem-cell-therapies/).

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## 5 Simple Solutions For Proper Nasal Hygiene

(Family Features) Your nose is essential for conditioning the air you breathe and serves as the first line of defense against dust, pollution, bacteria, viruses and more. The presence of these substances in your nasal passages can trigger infections, disease and illness.

Proper nasal hygiene involves keeping your nasal passages clean, clear and moisturized, enhancing your nose's ability to function and reducing congestion that can disrupt breathing or cause irritation. However, the nose is one of the most overlooked body parts in daily hygiene routines, according to a survey of 2,000 adults conducted by OnePoll on behalf of Xlear, with 54% of respondents saying they've never considered the role their noses may play in their overall health, and more than one-quarter (29%) admitting they ignore cleaning their sniffers.

"Keeping the nose clean is important because essentially all respiratory problems begin there," said Dr. Lon Jones, D.O., certified osteopathic family physician and expert for Xlear, a leading manufacturer of xylitol-based products in North America. "With its connections to the ears,

sinuses, eyes and lungs, it acts as a nidus, a nest from which bacteria and viruses spread to other parts of the body."

Consider these tips to improve nasal hygiene and keep upper airway passages clear.

**Practice Good Hygiene:** Simple practices like covering your nose and mouth when you sneeze or cough, avoiding touching your face and washing your hands regularly can help reduce the amount of bacteria that enter your body through your nose.

**Wash Your Nose:** To help fight germs related to bacteria that cause allergies and viruses, rinse your sinuses daily with a solution such as Xlear, the makers of which also created National Wash Your Nose Day. Featuring the power of xylitol, a natural ingredient that does not allow bacteria to adhere to nasal airway tissue, the natural sinus care system not only cleanses but can help people of all ages with fighting congestion; opening airways; blocking debris, allergens and viruses; and pulling moisture to hydrate dry, irritated nasal tissue.

"By nose washing daily with xylitol, we support our nasal defenses in their attempts to flush away threats, resulting in reduced problems and

a proactive approach to promote nasal health and hygiene," Jones said.

**Keep Your Sinuses Moist:** Drinking plenty of water is good for overall health and helps keep your nasal passages moist and mucus flowing properly. Another step you can take is using a humidifier in your home, especially in the bedroom, to help maintain moisture. Remember to regularly clean the humidifier or it could have the opposite effect.

**Avoid Pollutants:** Exposure to pollutants and allergens may result in swelling or congestion in the upper airway. Whenever possible, you should avoid cigarette smoke, cleaning products, hair-spray and other materials that give off unnatural fumes. Also beware of dust, mold, pet dander and pollen, which are common allergens that can cause sinus problems for many.

**Be Kind to Your Nose:** When blowing your nose, gently blow one nostril at a time as forceful blowing can irritate the nasal passages and propel bacteria back up into your sinuses. Also avoid removing nose hairs, or do so carefully, as they naturally help filter dirt and debris.

To find more solutions to keep your nose healthy, visit [xlear.com](https://www.xlear.com).

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