

➔ TODAY'S VERSE

Psalm 119:9-11 "How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you." (NIV)



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Greg Nordhoff smile? "My family," said the 50-year-old Noblesville resident. He was found on Election Day in November 2022 working the polls, as a trained inspector at the First Presbyterian Church of Noblesville polling site. He is a sports marketing CFO. Born in Jasper, Ind., he moved to Noblesville for a job. He has a wife, Melissa, and two sons in college, Chris and Alex, at Purdue and Indiana universities. Hobbies? I play golf, not very well. Why he wanted to be an Election worker? "My dad ran the elections in southern Indiana when I was growing up. At this point, we're empty nesters, so I thought it would be a great time to start." Registered voters can vote 6 a.m. to 6 p.m. today at their voting location. With nearly 200 voting precincts open today for Election Day, find your polling location at www.hamiltoncounty.in.gov/219/electionoffice

And Another Few Things...

1. The Cure to Political Fatigue is... HUMOR

Are you dreading it too? According to several polls, a lot of Americans don't want to see a Trump-Biden rematch. According to sought-after politics and satire expert Dr. Sophia A. McClennen, the only way to cure this overwhelming political fatigue is through comedy, specifically satire. Dr. McClennen says "There is one antidote to the depression, anxiety, and frustration we feel in having to pay attention to the politicians and issues that exhaust us and that's comedy, especially satirical comedy. My groundbreaking new research proves that satire is the #1 most powerful political tool - it likely stopped Trump from being reelected in 2020, and the party that manages to use satire best will have a massive advantage in the 2024 election."

2. USPS Events In Support Of Small Business Week

Post Offices across the nation are hosting events during the month of May to demonstrate how the U.S. Postal Service continues to create easy and affordable services designed to help small businesses grow. The event, with more expected. This year, many post offices in Indiana will support Small Business Week, April 30th through May 6th, by hosting a May event to demonstrate how the U.S. Postal Service continues to create easy and affordable services designed to help small businesses grow.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo of the City of Noblesville



Photo courtesy of the City of Noblesville

Mayor Chris Jensen, center, proclaims Friday, April 28 as Arbor Day in the City of Noblesville while attending tree plantings at the Noblesville Boys & Girls Club. Mayor Chris Jensen, center, is joined by the Noblesville Urban Forestry Board Members and Noblesville Boys & Girls Club members, volunteers, and staff to proclaim it Arbor Day in the city and plant six new trees.

Noblesville Celebrates 33rd Tree City USA Status With Arbor Day Tree Planting

The City of Noblesville was named a 2023 Tree City USA by the Arbor Day Foundation in honor of its commitment to effective urban forest management. This is the 33rd consecutive year Noblesville has earned this national distinction.

"Being a Tree City USA member for over three decades shows the importance that the city and its citizens have for our environment and its sustainability year after year," said Noblesville Mayor Chris Jensen. "I also want to thank the Noblesville Urban Forestry Board for its overall care of city street trees and the educational outlet and projects it provides our residents."

The Tree City USA program started in 1979. Only four cities in Indiana have participated for as long as Noblesville - Bloomington, Indianapolis, Elkhart and Angola. Noblesville received Tree City USA recog-

nition by meeting the program's four requirements: maintain a tree board or department, have a community tree ordinance, an annual community forestry budget of at least \$2 per capita and an Arbor Day observance.

The city celebrated its Tree City USA status and Arbor Day on Friday. Mayor Jensen proclaimed it Arbor Day in the city to celebrate the numerous benefits trees provide our community as a renewable resource. Jensen then joined the Urban Forestry Board and Noblesville Boys & Girls Club members to plant six new trees on the nonprofit's property.

The Urban Forestry Board partnered with the Boys & Girls Club members to educate them on the importance of trees and how they impact a community today and in the future. In addition to learning about Arbor Day and trees, Boys & Girls Club members got their hands

dirty under the guidance of the Urban Forestry Board to better the environment.

"Arbor Day is a time to remember and celebrate all of the positives trees provide our community. The benefits trees provide our city include clean air and water, energy reduction, removal of air pollutants, filtering of storm water, erosion control, increased property values, shade and natural beauty, and numerous mental and physical health benefits like creating a sense of calm, reducing stress and lowering blood pressure," Noblesville's Urban Forester John Easley said.

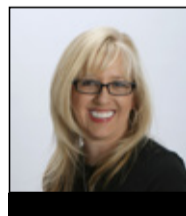
The Tree City USA program is sponsored by the Arbor Day Foundation, in partnership with the United States Forest Service and the National Association of State Foresters. For more information about the program, visit www.arborday.org/TreeCityUSA.



The Times photo by Betsy Reason

Today is Election Day. So get out and vote 6 a.m. to 6 p.m.

Will Democrats Gain Ground on Election Day?



BETSY REASON
The Times Editor

If you were running for election in Hamilton County in the past, you had to run as a

Republican if you wanted to get the votes.

Democratic and is mostly known as a Republican county. Democrats have had little chance when running for political office, so few have thrown their hats into the ring.

However, more recently, more Democrats have been running for office here in the county.

And not all of the candidates with an "R" with their name are as conservative, and some Republicans may even lean more liberal in thought than other Republicans. Critics call them

Republican if you wanted to get the votes.

It used to be that way in Fishers and in Carmel, but no more. The tide is turning.

For many years, Hamilton County has leaned conserva-

➔ See BETSY Page A6

Westfield Chamber Announces Partnership



WESTFIELD
CHAMBER OF COMMERCE

The Westfield Chamber is excited to announce that Community First Bank is upgrading to a Diamond Level Partner, the Chamber's \$10k Partnership Level. Celebrating its 20th anniversary this year, Community First Bank is proud to be locally owned and operated, serving Kokomo, Westfield, Noblesville, and the greater Indianapolis area.

The bank has been named as one of the Best Places to Work in Indiana 8 consecutive years by the Indiana Chamber of Commerce and was named Indiana's Small Business Lender of the Year for 2022 by the Indiana Statewide Certified Development Corporation. Member FDIC, Equal Housing Lender, Bank NMLS 614034.

Partnership Prioritizes Firefighter Health And Cancer Screening In Fishers

Announced yesterday, Fishers Fire and Emergency Services, Community Health Network and GRAIL have united to address the increased risk of cancer in firefighters. The partnership will provide Fishers' fire men and women access to the Galleri test, an early detection cancer screen. The groundbreaking blood test can detect a signal for over 50 types of cancer before symptoms have appeared, including many that have no recommended screening. 141 department members, out of 155, are participating in the screening.

Firefighters are at a higher risk of developing cancer due to carcinogen exposure in their line of work. According to the National Institute for Occupational Safety and Health (NIOSH), firefighters are twice as likely to develop certain types of cancer compared to the general population. This increased risk is due to exposure to smoke, soot, and other chemicals during fires and other emergency incidents.

➔ See CANCER Page A6

➔ INSIDE TODAY

- Obituaries.....A2
- Service Directory.....A3
- Casey Williams.....A4
- Brian Howey.....A4
- Carrie Classon.....A5
- John Roberts.....A5
- Kitchen.....A7
- Health.....A8

➔ HONEST HOOSIER

May, what a wonderful month - flowers, moms and the Indianapolis 500! Let's go!



➔ TODAY'S HEALTH TIP

Mosquito repellants containing DEET are the most effective and are safe for anyone those older than two months. 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

"It is a funny thing about life; if you refuse to accept anything but the best, you very often get it."

-W. Somerset Maugham

➔ TODAY'S JOKE

If you are on a trampoline in May, what season is it?
Why it Spring, of course!

➔ OBITUARIES

Marlon Harvill
Gregory Renner
Lisa A. Bernard

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



3 WTHR 7 DAY FORECAST

40/47 WINDY, CLOUDY AND BREEZY	40/49 BREEZY, CLOUDY BECOMING SUNNY	35/58 MUCH CLOUDY WITH LIGHT RAIN	37/67 BRIGHTER AND WARMER	45/67 MUCH CLOUDY WITH CHANCE RAIN	47/71 SUNNY AND PLEASANT	47/75 WARMING CONTINUOUS
MON	TUE	WED	THU	FRI	SAT	SUN

OBITUARIES

Marlon Harvill

August 26, 1935, Tuesday, April 25, 2023

Harvill, Marlon - Age 87, of Westfield, IN formerly of Flint, passed away Tuesday, April 25, 2023.

Funeral services will be held 11:00 AM Tuesday, May 2, 2023 at Sharp Funeral Homes, Miller Road Chapel, 8138 Miller Road, Swartz Creek (A live stream of the service will be available on Harvey's obituary page at www.sharpfuneralhomes.com).

Burial in Sunset Hills Cemetery, Flint. Visitation will be held at the funeral home Tuesday from 10:00 AM until the time of the service.

Marlon was born August 26, 1935 in Beech Grove, AR, the son of Homer and Eula (Lovely) Harvill. He attended Flint Central High School. He served in the U.S. Army Reserves from 1957-1963 serving as a Heavy Weapons Infantryman with the 2nd Battle Group, 152n Infantry.

He married Mary Ellen Walker September 8, 1962 and she preceded him in death October 28, 2018. He had resided in Westfield, IN for the past 26 years, coming from Tucson, AZ and Flint. Marlon retired in 1984 from General Motors Plant 12 in Flint after 30 years of service, and was a member of U.A.W. 599. He was an avid bowler, bowling on multiple leagues throughout the years and volunteered as a bowling instructor in retirement.

He had a passion for cars, especially his 1979 El Camino, which he frequently took to car shows and to the Square in Noblesville, IN every Friday night in the summer. He enjoyed playing euchre at the local senior center, and having breakfast with friends at the local diner multiple times per week. He was a devoted husband, grandfather, and brother-in-law.

Surviving are: his granddaughter, Gabrielle (Mike) Sauce of Zionsville, IN; great granddaughters, Donna Sauce of Indianapolis, IN and Madeline Sauce of Zionsville, IN; sisters, Betty Mitchell of Swartz Creek and Genevieve Parsons of Davison; brother, Lonnie Harvill of Davison; sister-in-law, Sandy (Bill) Miller of Swartz Creek; brother-in-law, Barrett (Jan) LaBarr of Port Charlotte, FL; and niece, Alisa (Buddy) Carlton of Swartz Creek; and stepson, John (Connie) of Port Charlotte, FL.

He was also preceded in death by his parents, Homer and Eula Harvill; and sister, Kay Freeman.

Tributes may be shared at www.sharpfuneralhomes.com.

Gregory Renner

May 5, 1952, Wednesday, April 19, 2023

Gregory Renner, 70, of Estill Springs, Tennessee, passed away on Wednesday, April 19, 2023, at his residence.

He was born on May 5, 1952, in Anderson, Indiana to Myrnth Rex and Nedlene (Johnson) Renner.

He graduated from Hamilton Southeastern High School. He earned his bachelor's degree in electrical engineering from Purdue University.

He retired as an engineer from Arnolds Air Force Research Center.

He loved cars, especially sports cars and corvettes. He enjoyed working with computers, being outdoors and riding bikes.

Gregory is survived by three siblings, Randy (Cathy) Renner of Noblesville, Patricia Renner of Noblesville and Spencer (Tim) Renner of San Francisco, California; a niece, Angie (Matt) Morgan; a nephew, Mike (Jessie) Renner; and four great-nephews, Drew Morgan, Dylan Morgan, Rex Renner and Cameron Renner. He is also survived by his former wife, Deb Renner.

He was preceded in death by his parents.

A graveside service will be held at 11:00 AM on Tuesday, May 16, 2023, at Brookside Cemetery, 2900 Brookside Road, Lapel, Indiana 46051.

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

Lisa A. Bernard

August 19, 1966, Saturday, April 29, 2023

Lisa A. Bernard, 56, of Noblesville, passed away Saturday, April 29, 2023. Lisa was born on August 19, 1966, in Muncie, IN to the late Glen E. and Janet L. (Heath) Munro.

Lisa was a proud graduate of Northview High School in Brazil, IN and she continued to follow their sports teams and marching band. After high school she moved to Hamilton County where she worked at multiple places. At the time of her death, Lisa was employed as a greeter at Walmart in Noblesville, where she worked for 17 years.

When Lisa's schedule allowed, she and Victor attended Daybreak Community Church in Lapel. Lisa was an avid sports fan and enjoyed making many knitted and cross-stitch gifts for family and friends.

Lisa was preceded in death by her parents, brothers-in-law George Wood and Bruce Himes and nephew Todd Himes.

Lisa is survived by her devoted husband Victor Bernard and the following family members:

Step-son - Aaron Furr; Sisters and brother - Marilyn Himes, Jeanette Wood, Sharon Hearn (Jeff) and Tim Munro (Kathy); Nieces/Nephews - Michele Himes, Brad Himes (Jennifer), Mary Fendley (Ryan), Kate Wood, Lindsay Brustein (Garrett), Alex Hearn (Mohini Tel-lakat), Bethany White (Jeff) and Tiffany O'Brien (Gary); and several great and great-great nieces and nephews.

Family and friends are invited to gather on Saturday, May 6 from 1:00 to 3:30 pm at Flanner Buchanan-Hamilton Memorial Park, Prairie Waters Event Center, 4180 Westfield Road, Westfield, IN 46074. A memorial service will follow at 3:30 pm.

In lieu of flowers, memorial contributions may be made to the Hollis Adams organization, PO Box 20512, Indianapolis, IN 46220 or Special Olympics, 6200 Technology Center Dr., Suite 105, Indianapolis, IN 46278. Please visit www.flannerbuchanan.com to sign the online guest register.

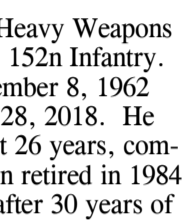


Photo courtesy of Hamilton Heights Schools

Media Center Specialist's (l-r) Lori Hippensteel (HHHS), Karen Jones (HHES), and Emily Beechler (HHMS) are Hamilton Heights' literacy advocates who are vital to our students' journey to a lifelong love of reading and learning.

HHSC Celebrates School Library Month

Strong school libraries and their staff play an essential role in student learning. Libraries and the imaginative and innovative librarians who run them are an invaluable part of our schools. Our media centers are the hub of school activities. They foster a sense of belonging and are an engaging place to think, connect, create, discover, and explore. They also offer our students the opportunity to grow through access to technology, multimedia, and incredible resources of every variety.

HHSC's Media Center specialists are cross-curricular resources who bring with them over 55 years of combined media center expertise (more if you add in previous teaching experience) to students and staff at Heights. They wear many hats, but their role can be broken into three key parts: literacy advocate, resource manager, and research specialist.

Karen Jones, HHES Media Center Specialist said her job is her passion. "I love teaching students how to locate the information they need and want," said Jones who has been with Hamilton Heights since 1999. I love helping students find the books they want. The best thing a student tells me is 'That is the book I have been looking for!' or 'That is the one I have been wanting to read!' My students get so excited about books and when they first start to read it is a whole new world that just opens up to them! It's just the best!!" Jones began her career

in education as an elementary teacher but when she didn't get hired right away in her large school district that interviews by the hundreds it seemed, she went to work for the Louisville Free Public Library as a Children's Library Assistant. "I was, however, the only one servicing children in our small branch so I did all the programming and story times," she recalled. "I fell in love with the work! I then got my long sought-after teaching job but within one year missed the library. I knew that is where I belonged, so I took a year's sabbatical and earned my master's in library science. I landed my first library position in Louisville. I was there for seven years, got married, moved to Fishers, Indiana, and luckily was hired by Hamilton Heights."

"I have had the opportunity in the many years at Heights to have served on the Hamilton Heights Educational Foundation and was President for one term," she continued. "I am proud to spend my summers with my colleague from the middle school, Emily Beechler, on the Bookmobile putting books in the hands of our people in our communities that might not be able to receive service anywhere else. I call this 'My Summer Gig!' Mrs. Beechler drives, I check out! It is a perfect system!!"

"I imagine that even after I retire," Jones added, "I will find myself in the library in some capacity." "This is my happy place." "I became a Media Specialist because I love

books and I love kids, so it seemed like a perfect fit!" said Emily Beechler, Media Specialist at Hamilton Heights Middle School. "Once I actually started the job I realized it is so much more than that. I get to work with kids and teachers developing and implementing lessons and units of study to improve our reading, writing, and critical thinking skills. There are days I get to work with kids matching them with the perfect book, and then the next day I might be coaching a teacher in a new writing program. Every day is a new adventure! My job is unique because every year I get to work with every kid in our building...I don't think any other teacher at HHMS gets to do that!"

"Another big part of my job is helping teachers who don't typically teach English (science, history, PE, etc.) integrate reading and writing activities into their curriculum," continued Beechler, who has been a teacher at Heights for 22 years, the past 14 in the Media Center. "We work together to not only plan the units, but I also help them with the actual teaching. We want kids to realize these skills are important in ALL areas, not just English class."

Beechler, the parent of two daughters at Heights, is also the middle school English Department Head, Student Government sponsor, Husky Readers Club sponsor, PokemonGo Club sponsor, Huskies for the Cross Co-sponsor, the infamous Bookmobile Driver, and School

Improvement Committee Co-Chair.

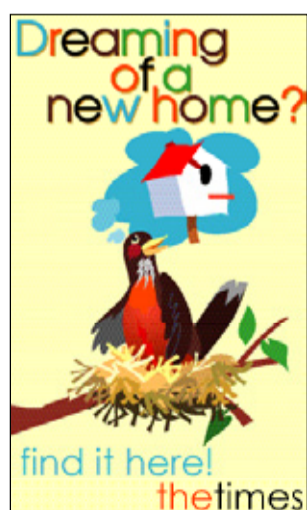
Lori Hippensteel, HHHS Media Center Specialist, said the media center is the heart of the building. "We work to make this collaborative space welcoming to all students who need a place to study, a place for groups to meet to work on projects, and a place where their questions can get answered and their technical problems solved," explained Hippensteel, who initially became a Media Center Specialist because of her love of books and reading.

"Its [media center] easy access and convenience allows students to come and go," she continued. "Students know that someone is available before and after school, and technical assistance is available throughout the school day. Moreover, students know that we are here for them - to help and provide a space to congregate for social and academic purposes."

Now in her 17th year as the high school Media Center Specialist, Hippensteel liked the idea of taking a personal love and turning it into a career. Now, it's all about the staff and students she serves and about "what can the media center do to assist staff and students with their social and academic needs."

Hippensteel, who is the Student Government and Honor Society Faculty sponsor, said the best part of her work is the opportunity to build relationships with the students and staff. "The goal is to help others to make their day better," she added.

Thanks for reading The Times!



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Naloxone Approval Is A Game Changer

By Don Schroeder
Indiana Capital Chronicle

The U.S. Food and Drug Administration's approval of an over-the-counter (OTC) version of naloxone hydrochloride nasal spray is good news for people with substance use disorder and for those of us in the addiction treatment field dedicated to helping them. The FDA's landmark decision makes Naloxone Nasal Spray (also known as Narcan) easily accessible. Previously it was only available in the U.S. by prescription. Naloxone saves lives by reversing opioid overdoses. It is an opioid receptor antagonist meaning it binds to opioid receptors and reverses or blocks the effects of the drug. Providing naloxone in the moment reverses the effects of the opioid drugs, restoring normal breathing. It can be administered by injection or through a nasal spray. Naloxone is harmless to individuals who are overdosing on drugs. If they're overdosing on drugs and as a bystander you are unaware of the type of drug its always

best to administer the naloxone. It is important to remember that if you administer naloxone you should stay with the person until emergency personnel arrive on the scene. As the CEO of a substance use disorder treatment facility, Recovery Centers of America-Indianapolis, my staff and I see the impact naloxone has every day. It gives the patient another chance to choose to go into recovery, and with proper long-term treatment, create a life for themselves free of opioids. Since 2016, Indiana has seen a 69% increase in unintentional drug overdose deaths, according to the Marion County Health Department. In Marion County, the surge has been worse at 99%. Having naloxone readily available will dramatically reduce the number of overdose deaths in the United States and more specifically in Indiana. Treat it like first aid. It goes without saying that naloxone doesn't work unless it's on hand and appropriately

administered during an overdose. Although OTC naloxone (Narcan) is already available without a doctor's prescription through pharmacies, encouraging utilization though that channel has been difficult. It is important for family members and community members to be trained in the administration of the Narcan so that in a time of crisis they can use it effectively. It saves lives. Over 107,000 people died in America from an opioid-involved overdose in 2020. There have been studies showing that public bystanders were present in more than one in three overdoses involving opioids. With the right tools, individual citizens can act to prevent numerous overdose deaths. Any person can carry naloxone, administer it to a person who is experiencing an overdose, and potentially save a life. Now that naloxone can be obtained over the counter, I encourage all Hoosiers to have it on hand and learn how to use it. Think of it as learning CPR and other lifesaving techniques

so you are prepared in the case of a medical emergency. Contact your local health department for information about training on administering naloxone. Take advantage of free programming and 24/7 support at evidence-based addiction treatment facilities right here in our neighborhoods. And if you or someone you love has a substance use or alcohol use disorder, reach out for help today. While the dangers of illicit drug use are all around us and continue to evolve, one thing is certain: We all must remain ever vigilant in the battle against addiction. Understanding how to confront the latest threat is only the first step. The stakes have never been higher for Hoosiers.

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Young, Wicker Introduce TORNADO Act

U.S. Senators Todd Young (R-Ind.) and Roger Wicker (R-Miss.) reintroduced the Tornado Observation Research Notification and Deployment to Operations (TORNADO) Act to improve the forecasting and understanding of tornadoes and other hazardous weather. The TORNADO Act would require the National Oceanic and Atmospheric Administration (NOAA) to update its methods for predicting and communicating weather alerts to residents. "In recent months, severe weather has tragically taken the lives of Hoosiers and devastated several Indiana communities. While we can't prevent these storms from occurring, the TORNADO Act would improve severe weather forecasting, notifying the public faster and allowing Hoosiers to find safety more quickly," said Senator Young. "Even when tornadoes are well-forecasted, warnings do not always provide enough lead time to ensure the public can respond or seek appropriate shelter. The federal government has a vested interest in making sure Americans have as much notice as possible

of severe weather," said Senator Wicker. "The TORNADO Act would improve the forecasting and understanding of these natural disasters so we can prevent future loss of life and property." The reintroduction of the legislation follows a particularly active start to tornado season, which included a series of storms in Indiana. The goal of the TORNADO Act would be to require NOAA to implement new technology and procedures that could help increase the lead times provided to the public in advance of extreme weather events. Among other provisions, the TORNADO Act would:

- Require NOAA to prepare and submit an action plan for the national implementation of high-resolution probabilistic guidance for tornado forecasting and prediction.
- Encourage NOAA to evaluate the current tornado rating system and make updates.
- Mandate NOAA to coordinate with appropriate entities when conducting post-storm assessments to optimize data collection, sharing, and integration.

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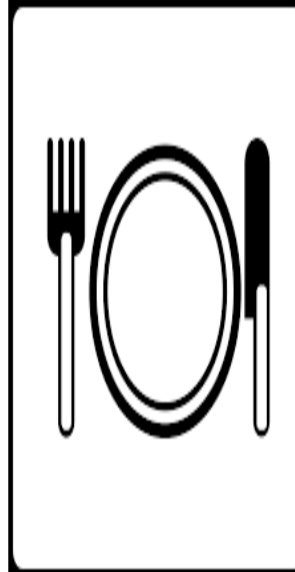
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Photos courtesy of Dodge

2023 Ram 2500 Pickup Is A Heavy-Duty Rebel

I have long been a fan of the Ram Rebel, a truck that looks the part of an off-road commander and has the underpinnings to back them up. Head for a trail and enjoy fortified capability while riding in surprising comfort. But, for those with more heavy duty aspirations, you were out of luck in the light-duty Rebel. That changes with the 2023 Ram 2500 Heavy Duty Rebel...with the Cummins diesel. It's a hard-working truck that enjoys getting dirty.

The Rebel definitely has a sinister no-nonsense look that causes other drivers to move out of your way. The hood stands about neck high and is fronted by a full face of gray plastic, gleaming LED headlamps, and RAM lettering across the grille. Looking at the side, 20" wheels with off-road tires look like doughnuts beneath the raised crew cab body. All badging, including the Cummins name, are dark gray. At the business end, trailer pre-wiring

Likes:

- Sinister style
- Off-road capability
- Interior comfort

and fifth-wheel plugs in the bed allow for quick attachments. Slide under to see skid plates protecting the sensitive bits.

It took arm stretching and leg straining to heave myself inside, but once planted, was quite comfortable. As with other Ram trims, the large tablet-style touchscreen with proper volume/tuning knobs and intuitive icons for audio, climate, phone, and navigation couldn't be easier to use. I also like the new flatscreen instruments. Heated and ventilated front seats, heated steering wheel, dual-zone automatic climate control, and drenching 17-speaker Harman Kardon audio add comforts. A dash-mounted trailer brake controller

Dislikes:

- High step-in
- Rough ride
- Beefy price

and push-button 4x4 help busy pilots.

Keep this rig on-course is a full course of safety tech that starts with adaptive cruise control and extends to automatic emergency braking, lane keep assist, blind spot warning, and rear cross path detection. Rain-sensing wipers and a 360-degree camera keep vision clear.

Beneath it all beats the heart of a Hoosier. The Ram's 6.7-liter turbocharged inline-six Cummins diesel generates just 370 horsepower, but a ground-stomping 850 lb.-ft. of torque. Routed through a six speed automatic transmission, because you don't need more than six cogs with all of that torque, the truck can pull 16,870 lbs.

2023 Ram 2500 Rebel Five-passenger, 4x4 Pickup

Powertrain: 6.7-liter I6 TD, 6-spd trans

Output: 370hp/850 lb.-ft. torque

Suspension f/r: Solid axles

Wheels f/r: 20"/20" alloy

Brakes f/r: disc/disc

Towing: 16,870 lbs.

Fuel economy: N/A

Assembly: Saltillo, Mexico

Base/as-tested price: \$44,205/\$91,730



CASEY WILLIAMS
Auto Reviews

purchasing one because those solid axles, ride height, and massive size are not for everyday use. But, out on the road working away, the truck is dreamy.

Ram 2500 starts at \$44,205, but our Rebel came to - clutch your pearls - \$91,730. Competitors include the GMC Sierra HD AT4 and Chevrolet Silverado HD Z71 Sport.

Storm Forward!

-Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

Put it into four-wheel-drive and owners can bang skid plates going almost anywhere.

Before thinking this is a luxury truck with a big engine, keep in mind Ram 2500s ride on sold axles front and rear. Even the off-road shocks can't quell all of the bumping and banging that comes from such a suspension system, but the long wheelbase does even out most of the harshness on the highway. Step into the engine and you won't care about the suspension

as you pull away on a deep magic carpet of all that turbocharged torque. It feels like it could pull a bulldozer - or a load of classic cars - through mountains and never slow its pace.

Ram had the 2500 Power Wagon for those wanting something special, but I like the dark trim and off-road capability of the Rebel - especially with the Cummins diesel underhood. I'd just make sure you actually need a heavy duty truck before

After Tucker Carlson, It's Time ... For The Rest Of The Story



BRIAN HOWEY
Howey Political Report

That's how the most popular AM radio host in the nation back in the 1960s and 70s, Paul Harvey, would sign off on his popular mid-day show, before telling us "the rest of the story" later in the afternoon. It was a broadcast staple heard daily in countless Hoosier homes, farms, factories, businesses and restaurants.

In the early 1990s, we listened as Rush Limbaugh burnished his conservative broadcast brand across northeastern Indiana. There would be noontime Rush listening sessions at small restaurants in this part of the state, which became a precursor to Ross Perot's 1992 independent presidential bid. Perot would carry 19.7% of the Hoosier vote that year, compared

to 42.9% for President George H.W. Bush, and 36.7% for Democrat Bill Clinton, who won the presidency with just 43%.

And that 1992 presidential contest would signal an ominous slide for the GOP, which has lost the popular vote in seven of the last eight elections (President George W. Bush was the lone Republican to win the popular vote during his 2004 reelection - 50.7% to 48.3% for Democrat John Kerry). Bush43 in 2000 and Donald Trump in 2016 would lose the popular vote, but win the Electoral College.

This conservative radio movement spawned Network Indiana's Mike Pence Show and WOWO's Charly Butcher and a gaggle of rightward talk shows on WIBC.

Fast forward to the 21st century. Whether it's a high school principal's lobby, or a waiting room in a doctor's office, tire store, or a bar, restaurant or the Antelope Club, if there's a TV on, most likely it is tuned to Fox News. A significant portion of Indiana gets much of its news from Fox.

This has had compelling ramifications in Indiana, which is devoid of Democrats representing any rural district in Congress and the General Assembly. Democrats are still competitive in recent gubernatorial and U.S. Senate races, but we're now in the midst of an unprecedented fifth consecutive General Assembly super majority. While the reapportionment maps of 2011 and 2021 have helped create these vast competitive electoral deserts, Fox News, Limbaugh, Pence and Butcher helped alter the political landscape.

When Pence was broadcasting, he would often invite Democrats like Evan Bayh, Andy Jacobs, John Gregg and journalists like Harrison Ullmann and me on his show. Pence would tout conservative positions, but they were not based on outright lies and vile propaganda.

That would be the forte of Fox hosts like Glenn Beck, Bill O'Reilly, and from 2016 until last Friday, Tucker Carlson. All three would be axed by the Murdoch hierarchy, with Carlson vanishing

a week after Fox settled its Dominion defamation lawsuit for an astounding \$787 million. It faces a similar \$2.6 billion suit from Smartmatic. Tucker Carlson was last seen eating interstate pizza Friday night, cheerily signing off with, "We'll be back Monday!"

On Monday morning, Fox News issued this terse statement: "FOX News Media and Tucker Carlson have agreed to part ways. We thank him for his service to the network as a host and prior to that as a contributor." Sources are now saying Carlson was terminated for bad-mouthing Fox management and using vulgar terms in the newsroom.

Carlson drew about 3 million viewers a night, feeding the conservative echo chamber. But in a nation of 332 million people, that's a statistical drop in the bucket. What Carlson and his brand of propagandists have done is help push the GOP into the disastrous Trump era, as well as promoting extreme positions on abortion, gun reform, Ukraine and the despot Putin that are far,

far out of the American mainstream. That's a big reason the Republican Party is facing a dire future on the presidential stage.

What the Dominion case depositions demonstrated was that Tucker Carlson and Fox News were airing untruthful rubbish, like this:

"Sidney Powell is lying," Carlson told a Fox News producer in a Nov. 16, 2020 exchange before using expletives to describe Powell, an attorney representing Trump. "You keep telling our viewers that millions of votes were changed by the software. You've convinced them that Trump will win. If you don't have conclusive evidence of fraud at that scale, it's a cruel and reckless thing to keep saying."

Addressing Trump's four years as president, Carlson said: "We're all pretending we've got a lot to show for it, because admitting what a disaster it's been is too tough to digest. But come on. There really isn't an upside to Trump."

A day after the Jan. 6 U.S. Capitol insurrection

that killed seven people and injured 140 cops, Carlson and producer, Alex Pfeiffer, lamented how the rioters had believed Trump's election lies they helped propagate (and still were when Carlson interviewed Trump earlier this month). "They take the president literally," Pfeiffer said. "He is to blame for everything that happened today."

"The problem is a little deeper than that I'd say," Carlson replied. He later described Trump this way: "He's a demonic force, a destroyer. But he's not going to destroy us. I've been thinking about this every day for four years."

It's impossible to ignore the Janus duality aspect of Fox News, saying things in cryptic fashion internally, and airing blatant lies to its viewers at the same time.

But, as Paul Harvey would put it, that's "the rest of the story."

Good day!

The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwpyol.

www.TheTimes24-7.com

“Bunny Food”



CARRIE CLASSON
The Postscript

The TSA agent looked stern—as they usually do. “I’d like to look inside this bag, ma’am,” he said. “No problem!”

I always sound a little too eager when being questioned by an authority figure. I’m trying so hard to prove I have nothing to hide that I sound like I must have something to hide.

The agent proceeded to open my carry-on bag.

“It’s a bowl!” I told him, with a little too much enthusiasm.

My husband, Peter, was supposed to have put the bowl in his checked luggage, but at the last minute he became concerned it might break. It was a large ceramic bowl we were bringing back from Mexico, and we’ve had ceramic stuff break in the past.

“Why don’t you put it in your carry-on?” Peter asked, after I was already more or less packed.

“That big bowl in my carry-on?” I was dubious. “I think it will be safer. I can take whatever you had planned to put in your carry-on.”

So I took the bowl, already wrapped up in bubble wrap, and put it in my carry-on, and now the TSA agent wanted to take a look at it. Of course, it wasn’t empty.

We had a lot of little things to bring back from Mexico after three months, and Peter had stuffed who-knows-what into the bowl before wrapping it in bubble wrap. So when the agent asked me what was in the bowl, I looked bewildered—which was not the look I was going for when being inspected by this serious agent.

“Peter!” I hissed. “What’s in the bowl?” “Food!” Peter replied. “Food?” the agent asked.

Oh, great, I thought. Now this agent is going to be thinking we’re bringing in a ham or something. We

know the rules of what can and cannot come into the country. But some things are a little vague. Meat is out. Cheese is OK. Some fruits and vegetables are out. It’s confusing, and I was worried that whatever Peter had put in the bowl might cause issues.

“Yup!” Peter said, apparently unworried. Well, it was my luggage after all, I thought.

The TSA agent proceeded to unwrap the bowl, tearing off the packing tape and taking a lot of time with the whole procedure. We had a connecting flight, and I was getting nervous, so I smiled even more broadly. At this point I was as curious as the agent to discover what was inside the bowl I had been blithely smuggling into the country.

Inside the bowl were several suspicious-looking bags. Inside the bags were lentils, chickpeas, chia seeds and shelled pumpkin seeds. The TSA agent looked up at Peter.

“Bunny food,” he said. I couldn’t tell if he was mocking Peter or simply making an official identification.

He wrapped the whole thing back up in the bubble wrap, and we went on our way.

“Bunny food!” I said to Peter, as we finally headed away from security.

We got home late. It was cold and rainy and so different from the sunny Mexico we had just left behind. In the morning, we learned we had both gained almost 10 pounds. Everything seemed a little dreary.

I unwrapped the brightly colored bowl. It looked wonderful in our apartment. I put Peter’s bags of seeds on the counter for his morning breakfast.

I was glad we brought these things back from Mexico. As we get used to gray skies and cool temperatures up north, we need the comfort of a little extra color. And we certainly need a little extra bunny food.

Till next time,
Carrie

-Check out CarrieClasson-Author on Facebook or visit CarrieClasson.com. Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.

Letters

Reader Supports Library Policy

Dear Editor,
I am a Noblesville resident, and I would like to respond to the issues raised against the new Collection Development Policy at HEPL, namely those claims that state the policy encourages book banning and the endangerment of children.

I have seen firsthand the contents of the books in question. This has been a topic since December 2021 when members of the Fishers / Noblesville community raised concerns with the board over books they felt were totally inappropriate for children.

Parents were finding books such as It’s Perfectly Normal with graphic pictures and text describing sexual acts that were accessible to children as young as 5 years old. To view portions of this book, click here Its Perfectly Normal 5th edition.pdf (booklooks.org).

Another example: an 11-year-old would have access to a book called Let’s Talk About It: The Teen’s Guide to Sex, Relationships and Being a Human. This book contains pictures and graphic descriptions of anal sex, oral sex, masturbation, and hooking up with strangers online. Wait, what? HOOKING UP WITH STRANGERS ONLINE! You heard and read that right. Here is the endangerment of children. See here: Let’s Talk About It.pdf (booklooks.org).

Many and possibly most parents don’t want their

children exposed to this type of content at such young ages. Exposing children to viewing sexual activities beyond their stage of development is considered a form of child sexual abuse according to many health experts and mental health clinicians (Carr, 2000, CDC, 2022) and can lead to many psychological and emotional issues later in life, including sexual orientation and identity issues (Davis & Petra-Jackson, 2000). Here also is the endangerment of children.

Under the new Collection Development policy, these types of books will be moved to a section of the library where parents will have full access to check them out and share with their children as they wish. They are not being banned . . . simply moved to an area where parental involvement is required for children to access them. Parental rights on both sides of this issue will be protected.

This is common sense. We accept guidelines and age restrictions for many things . . . movies, driving, purchasing cigarettes, purchasing Playboy magazines. This is not rocket science. I fully support this policy and believe there is good reason for moving these books. If you agree and wish to voice your support, please contact noblesvilleunited@ariseamerica.today.

Alison Hanley
Noblesville

Causes of Shoulder Pain And What Can Be Done To Help Part 2



JOHN R. ROBERTS, M.D.
Hamilton Health

Welcome back to part two of my series on shoulder pain. First, I want to do a quick review of shoulder anatomy (refer to the diagram of the right shoulder looking from the front). The upper arm bone (humerus) joins to the scapula at the glenoid and is held in place by two structures: (1) a rim of cartilage (glenoid labrum) that forms a shallow cup for the head of the humerus to sit in, and (2) the rotator cuff which is made up of four tendons that wrap around the head of the humerus.

As I described last week, in order for the shoulder to move in so many directions, it has to be inherently unstable. Since it is so unstable, two of the most common injuries are subluxations and dislocations. A subluxation is less severe than a dislocation. The ball does not completely come out of the cup. Subluxations are usually brief events with the head of the humerus returning spontaneously to

its normal position. However, the shoulder can feel unstable afterward.

Dislocations result when the ball of the head of the humerus is forced out of its normal position in the glenoid cup and remains there. This usually happens when a person’s upper arm is hit from behind when the arm is raised to the side and the shoulder is cocked and ready to throw. Dislocations sometimes reduce spontaneously, but often require manipulation by a doctor to get the head of the humerus back in position.

Subluxations and dislocations can result in damage to various shoulder structures. The connective tissue capsule around the joint can be torn. One or more tendons in either the rotator cuff or attached to other muscles may be stretched or torn. The glenoid labrum may be torn as well. When these structures are disrupted, it makes the shoulder even more unstable and more likely to cause additional damage and repeated subluxations or dislocations.

Treatment for subluxations and dislocations usually involves rest, bracing, and strengthening the shoulder muscles with physical therapy. Surgery may also be required to repair a torn labrum or tendons.

Bursitis is another common cause of shoulder pain. Most of our joints are surrounded by fluid-filled sacs that pad the

structures around the joint, particularly tendons. These sacs are called bursae (singular bursa). Bursae can become irritated, inflamed, and sometimes infected. Repetitive motion of the shoulder can irritate and inflame bursae resulting in an “overuse” injury. Weekend warriors frequently suffer from this malady. It’s not just the folks participating in throwing sports, but also those participating in other repetitive arm motions like painting their house, trimming trees, or shoveling snow.

Treatment of bursitis can be difficult. Standard treatment consists of rest and anti-inflammatory medication as well as icing. Doctors usually recommend non-steroidal medications (NSAIDs) such as ibuprofen (Advil® Motrin®) or naproxen (Aleve®). If those conservative treatments fail, we may recommend more potent steroids, either taken orally or injected into the bursa.

Impingement is the final condition I want to review. This term refers to structures in the shoulder coming into contact with one another resulting in pain. Impingement can be bone-on-bone or bone pinching or rubbing a tendon or bursa. While this happens more

commonly in people who have suffered shoulder injuries, it can also occur in an uninjured shoulder where anatomic

structures are naturally close together.

Tendons that have been injured can swell, making them more likely to be pinched or rubbed with shoulder movements. The bones in the shoulder may also develop arthritis with bony overgrowth as a result of injury or natural aging. These overgrowths can also result in impingement.

Treatment of impingement varies based on the structures involved. Swollen, inflamed tendons or bursae are treated like bursitis. Occasionally, surgery is necessary to make more room for the structure(s) being rubbed or pinched. This can usually be accomplished through small incisions using a surgical tool called an arthroscope.

As always, prevention is the best medicine. If you participate in sports or work activities that involve a lot of shoulder motion, get involved in a fitness plan to keep your shoulder muscles strong, particularly your rotator cuff. Exercise programs are readily available on the Internet by searching for “shoulder exercises,” or “rotator cuff exercises.” You can find an excellent resource from the American Academy of Orthopedic Surgeons here: bit.ly/3xMPBz7.

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

Indianapolis Symphony Orchestra Cello Ensemble Co-headlines IndyGo’s 2023 “Music in Transit” Series

“Music in Transit,” an award-winning concert web series created in partnership with IndyGo, Square Cat Vinyl, and GANGGANG, will return for its fifth season in June, with filming taking place May 5-7 in Fountain Square. Audiences are in for a special treat as the entire cello section of the Indianapolis Symphony Orchestra co-headlines this year’s line-up, including Austin Huntington, Rachel Ko, Nick Donatelle, Stephen Hawkey, Sam Viguerie, James Cooper, CJ Collins and Jonah Krolnik. The public can expect fun and approachable arrangements of classical pieces and familiar tunes showcasing programs from the Indianapolis Symphony Orchestra’s regular season at Hilbert Circle Theatre.

The new season will be available on Square Cat Vinyl’s YouTube channel, with the first video debuting on June 20. Additional music videos will be released every Sunday at noon following the season five premiere.

“IndyGo is excited by the continued expansion of ‘Music in Transit,’ and the addition of the Indianapolis Symphony Orchestra to our lineup this year is a real bonus,” said IndyGo President and CEO Inez Evans. “The fact that these many diverse, talented, local musical offerings are free and easily accessible to all, further exemplifies the mission of our IndyGo Cares programming.”

Featured performers for the “Music in Transit” 2023 series include:

- Brother O’ Brother – rock n roll (Indianapolis)
- Inner Peace – hardcore rock (Indianapolis) (led by hip hop legend Drayco McCoy)
- Everything, Now! – rock/pop (Muncie)
- Emmaline (co-headliner) – incredible Jazz singer (Anderson)
- Hyper Tensions – psychedelic rock (Bloomington)
- Indianapolis Symphony Orchestra Cello Ensemble (co-headliner) – featuring musicians from Indiana’s world-class orchestra

•Robin Raps – quirky hip hop with brass band (Indianapolis)

As a special bonus this year, the first-ever “CHREECE IN TRANSIT” micro-series will feature six rappers backed by the legendary DJ Top Speed, in support of the Aug. 26 return of the CHREECE hip-hop festival in Fountain Square. Featured performers include:

- Ali Buckets
- Keyze ArizONA
- Foxdlegend
- Stokes
- 4200 Kory
- Jada Bell

“I can’t wait to work with the Indianapolis Symphony Orchestra,” said “Music in Transit” Co-creator and Director Jake Huber. “I have always wanted to incorporate an act that has such prestige, not only locally but worldwide, into this amazing program.”

“The Indianapolis Symphony Orchestra is thrilled to participate in the ‘Music in Transit’ series and introduce our incredibly

talented musicians to new audiences far and wide,” said James Johnson, CEO, Indianapolis Symphony Orchestra. “This dynamic program builds excitement around the performing arts and engages our community around shared musical experiences, which is the driving force behind the ISO. We are grateful for the innovative work of IndyGo, Square Cat Vinyl and GANGGANG that makes this program possible.”

“Music in Transit” was created in 2019 by Square Cat Vinyl, a coffee and record shop located along the Red Line in Fountain Square, with the support of the Indy Arts Council to celebrate the local arts community in tandem with the expansion of public transit. Since its inaugural season, the series has received seven NATAS Regional Emmy nominations with one win for outstanding audio in 2019. The series also received Indy Chamber’s 2020 Monumental Award for public art.

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BETSY From Page A1

RINOs – Republicans In Name Only.

If you're voting for a Republican who leans more liberal, the only reason he or she may be elected to the office could be because the individual put an "R" in front of his or her name. Because, with a "D" with his or her name, the individual wouldn't have gotten there. And once these candidates get in office, they can be more liberal, more Democratic than Republican.

Let's face it. You get more traction running as a Republican in Noblesville.

In today's Primary Election, 19 Democrats are running for 18 seats in Hamilton County's city and town municipal races.

In these municipal races, four years ago, in 2019, 11 Democrats ran for office; in 2015, four Democrats ran for office; in 2011, three Democrats ran for office; and, in 2007, 12 Democrats ran for office.

Yes, the number of Democratic candidates vary from year to year, but this year, the number is the highest for those running for city and town municipal seats.

Should we expect to see the number of Democrats running for office to continue to climb?

Could Hamilton County be slowly turning purple, or from red (Republican) to blue (Democrat)?

According to an article in the Washington Post, renters, who tend to be more liberal, lean more Democrat.

And we are definitely seeing a lot of apartments going up all over Hamilton County. But where are the renters moving from?

When The Levinson opened in 2021 in downtown Noblesville, of the 31 tenants who moved in on opening day, only 10 were from Noblesville. Tenants hailed from Muncie, California, New York City, downtown Indy and outlying areas.

While renters are much less likely to vote than homeowners, according to statistics, in Fishers, there are more Democrats running for political office than ever before, with eight Democrats running for eight seats. This is the largest number to represent the Democratic Party on a Fishers municipal ballot ever, according to the Hamilton County Democratic Party. In Carmel, eight Democrats are also running for eight seats.

And there are a lot of political yard signs up this year for these candidates, showing their growing strength.

In Noblesville, Paula Jo Gilliam, who has run several times for office, including Council, as well as Township Board in the last primary election, is the only Democrat running for a Noblesville office, for Noblesville Common Council, for an At-Large

seat.

In Westfield, Alexis Lowry is running for Westfield City Council District 4, and Democrat Gary Lane is running for Westfield City Council At-Large.

In Hamilton County, 45.4 percent of voters voted Democrat in the last presidential election, and 52.2 percent voted Republican, and 2.4 percent voted Independent. In Carmel, President Joe Biden won in 2020.

With Carmel Mayor Jim Brainard retiring, three Republicans are running for the seat, plus one Democrat, Miles Nelson, who has been a member of Carmel City Council since 2019, and is the first and only Democrat to serve on the Council.

In Fishers, Jocelyn Vare is currently sitting on Fishers City Council, in an at-large seat, after being the first Democrat to be elected for a Fishers municipal office. Democrat Crystal Neumann, representing North Central District, also sits on the Fishers City Council. Both are running for re-election

In Noblesville, there have been few Democrat mayors. John L. Dulin was the first Democratic mayor, from 1905-06; and Robert V. Wical was the second Democratic mayor, 1976-1979, and was the first full-time mayor. Murphy White, who was the first African-American elected to Noblesville Common Council, was also the lone Democrat on Council, after Grant Caca, a Democrat who served one term on the Council starting in 1904.

So before you get out and vote today, you still have time to do a little research on your candidates. And you can also find a list of contributors to their campaign funds on the Hamilton County Election website.

Voting is open 6 a.m. to 6 p.m. today. Find everything that you need to know – including voting location – at www.indianavoters.in.gov

With nearly 200 voting precincts open today for Election Day, find your polling location at www.hamiltoncounty.in.gov/219/electionoffice, where registered voters will also find precinct and district maps, current election information, candidates' campaign finance reports and more. For more information or to find a polling location, call the Hamilton County Election Office at (317) 776-8476. To read candidates' campaign reports, visit <https://secure2.hamiltoncounty.in.gov/CampaignFinance/>

-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times editor Betsy Reason at betsy@thetimes24-7.com.

CANCER From Page A1

Early detection of cancer is crucial for effective treatment and increased chances of survival and the Galleri test added to recommended screenings, provides a proactive approach.

Department Chief Steven Orusa said, "Firefighters put their lives on the line every day to protect our community. It is important we take care of them by providing access to the latest cancer screening technology. The Galleri test is an important tool in our efforts to protect the health and well-being of our firefighters, so they can continue to take care of our community."

The tests are being provided to Fishers firefighters through a partnership with Community Health Network. Visit galleri.com to learn more and review Important Safety Information.

"This screening event is significant because firefighters have such a high risk when it comes to exposures, predisposing them to developing cancer throughout their lifetime," said Dr. Patrick McGill, Chief Transformation officer for Community Health Network. "It also shows the power that partnerships can have in promoting healthier outcomes."

Local Events In Recognition Of May As Mental Health Awareness Month

The National Alliance on Mental Illness (NAMI) Indiana is amplifying the voices of individuals living with mental illness through community presentations and partnerships, in recognition of Mental Health Awareness Month.

NAMI Indiana is hosting a lived experience presentation, NAMI In Our Own Voice, at the Pike branch of the Indianapolis Public Library on Tuesday, May 16 from 6 to 7:30 p.m. This public education program features trained speakers who share compelling personal stories about living with mental illness and achieving recovery. This presentation is free, open to anyone in the

community, and a complimentary dinner will be served.

With 16 local affiliates throughout the state, NAMI Indiana offers nearly 30 support groups for individuals with mental illness and their loved ones. NAMI Indiana affiliates also coordinate public education classes to help people and families better navigate their mental health diagnoses. Upcoming free, NAMI Indiana education classes include a NAMI Family & Friends seminar in Terre Haute on Saturday, May 13 and a NAMI Peer-to-Peer class in Fort Wayne beginning Friday, June 2.

NAMI Indiana will also recognize Mental Health Awareness Month

by partnering with Mental Health America Indiana (MHAI) and the Indiana Council of Community Mental Health Centers (ICCMHC) to light Monument Circle in Indianapolis green, May 10 through May 16.

The Circle is lit green for mental health thanks to the support of the following sponsors:

- May 10 – IU - Cancer Center
 - May 11 – Belden
 - May 12 – 4C Health
 - May 13 – CareSource
 - May 14 – InteCare, Inc.
 - May 15 – Centerstone
 - May 16 – Aware Recovery Care
- Mental Health Awareness Month has been recognized in the United States in the month of

May since 1949. This year, NAMI Indiana, MHAI, and ICCMHC hope to bring awareness and attention to the resources they offer for Hoosiers. 1 in 5 U.S. adults and 1 in 6 U.S. youth experience mental illness each year, and less than half of them receive treatment.

NAMI Indiana recognizes Mental Health Awareness Month to continue letting more Hoosiers know they are not alone. All people, no matter where they are on their mental health journey are deserving of support, resources, fulfillment, and a community that cares. For more information visit www.namiindiana.org/mental-health-awareness-month.

Indiana Recognizes Hoosier Entrepreneurs for Community Contributions, Economic Impact During Small Business Week

Governor Eric J. Holcomb today issued a proclamation declaring May 1 – 7 as Small Business Week in Indiana, celebrating the more than 534,000 small businesses in Indiana and the more than 1.2 million hardworking Hoosiers they employ.

"This week is all about celebrating the important contribution of an integral part of our state's economy--small businesses," said Gov. Holcomb. "Hard work, dedication and grit are not just Hoosier values; these are values put into action every day by entrepreneurs across the state to help propel the state's economy forward. I'm proud to point out and celebrate these hardworking Hoosiers not just this week, but every day."

Consistent with Secretary Chambers increased focus on entrepreneurship, the Indiana Economic Development Corporation (IEDC) will recognize seven Hoosier small businesses that have worked with the Indiana Small Business Development Center (SBDC), a program of the IEDC, to start, grow or pivot their small businesses. These awards, presented in conjunction with the U.S. Small Business Administration's (SBA) National Small Business Week, honor the entrepreneurs' and small businesses' achievements and contributions to grow Indiana's economy and strengthen communities across the state.

"Entrepreneurship is one of the most important investments we can make in Indiana's future, which is why it's a key pillar of our 5E strategy," said

Indiana Secretary of Commerce Brad Chambers. "Congratulations to these risk takers, dreamers and innovators who are critical to driving our state's economy."

The 2023 honorees are: Woman-Owned Small Business of the Year: Indy Power Products (Indianapolis)

Founded by Nancy Ryder in 2020, Indy Power Products combines Nancy's background in operations and marketing, with Jim Ryder's technical expertise in automotive component design and manufacturing, to offer top-tier aftermarket automotive products and services. Their flagship products focus on the Ford 7.3L Godzilla Crate Engine. Nancy, Jim, and their team work to customize automotive engines for their clients' personal performance needs.

Innovative Small Business of the Year: ArcticRx – Ultra-Low Temperature Transport Technology (Anderson)

The revolutionary pod poised to transform the way temperature-sensitive foods and medicines are shipped and stored. With impending regulations and environmental concerns regarding the use of Styrofoam, ArcticRx offers a game-changing alternative that is both efficient and sustainable. Say goodbye to oversized boxes requiring overhead doors or brittle polluting styrofoam, and hello to weeks of safe shipping without the need to plug it in or costly refrigerated transportation. A home-grown Hoosier company combining thermal

engineering and refrigeration industry expertise, ArcticRx champions food and health equity with the most innovative passive cold-chain product in the last 50 years!

Family-Owned Small Business of the Year: Knightstown Locker (Knightstown)

A valuable member of the community, Knightstown Locker, Inc. is family owned and operated and has been in business for 50+ years in its current location. Dan and Denise Titus and sons, Walker and Travis along with nephew Kyle Underwood run the day-to-day operations. Knightstown Locker provides premium meat and chicken products to Hoosier families. The Locker has built its business on butchering and selling locally raised cattle and hogs. They pride themselves in retaining a small-town, family-business tradition while meeting the increasing demands of their customers.

Community Impact Small Business of the Year: J's Breakfast Club (Gary)

Founded by Joslyn RW Kelly in 2015, J's Breakfast Club is a casual dining experience focused on soulful home cooked breakfast in a family friendly environment. J's Breakfast Club uplifts the community by spotlighting local small businesses on Saturdays, providing resources to seniors on Mondays, among several other outreach activities.

Small Business of the Year: WSI Technologies (Indianapolis)

Founded in 1977, WSI Technologies is a leading hardware and software solutions provider for the public sector. Their innovative, user-friendly software solutions empower courts, public safety departments, and child-care agencies to preserve compliant communication processes while managing and gathering data to serve their clients.

Minority-Owned Small Business of the Year: Paradise Spreads (Schererville)

Founded by Emily D. Edwards in 2018, Paradise Spreads makes the world's only organic, sweet plant-based pea protein spreads and snacks that are gluten-free, healthy, and convenient. Emily is a social worker turned food entrepreneur that used, the memories from her mother's kitchen and desire to help others, to create a food that can be enjoyed by everyone.

Start-Up of the Year: The HiViz (Sunman)

Founded by Lisa Huston, The HiViz is a woman-owned and family-run apparel business that creates high-quality innovative uniforms. Lisa believes in the importance of diversity and individuality when building strong teams thus she created uniforms that could accomplish that.

The Indiana SBDC, a program of the IEDC, helps Hoosier small businesses and entrepreneurs start, grow, finance, innovate and transition through no-cost, confidential business advising and training. For more information about the Indiana SBDC, visit isbdc.org.



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TUESDAY

In The Kitchen

Tuesday, May 2, 2023

A7

Brighten Your Brunch Spread

By [Name]

As the weather warms up, it's time to think about brightening up your brunch spread. One of the easiest ways to do this is by adding some fresh fruit to your drinks. Not only does this add a pop of color, but it also adds some natural sweetness and a refreshing taste. Here are a few ideas for how to incorporate fruit into your brunch drinks:

1. **Strawberry Citrus Cooler:** Blend strawberries, orange juice, and a splash of lime juice. Garnish with a slice of orange and a sprig of mint.

2. **Pineapple Mint Mocktail:** Blend pineapple chunks, lime juice, and a splash of sparkling water. Garnish with a slice of pineapple and a sprig of mint.

3. **Watermelon Lemonade:** Blend watermelon chunks and lemon juice. Garnish with a slice of watermelon and a sprig of mint.

4. **Blueberry Lemonade:** Blend blueberries and lemon juice. Garnish with a slice of lemon and a sprig of mint.

5. **Orange and Strawberry Juice:** Blend orange juice and strawberries. Garnish with a slice of orange and a sprig of mint.

6. **Pineapple and Orange Juice:** Blend pineapple juice and orange juice. Garnish with a slice of pineapple and a sprig of mint.

7. **Watermelon and Orange Juice:** Blend watermelon juice and orange juice. Garnish with a slice of watermelon and a sprig of mint.

8. **Blueberry and Orange Juice:** Blend blueberry juice and orange juice. Garnish with a slice of orange and a sprig of mint.

9. **Strawberry and Orange Juice:** Blend strawberry juice and orange juice. Garnish with a slice of orange and a sprig of mint.

10. **Pineapple and Orange Juice:** Blend pineapple juice and orange juice. Garnish with a slice of pineapple and a sprig of mint.



Photo: [Name]

Orange Citrus Cooler

1 cup fresh strawberries
1/2 cup orange juice
1/4 cup lime juice
1/2 cup sparkling water
1/2 cup ice cubes
1/2 cup orange slices
1/2 cup mint leaves

Preparation: Wash and slice strawberries. In a blender, combine strawberries, orange juice, lime juice, and ice. Blend until smooth. Pour into a glass and top with sparkling water. Garnish with orange slices and mint leaves.



Photo: [Name]

Watermelon Lemonade

1 cup fresh watermelon chunks
1/2 cup lemon juice
1/4 cup lime juice
1/2 cup sparkling water
1/2 cup ice cubes
1/2 cup watermelon slices
1/2 cup mint leaves

Preparation: Wash and slice watermelon. In a blender, combine watermelon, lemon juice, lime juice, and ice. Blend until smooth. Pour into a glass and top with sparkling water. Garnish with watermelon slices and mint leaves.



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TUESDAY

Health *and* WELLNESS

Tuesday, May 2, 2023

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Selecting a Health Care Provider

Resources to guide your selection

Guidance on how to choose a health care provider is available through a new resource from the Los Angeles County Department of Public Health. The resource, titled "Selecting a Health Care Provider," is a guide for patients and families to help them make the best choice for their needs. It includes information on how to find a provider, what to ask during an interview, and how to evaluate a provider's qualifications. The resource is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.

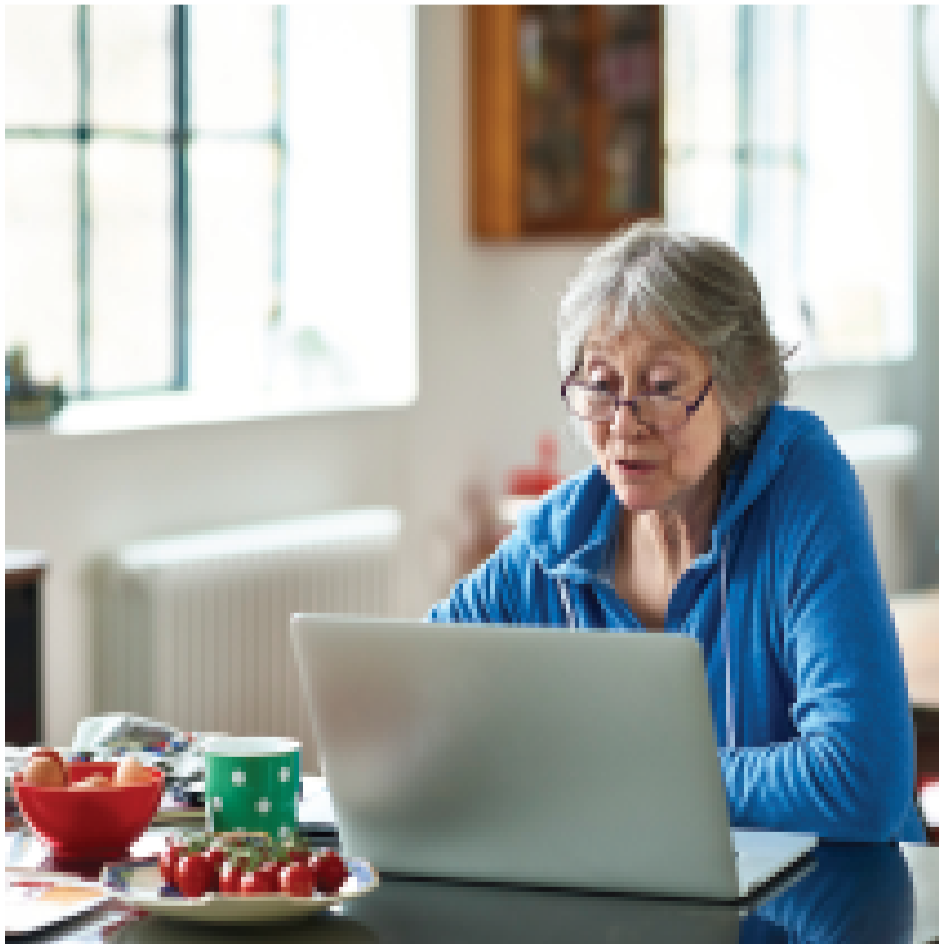
A Resource for Research
 A new resource from the Los Angeles County Department of Public Health provides information on how to find a health care provider. The resource, titled "Selecting a Health Care Provider," is a guide for patients and families to help them make the best choice for their needs. It includes information on how to find a provider, what to ask during an interview, and how to evaluate a provider's qualifications. The resource is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.

Finding Health Care Services
 The Los Angeles County Department of Public Health has a new resource to help you find health care services. The resource, titled "Selecting a Health Care Provider," is a guide for patients and families to help them make the best choice for their needs. It includes information on how to find a provider, what to ask during an interview, and how to evaluate a provider's qualifications. The resource is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.

How to find a doctor who fits
 The Los Angeles County Department of Public Health has a new resource to help you find a doctor who fits. The resource, titled "Selecting a Health Care Provider," is a guide for patients and families to help them make the best choice for their needs. It includes information on how to find a provider, what to ask during an interview, and how to evaluate a provider's qualifications. The resource is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.

Comparing Housing Homes
 The Los Angeles County Department of Public Health has a new resource to help you compare housing homes. The resource, titled "Selecting a Health Care Provider," is a guide for patients and families to help them make the best choice for their needs. It includes information on how to find a provider, what to ask during an interview, and how to evaluate a provider's qualifications. The resource is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.

How to find a doctor who fits
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Caregiver Guide

Being a caregiver is a challenging and rewarding experience. This guide provides information on how to find a caregiver, what to ask during an interview, and how to evaluate a caregiver's qualifications. The guide is available in both English and Spanish and can be accessed at <https://www.lacounty.gov/healthcare>.