

▶ TODAY'S VERSE

Isaiah 59:19 So shall they fear the name of the LORD from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.



▶ FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Aly Compton smile? "My dogs," said the then 23-year-old Noblesville resident, who was found in 2019 at the annual Bryan Clauson Strut 2 Save Lives dog walk and fundraiser at Dillon Park in Noblesville. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. "This one's Pearl (pictured above with her canine Aly), and my other one's Rosie." Both of her dogs are Golden Retrievers. "Pearl is (was) 4-12, and she's actually the aunt to Rosie, who (was) 2." Aly got the first dog of her own in kindergarten. "I've always had a Golden Retriever. Before these two, I had one named Bailey." She was found with her parents, Tim and Krista Compton, who have attended the event all four years. In 2020, the Strut 2 Save Lives was moved to the fall. Her older brother, Josh, was also there with his dog. The most fun time with her dogs? "We like to go swimming all the time; we live across the street from the lake. We take them everyday. They actually like to paddleboard." It was Aly's first time at the dog event. "It was nice just seeing all of the dogs." What else? "I like to cook a lot in my free time." Aly is a 2015 graduate of Noblesville High School and graduated in May 2019 from Western Illinois University, where she played softball and earned a degree in marketing. In 2019, she took a part-time job at Spencer Farm on East 161st Street in Noblesville and was offered full time as assistant manager, to help promote the farm and startup of the farm's new Spencer Farm Winery. The entertainment schedule for the winery is Midwest Originals Duo at 6:30 p.m. Friday; Strawberry Music Festival noon to 10 p.m. Saturday featuring live music all day with Jamie Owens, 12:30 p.m.; Juan Douglas Trio, 1:45 p.m.; Flannel Tones, 4 p.m.; and The Bishops, 6:30-9:30 p.m., plus a strawberry wine release, wine slushies, hard cider, food truck, bier brewery, Primeval Brewing, balloon artist and more. The event is family and pet friendly. Visit spencerfarmwinery.com for more details.

And Another Few Things...

1. American Senior Communities to Host Educational Sessions on Elder Fraud Presented by the U.S. Attorney's Office

American Senior Communities is partnering with the U.S. Attorney's Office for the Southern District of Indiana to present educational sessions on how seniors can avoid scams and fraud. The first session is on Thursday, May 31 at Allisonville Meadows Assisted Living at 10410 Allisonville Road in Fishers from 2-4 pm. Another session will be held on Friday, June 9 from 2-4 pm at Rosegate Assisted Living on 7525 Rosegate Drive in Indianapolis.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM



Photo courtesy of Noblesville Lions

Lions Gary Hipes and Kennedy Penwell gather flowers to load their vehicle

Noblesville Lions Deliver Flowers For Mother's Day

On Friday, May 12 and Saturday, May 13 the Noblesville Lions made flower deliveries for Adriene's Flowers. Each year Adriene's Flowers uses the

local Lions Club to help deliver flowers for a small stipend to the Lions Club. 9 Lions Club members helped with deliveries.

Daughter Turns 17 Years Old Today



BETSY REASON
From The Editor's Desk...

Today, our daughter, Addie, turns 17.

It doesn't seem possible that she's already a Noblesville High School junior with only one more year of school until she graduates.

The years have flown by. It seems like yesterday that I was holding her tightly in my arms. We celebrated birthdays with Happy Feet, Tinker Bell, Dora, Little Mermaid and Hello Kitty themes in the backyard. Then, all of a sudden, it was her first day in kindergarten at North Elementary, carrying her giant powder-blue Tinker Bell backpack and dressed in a pink striped and flowered dress with white sandals and pink hair bows.

I chuckle as I look back at an elementary school resume that she created about herself. One of the highlights that she included was earning a "bachelor's degree" from North Elementary. "I got an award for history in unit of study. I was learning

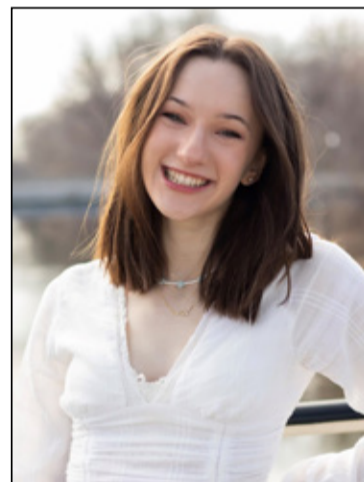


Photo courtesy of NHS junior Tyler Cowan

Betsy Reason's daughter, Addie, turns 17 years old today.

about Benjamin Harrison," she wrote. Her resume also included a "Native Nation Degree" from Stony Creek Elementary. "I went two years there. I got a lot of awards, the second year I got a writing award."

And that was true. She did earn a writing award in first grade and was invited to represent her class in the Hamilton County Reading Council's Youth Author's Conference. We spent first and second

▶ See BETSY Page A6

Wrapping Up Reader's Choice



Readers' Choice is wrapped up for another year, and once again, The Times' annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Times brought Hamilton County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our readers, the opportunity to vote for your favorites. We often joke that this is like Chicago politics and encourage you to vote early and vote often.

You see, this has never been about the rigidity of the process. Instead, it is designed to be an absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded!

We annually see ballots that number in the hundreds of thousands – so many in fact that we had to find a way to automatic the counting process.

This year, rather than unveil all the winners at one time like we have in the past, we are revealing several categories a day.

Today's categories can be found inside and a quick list is also provided here.

When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on our website for the entire year.

Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.

Want MORE?

The results for winners, runner ups and honorable mentions of the following categories;

- Dine In Restaurant**
 - Fast Food Restaurant**
 - Restaurant**
 - Chinese Restaurant**
 - Coffee Shop**
 - Ice Cream Place**
 - Italian Restaurant**
 - Mexican restaurant**
 - Pizza Place**
 - Brew Pub**
 - Best Bagel**
 - Best BBQ**
 - Best Burger**
 - Best Chili**
 - Best Cookie**
 - Best Cupcakes**
 - Best Cup of Coffee**
 - Best Donut**
 - Best French Fries**
 - Best Milkshake**
 - Best Onion Rings**
 - Best Omelet**
 - Best Tenderloin**
- will be inside on A6!

The Daily Almanac

Sunrise/Sunset
RISE: 6:24 a.m.
SET: 9:04 p.m.

High/Low Temperatures
High: 84 °F
Low: 57 °F

Today is...

- Lucky Penny Day
- National Taffy Day
- World Turtle Day

What Happened On This Day

- **1992** The Italian mafia murder Giovanni Falcone. Falcone, a judge, was the mafia's most prominent adversary.
- **1949** The Federal Republic of Germany is established.
- **1844** Siyyid `Alí Muhammad Shírázī founds Bábism.

Births On This Day

- **1954** Marvelous Marvin Hagler
American boxer
- **1707** Carl Linnaeus
Swedish botanist, physician, zoologist

Deaths On This Day

- **1937** John D. Rockefeller
American businessman, philanthropist,
- **1868** Kit Carson
American soldier

Noblesville Parks Releases 2023 Summer Concerts Schedule

The Noblesville Parks and Recreation Department has announced the performers for its Thursday Night Summer Concert and Concert at the Commons series. Both series are presented free to the public, who are invited to bring chairs and blankets to enjoy live music in the parks.

The Summer Concert Series, presented by Star Bank, is held 7 to 9 p.m. Thursdays in June and July at Dillon Park, 6001 Edenshall Lane. Presented by Myers Construction Management, Inc., the Concert at the Commons Series is 7 to 10 p.m. on Saturday nights at Federal Hill Commons, 175 Logan Street.

"We are excited to continue to provide free live music at Dillon Park and Federal Hill Commons throughout the summer. I believe we have two great lineups that provide our residents and guests with a wide variety of musical genres and tribute

▶ See PARKS Page A6

▶ INSIDE TODAY

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

▶ HONEST HOOSIER

Here's a tip of the seed corn cap to all the drivers, officials and fans at the Indianapolis Motor Speedway. We don't call it the Greatest Spectacle in Racing for nothing!



▶ TODAY'S HEALTH TIP

Walking with weights can increase your risk of joint injuries – walk hills instead. 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

"Looking fifty is great—if you're sixty."
-Joan Rivers

▶ TODAY'S JOKE

How's the new job as a tailor?
Sew-sew.

▶ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

57/84 Hazy Sun	60/86 Hot Late Day Cold Front	49/72 Sunny But Much Cooler	46/75 Partly Sunny	52/78 Pleasant A.S.	55/80 Mildly Sunny For Now	57/83 50% Chance Late
TUE	WED	THU	FRI	SAT	SUN	MON

Rep. Spartz Announces 2023 Congressional Art Competition Winner

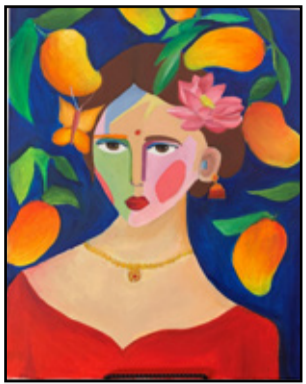


Photo courtesy of Rep. Spartz
"Indian-American Oil on Canvas" by Maya Bhagwat

Rep. Victoria Spartz (IN-05) announced the winner of the 2023 Congressional Art Competi-

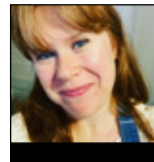
tion. Started in 1982 by the U.S. House of Representatives, this annual competition highlights high school students' artistic works from across the country.

This year's winner, Maya Bhagwat is a junior at Carmel High School in Hamilton County. Her winning artwork, called 'Indian-American Oil on Canvas' will be placed on display in the Cannon Tunnel of the U.S. Capitol building in Washington, D.C. for one year, next to winning artwork from other Congressional districts.

"The talent that Maya and many other young artists throughout Indiana's Fifth District possess is incredible," said Rep. Spartz. "I want to thank all participants and I look forward to seeing Maya's artwork displayed in our nation's capital."

The Congressional Art Competition is designed to support the arts and showcase the talent of young artists nationwide. With her winning artwork, Maya has highlighted not only her talent but the vibrant diversity we have here in our district.

Creating A Stylish Summer Reading Space All Your Own



LINDSAY ROSA
The Curious Closet

With the school year wrapping up in a few short weeks for local schools and college students starting their drive home for the summer, what better time to prepare for relaxing summer reading by making an inviting reading space for those stormy summer afternoons ahead? Whether the readers in your family enjoy picture books or historical fiction, creating an inviting space that ignites the imagination and sparks joy is key.

Building a space with a comfortable chair, pouf, or storage ottoman is a great place to begin. You can shop your home for an unused chair or consider picking up an affordable, yet hip consignment piece. Layering your space with a small antique area rug and plenty of cozy throw pillows will bring in elements of Hygge, known as the quality of coziness and comfortable conviviality that engenders feelings of contentment or well-being often regarded as a defining characteristic of Danish culture. Making your space

as inviting as possible will encourage quiet and relaxing reading time after a busy day of sports games, play dates, and bike rides.

To finish off the space, don't forget to add a good light source for evening reading or some ambient twinkle lighting to a bookcase or vintage wall-mounted plate rack to make the space more magical for story time. Adding thrifted storage baskets for added storage and colorful school supply organizers for markers and crayons for coloring books can keep the space tidy and cheerful too. Spotted some vintage books on your recent antiquing trip? Consider displaying them for added ambiance. Need a few extra dollars to complete your space? Consider taking last semester's textbooks to Half-Price Books for their buyback program. You can redeem your coupon for cash toward your space or home library.

For adding to your home library, consider buying second hand from Half-Price Books or Goodwill of Central Indiana. You can also search the collections of your local public library for inspiration online. Emailing your child's teacher for reading level book recommendations is

also helpful in maintaining their reading skills over the busy summer vacation. Visiting your local library is a budget-friendly way to encourage summer literacy for everyone in your family while getting involved (and let's not forget competitive) in their summer reading program this summer!

Helpful places and links to build a cozy summer reading space:

- Noblesville Public Library Reading Program <https://www.hepl.lib.in.us/reading-programs/>

- Consignment by Design <https://www.consignedbydesign.com/collections/chair>

- Goodwill of Central Indiana <https://www.goodwillindy.org/shop/locations/>

- Half-Price Books Indianapolis <https://hpb.com/039>

- Noblesville native and college writing instructor Lindsay Rosa is back writing for the Times on all things design and lifestyle. As your personal style guide, Lindsay will bring her fashion writing expertise to you each month. When she's not writing, you can find Lindsay on her bicycle, gardening, baking, volunteering with local museums, and writing her legal book series for children.

Thank you for voting us the
BEST DONUT
in Hamilton County!



Titus
Bakery & Deli

(317) 763-1700

17471 Wheeler Road
Suite 110
in Westfield

Purchase a pool membership today!



Enjoy Forest Park Aquatic Center's Many Amenities:



PLUS access to Morse Beach and entry to Flix and Float and Tiny Tots

Visit our website at: www.forestparkpool.org
Or Call: 317-773-4649



WE'RE HIRING DRIVERS

We are looking for drivers who have:

- CDL B with Air Brake Endorsement
- Minimum 1 year Commercial Truck Driving Experience
- Roll-Off or Dump Truck experience preferred

We provide great wages & benefits plus overtime

- Local runs only - home every night
- Monday - Friday with occasional Saturday morning
- Regular schedule (no night shifts), year-round employment

To Apply: Send your resume to ksmith@luscocorp.com

Call Karl • 317-565-8036



Noblesville Lions Club

Grillin' on the Square

Under the Big Tent

Pork Chops
Chicken • Dogs
& Extras

Friday, June 2, 2023

Lunch/Dinner

11:00 AM til 8:00 PM

\$13 Advance \$15 At the Door \$8 Hotdog

Saturday, June 3, 2023

Breakfast

7:00 AM til 11:00 AM

\$6 Adult \$4 Kids

Advance tickets available from any Lion

Buy. Sell. Rent. Lease.



THE TIMES classifieds.

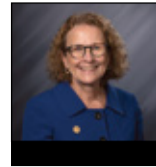
Spartz Hosts Town Hall In Hamilton County



Photo courtesy of Rep. Spartz

Rep. Spartz gave an update on happenings in Washington D.C., including her work on the debt ceiling, health care reform, border security, and Helsinki Commission as well as responded to a number of questions on issues ranging from permitting reform to pension investments, and elections. "It's important for my constituents to hear directly from me on what is happening in DC, and for me hear directly from them. Having an open forum is an essential part of effective representation," Spartz said.

Boosting Mental Health Care Access



REP. DONNA SCHAIBLEY
Guest Column

According to the National Alliance on Mental Illness, 1 in 5 adults and 1 in 6 youth experience mental illness each year in the United States, but less than half of them receive treatment. May is Mental Health Awareness Month, and this session we prioritized several bills to increase and improve services and treatment across our state and in local communities.

Through the state's next two-year budget, Indiana will invest in building out a statewide system of certified behavioral health clinics to increase Hoosiers' availability to quality care. The state's newly launched 988 National Suicide and Crisis Line will be expanded to connect those struggling or going through

a mental health-related crisis to help. Boosting this infrastructure and hotline are the next step toward ensuring struggling Hoosiers have a place to go, someone to call and someone to respond.

We also increased our investments in Indiana's veteran suicide prevention efforts. Our state's veteran suicide rate is higher than the national average, and we need to do everything we can to ensure these Hoosiers, who sacrifice their time, safety and even their lives, can receive the help they need.

This session I also supported a new law to help ensure low-risk individuals with mental health conditions receive treatment in hospitals, not jails. Law enforcement will be empowered to apprehend and transport those suffering from a mental illness, or temporary impairment from drugs and alcohol, to the nearest facility providing mental health

treatment. This legislation will also ensure an individual is not turned away because of their inability to pay for services and that hospitals receive payment. Sending Hoosiers to these facilities can connect them with the help they need and hopefully keep them out of the criminal justice system.

Help is out there, whether it's in-person, virtual or by phone. If you or a loved one are currently facing a crisis, please dial 988 for the National Suicide and Crisis Line or dial 211 to connect with Indiana's Be Well Crisis Helpline. Both are free and confidential resources to connect with support. For help navigating state resources, please contact me at 317-232-9833 or email H24@iga.in.gov.

-State Rep. Donna Schaibley (R-Carmel) represents House District 24, which includes portions of Boone and Hamilton counties.

The Times SERVICE DIRECTORY

AUTOMOTIVE

Alexander's
Auto & Radiator Repair

Hours:
Monday - Friday
8 AM - 5 PM

317-773-7098

820 Hannibal Street
Noblesville



FUNERAL SERVICES

BUSSELL FAMILY FUNERALS

Serving Hamilton County and surrounding areas

BussellFamilyFunerals.com



Donna Bussell
Owner/Director

1621 E. Greyhound Pass
Carmel, IN 46032
317-587-2001

Traditional Services
Affordable Cremation
Pre-Planning

Hersberger Bozell
FUNERAL HOME

3220 North Main Street
Carmel, Indiana 46032
765-538-2182
www.hersbergerbozell.com



Indiana
Funeral Care

indianafuneralcare.com

Indianapolis
(317) 636-6464
8151 Allisonville Rd.
Indianapolis

Greenwood
(317) 348-1570
2433 E Main St.
Greenwood



HOME SERVICES



ALL BRIGHT PRO CLEANERS

Carpet Cleaning

Water Damage Restoration

Tile & Grout Cleaning

Stripping & Waxing

765-416-3161

FEATURED BUSINESS

Alexander's
Auto & Radiator Repair

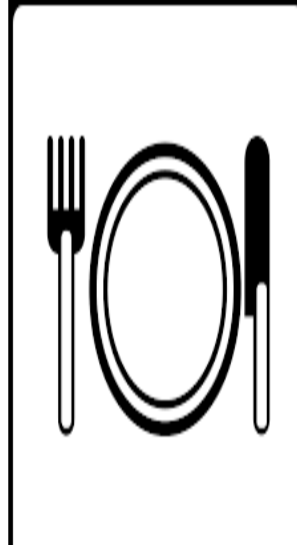
Hours:

Monday - Friday
8 AM - 5 PM

317-773-7098

820 Hannibal Street
Noblesville

RESTAURANTS



Jim Dandy
Restaurant
Since 1964

Online Ordering is HERE!
Visit our new website at
www.jdrest.com
to order now!
Sign up for our email list
to receive weekly
deals and specials!

Monday - Saturday 6:30 AM - 9 PM
Sunday 7:00 AM - 9:00 PM

**2301 E. Conner
Noblesville
317-773-3288**

RETAIL

CROSSROADS ARMORY, LLC

Monday - Friday
9 AM - 6 PM

317-746-0644

151 SOUTH HARBOUR DR.
NOBLESVILLE

crossroads-armory.com



RETAIL

THE GLASS MULE

Mon - Fri
10 AM - 10 PM
Sat & Sun
Noon - 10 PM

(317) 214-7211
141 S Harbour Dr.
Noblesville

TATTOO SHOPS

Mystic Images Tattoo Co.

317-214-7166

We also have a shop in Savannah, GA

164 N. 10th Street
Noblesville, IN 46060

Contact our advertising department at 765-361-0100 ext. 1 to be included in our next Service Directory.

www.TheTimes24-7.com

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



Photo courtesy of BMW

2023 Bmw 760i Gets A Radical Makeover That Nods To The Past And Future

It seems about every twenty years, BMW gets radical with the 7-Series. Remember back a couple of decades to the 2003 model that debuted the iDrive infotainment system and “Bangle butt” raised trunklid, named for former BMW design chief, Chris Bangle. Eventually, though, BMW’s competitors copied the car’s controls and rump. As BMW configures the 7-Series for an electric future, it gives a radical makeover that nods to the past and future in the 2023 760i xDrive.

I suspect it won’t be this car’s butt, but rather its face, that causes consternation. I’m actually starting to like the large twin kidney grille that’s been ridiculed, but looks better proportionally on this large car. It’s especially menacing as part of the Shadowline package with dark trim. Squinty driving lamps over LED headlamps give the car a sinister vibe, something appropriate for Bruce Wayne’s chauffeur. I also like our car’s two-one

2023 BMW 760i xDrive

Five-passenger, AWD Sedan
Powertrain: 4.4-liter TTV84, 8-spd trans
Output: 536hp/553 lb.-ft. torque
Suspension f/r: Elect Ind/Ind
Wheels f/r: 20”/20” alloy
Brakes f/r: disc/disc
0-60 mph: 4.1s
Fuel economy: 18/26 mpg city/hwy
Assembly: Dingolfing, Germany
Base/As-tested price: \$113,600/\$162,045

black over burgundy paint – a nod to the classic era that breaks up the car’s large flanks. Little 20” wheels cower beneath the fenders.

The melding of past and future begins when you press a button near the door handle and the door opens itself. Press a separate button to close it. Cloth seats take us back, but are super comfy in all seasons plus they are heated, ventilated and massage occupants so thoroughly they should ask permission. Carbon fiber, stitched dash coverings, and intricate metallic grilles for the Bowers & Wilkins audio system add

visual candy.

Good luck finding buttons or knobs beyond the iDrive joywheel. It’s virtually a glass cockpit with twin screens for gauges and infotainment plus a strip of touchpads for climate and even the glove compartment latch below. I still think iDrive is confusing, but at least I can now use the swipescreen instead. There’s also a large head-up display for speed, navigation, and safety systems that include dynamic cruise, automatic emergency braking, lane-centering steering, and blind spot warning.

Nice, but wait until you see the back seats

LIKES

- Artful design
- Cossetting cabin
- Surging power

DISLIKES

- Complicated infotainment
- No hands-off cruising
- Stately price

where smartphone-sized touchscreens in the doors control climate, sunshades, and infotainment. The right seat reclines, but both outboard passengers get pillows, massagers, heat, and ventilation. Press either door pad to conjure a full-width theater screen that drops from the ceiling as sunshades close for “movie night”, fueled by streaming Netflix and Youtube. Charge phones wirelessly in the armrest too.

I could snooze for hours in the back, but I’d rather throttle the 4.4-liter twin-turbo V8 delivering a spiteful 536 horsepower and 553 lb.-ft. of torque – all routed to the all-wheel-drive system through a paddle-shifted 8-speed transmission. It’s easy to usher the car through busy city traffic, but it

comes alive as it surges towards triple digits. Look for 0-60 mph in just 4.1 seconds. This is a car engineered to cross continents toot sweet. And it can efficiently with its light hybrid system that enables 18/26-MPG city/highway.

The 760i is a big car that behaves more like a compact. Sure, the adaptive suspension provides a wafting ride, but it firms up when you greet corners. Four-wheel steering aids maneuvering in tight parking garages and through narrow streets, but also sharpens handling. You never quite forget it’s a big car, but driving it is no chore whether taking a client to her jet or enjoying a solo fun run.

While this car is gas-powered, you’re



CASEY WILLIAMS
Auto Reviews

really looking at BMW’s electric future where brash style, serene interiors, and seamless performance form one of the world’s great automobiles. Check the new all-electric i7, with which the 760i shares virtually everything but its powertrain, for confirmation. If you want the gas-powered version, it’s going to cost at least \$113,600 or \$162,045 as-tested.

Storm Forward!

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

Republican Turned Democrat McCormick Seeks To Defy History



BRIAN HOWEY
Howey Political Report

With Democrat Jennifer McCormick’s official entry into the 2024 Indiana gubernatorial race, Hammond Mayor Thomas McDermott Jr. has ruled out seeking the Democratic nomination. “As for me, I don’t see the stars aligning for a McDermott candidacy in 2024 at this time,” McDermott texted told me on Wednesday. Allies of former senator and current Vatican Ambassador Joe Donnelly had told me last year that he was leaving his political options open for 2024.

But for now, that leaves McCormick as the lone Democrat seeking the nomination at this time. What she aims to do is exceedingly rare. There has been only one female Indiana gubernatorial nominee in history, when Jill Long Thompson

won the Democratic nomination in 2008, only to lose to Gov. Mitch Daniels.

And, there have been only two party switchers to ascend to the governor’s office since the current two-party system took shape in 1856: Legendary Civil War Gov. Oliver Perry Morton in 1860 as a Republican and Isaac Gray in 1884 as a Democrat.

Beyond Jill Long Thompson, female gubernatorial candidates are relatively rare. Indiana is one of 18 states that has yet to elect a female governor. Lt. Gov. Suzanne Crouch is currently seeking the GOP nomination in 2024. District Attorney Virginia Dill McCarty was the first to run as a Democrat, losing to State Sen. Wayne Townsend in the 1984 primary. There were brief candidacies by Democrat State Sens. Vi Simpson in 2003, Karen Tallian and Superintendent Glenda Ritz in 2016 and Republican Lt. Gov. Becky Skillman in the 2012 cycle. Simpson, Tallian, Ritz and Skillman all failed to generate much fundraising traction and their candidacies were brief.

Ritz, who upset

Republican Superintendent Tony Bennett in 2012, declared for governor in June 2015, before opting to seek reelection two months later. McCormick as a Republican would defeat Ritz in 2016 by a 53% to 47% margin.

In October 2018, McCormick stunned the Hoosier political establishment, announcing she would not run for reelection in 2020, in part because of the General Assembly’s move in 2017 to make the superintendent position a gubernatorial appointment.

“As a parent, I would not be happy if my state superintendent were spending time on noise, and that’s simply what this has become,” McCormick said.

She toured the state with Democrat State Sen. Eddie Melton in 2019 exploring a potential run a year later. Democrats ended up nominating Woody Myers.

In her campaign video kickoff last Thursday, McCormick said, “In 2016, I successfully ran for state superintendent of public instruction to be a champion for Hoosier kids,” McCormick continued. “As state superintendent, I took on politics that were

negatively impacting our schools and fought for what was right for kids, teachers, and parents. Now, I’m running for governor of Indiana because it’s time to put Hoosiers first. I will bring common sense and bipartisanship back to the statehouse. I’ve already proved I will stand up to out-of-touch policies that are destroying public education, stripping Hoosiers of their rights and freedoms, and leaving rural communities behind.”

The other historical anomaly beyond gender and education politics is the current GOP supermajorities in the General Assembly, which has extended to an unprecedented five cycles since the two-party system began in 1856.

That has brought many smoldering divisive social issues to the fore, like banning books, critical race theory, limiting LGBTQ+ rights, and a recent spate of transgender legislation. Speaking to the NWI Times’ Doug Ross, McCormick framed her candidacy in the “distractions” that prompted her not to seek reelection in 2020. “The answer is nothing other

than as a distraction from the real problems because they’re complex and they’re difficult to solve.”

Speaking in front of the St. Joseph County courthouse in South Bend last week, McCormick focused on “beyond ridiculous” issues. “So we will start with book banning, really?” McCormick told WNDU-TV. “We’ll start with the bans on LGBTQ health care rights. I mean the list goes on; we’ll talk about you now, public education, which services 90% of our kids, was the most underfunded system of all the schools. The one that services the smallest percentage of students got by far the majority of the money.”

McCormick’s campaign had \$42,341 as of Jan. 17, with funds migrating from her past superintendent campaign. By comparison, the three GOP candidates have big money leads. Friends of Suzanne Crouch reported a year-end cash balance of \$3.19 million. The campaign of Republican Eric Doden had \$2.8 million and U.S. Sen. Mike Braun reported a cash balance of \$2.9 million.

If McCormick is the only credible Democrat

to seek the nomination, she can potentially make this a competitive race by capturing the divisive issue outflows on abortion, gun reforms, and LGBTQ+ rights.

For instance, last November’s Ball State Hoosier Survey revealed that 56.7% believe abortion should be legal in all or most cases, while 76% find abortion to be an important issue. McCormick tweeted this past week, “Women want to live, work, and thrive where access to medical care is not banned or limited. States who respect this and operate accordingly win.”

The Republican primary will likely find the three candidates shifting to the right on abortion and gun reforms. Crouch made it a point to note her tie-breaking Indiana Senate vote on an abortion exception amendment last July. That will be an asset in the primary, but a potential liability in the general.

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

Jack's DONUTS
SINCE 1991
Fishers

Thank you for your support!

13578 E 131st Street • Fishers • (317) 214-7152

Erika's Place ★

Thank you for voting us #1

40 W. Jackson St • Cicero
654 Logan Street • Noblesville

14300 Mundy Dr #1300, Noblesville

BEST BET

Thank you for voting!

BREAKFAST & LUNCH

Summer Safety – Part 2



JOHN R. ROBERTS, M.D.
Hamilton Health

Last week I went over some sun and water safety information. This week I want to examine wheeled things that appear in the spring and summer. It's great to see kids and adults out on their bicycles now that the weather has warmed up. The downside is we will see the inevitable bike accidents. Some of the most difficult experiences I had during my medical training were when I took care of kids who suffered brain injured from bike accidents.

There were 966 accidental deaths from bicycle injuries in the United States. In 2021. Despite cycling accounting for only one percent of travel, it accounts for two percent of all automobile-associated deaths. Cyclists being hit by cars accounts for about two-thirds of the deaths. Bike accidents accounted for 425,000 visits to emergency departments in 2020 and resulted in over \$10 billion in health care costs.

While most kids own bike helmets, they often don't wear them. Parents frequently bring up the fact that they never wore a helmet when they were kids and did just fine. This is usually because helmets did not exist when they were kids.

Helmets really do work. Wearing one decreases the chance of a serious head injury by over 60 percent, brain injury by 58 percent and serious face and neck injuries by 33 percent. Wearing a helmet reduces the chance of dying from a bicycle accident to about 17 percent – a marked improvement from pre-helmet days. Deaths in persons under age 20 have decreased almost 90 percent since 1975.

Children should be taught that they can't ride if they don't wear their

helmets. Adults must also set good examples by purchasing and using helmets. Also teach your kids to ride with traffic (the same side of the road as the cars).

While any helmet is better than no helmet at all, take kids with you to try them on. It's also worth the slight increase in cost to go to a bike store for a proper fit. Make sure the helmet meets Consumer Product Safety Committee standards. Also remember that accidents can occur anywhere, not just on the street.

Kids should not only be fitted for a helmet, they should also be fitted for a bike. It's better to take children to the store to size them up for a bike than to surprise them with one that is too big. Bikes that are too large or are purchased for the child to "grow into" can be very unsteady and lead to accidents. Don't push your child to ride a two-wheeler until he or she is ready (usually 5 to 6 years old).

Scooter injuries are accounting for more visits in emergency departments and medical offices. Most involve either head injuries or broken arms that are almost universally the result of going too fast (i.e. down a hill). The tiny wheels on a scooter offer very little control at higher speeds. Motorized scooters are very dangerous. Often the speeds they produce far outpace the rider's common sense (especially in males). If your child rides a scooter, the same bike safety rule applies – wear a helmet. In addition, he or she should wear wrist guards as well as elbow and knee pads. The same goes for rollerblades.

All-terrain vehicles (ATVs) carry an extremely high risk of serious injury and death for children. While they are no doubt fun, it still amazes me why any parent would allow their young child to ride one based on the injuries I've seen. If you allow your child to ride

one, make sure you supervise him or her closely. Purchase a good set of personal protective gear and a well-fitted, full-face helmet. Have them take a safety course and severely limit the power of the machine.

Remember, most young kids don't have the common sense, hand-eye coordination, or reflexes to manage the speeds or hazards they may encounter. The same advice goes for dirt bikes.

Lawnmower safety is the last thing I'd like to address. Keep small children indoors when mowing since you may not see them approaching the mower. No matter how fun it seems, NEVER let small children ride on your lap when you're on the lawn tractor. I've seen more than one limb amputation from kids falling off of laps and under the mower deck.

Parents ask me when it's safe for their kids to mow the lawn. The American Academy of Pediatrics recommends age 12 before allowing them to operate a push mower and 16 for a riding mower. When teaching your child to mow, get out the owner's manual and go over all the safety equipment and make sure it's still functioning. The mower should have a bale with a kill switch on the engine and/or blades. Adjust the height of the handle to ensure the child to has good control of the mower.

If you feel uncomfortable mowing part of your yard, a hill for instance, certainly don't allow your child to do it. Also follow general lawn mowing safety rules: wear sturdy shoes, minimize mowing backward, clear the yard of debris, don't stick your hand in a grass chute with the engine is running, and wear hearing and eye protection.

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

Sitting In The Lukewarm Water, Accepting Life



CARRIE CLASSON
The Postscript

Yesterday wasn't the best day. I don't like to complain and, the truth is, I have very little to complain about. Still, yesterday was not the best day.

I woke with a stomachache. I'd gone to bed with a stomachache, and this is not terribly unusual. My mother gets stomachaches, and now my 20-year-old niece is prey to them. Stress and irregular eating set them off, these stomachs of ours, and sometimes they take hours or even days to get sorted out. This one was particularly stubborn and saw me through the night and into the next day. By midmorning, I realized, unless I was writing about a stomachache, I wasn't likely to get much writing done.

So I thought I'd learn a new program I'd promised myself I'd learn. The young woman on the video assured me that this training was for "absolute beginners," and I felt reassured. I sat down with my stomachache and started watching.

I had no idea what she was talking about.

It wasn't that she left me behind—I never got on the

bus. The bus pulled away and left me standing on the curb. I suddenly felt old. I was an old woman with a stomachache.

Then I heard from my agent. My agent is cheerful and hopeful and loves my book, and she's working hard right now to sell it. She wrote to tell me I got another rejection. She sounded pretty down—for a perpetually upbeat person. She sounded as if we might be running out of people to send my book to. This was depressing news.

That's when I saw the Facebook post.

A friend objected to my recent column where I looked through the stained glass in a church and found color—and reason to be happy. It wasn't realistic, he wrote. Bad things happen, and people like me should acknowledge them. He talked about tornados and shootings. He said people like me would go looking for a pony in a pile of horse poop. He wasn't very nice. And I still had a stomachache.

Nothing makes me feel better when I am down than a nice hot bath by candlelight, and it was certainly time for one of those. But the bathtub faucet was not working, and so the hot water filled the tub very slowly—so slowly that, by the time there was enough for a bath, it was lukewarm.

"Oh well!" I said as I

hopped in. "A lukewarm bath by candlelight is better than no bath at all."

That's when the candle fizzled out.

I sat in the lukewarm water in the dark. I still had a stomachache as I mulled over the rejection of my manuscript. I remembered my friend's accusation that I was not realistic. I realized he was right.

But, as I considered the options, I honestly couldn't think of another way to live. Life is short, no matter how long we live. Knowing that my time is short, and my abilities limited, encourages me to do whatever I can with this precious time I have—right now—sitting in lukewarm water. I get a choice about how I wish to feel about all of it, even the stomachache. And I believe (realistic or not) that it is a precious gift to live in this continually amazing, astonishingly beautiful world.

I feel better today. The sky is still gray. The faucet is still broken. There is still no word on my book. But my stomachache is marginally better. And I am enormously grateful to experience all of it.

Till next time,
Carrie

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

need a job?
Find one in the classifieds.
317.770.7777



Life without local news is like hearing crickets

STOP LISTENING TO CRICKETS



SUBSCRIBE TODAY!
770-7777

got stuff?
sell it in the classifieds.
317.770.7777

Readers' Choice 2023 Results

Dine In Restaurant Winner:
10 West
Runner Up:
Grindstone on the Monon
Honorable Mentions:
•Grindstone Public House
•Ale Emporium
•Ginger's Café
•Wolfies
•Matteo's
•Erika's Place (Cicero)
•CR Heroes
•Texas Roadhouse
•O'Charley's
•Rosies Café
•Chilis
•Uptown Café
•Copper Still
•Lincoln Square
•Logan's Road House
•Syd's
•Applebees
•Bob Evans
•Bru Burger
•Courtney's Kitchen
•Michaelangelo's
•Olive Garden
Fast Food Restaurant Winner:
Chick-Fil-A
Runner Up:
Culver's
Honorable Mentions:
•Hardee's
•Burger King
•Arby's
•Mo's Southwest Grill
•Jimmy Johns
•Long John Silver's
•Panera Bread
•Penn Station
•Q'doba
•Sheridan DQ
Restaurant Winner:
10 West
Runner Up:
Grindstone on the Monon
Honorable Mentions:
•Big Hoffas
•Red Robin
•Westfield Diner
•Grindstone Public House
•Jim Dandy
•La Hacienda
•Red Habanero
•Ginger's Café
•Logan's
•Cracker Barrel
•Culver's
•Erika's Place
•Wolfie's
•Asian Grill
Chinese Restaurant Winner:
Kobayashu Sushi & Asian Kitchen
Runner Up:
Peking Garden
Honorable Mentions:
•Asian Grill
•Happy Dragon
•Mark Pis
•Panda Express
•House of Chung
•Wok & Roll
•Lucky Star Buffet
•China Buffet
•China Wok
•King's Garden
Coffee Shop Winner:
Noble Coffee
Runner Up:
Starbucks
Honorable Mentions:
•Rosies
•Cicero Coffee
•Einstein's
•Dark Side Roasters
•The Remnant Coffee

Handel's Honorable Mentions:
•Graeter's
•Bubs
•Culver's
•Cold Stone Creamery (116th St.)
•Sheridan DQ
Italian Restaurant Winner:
Matteo's
Runner Up:
Michaelangelo's
Honorable Mentions:
•Maggianno's
•Puccini's
•Mamma Carrolas
•Olive Garden Exit 10
•Greek's Pizzeria
Mexican restaurant Winner:
Red Habanero
Runner Up:
Rio Grande
Honorable Mentions:
•Chuy's
•Maria's Mexican Grill
•Samono's Mexican
Food
•Maya Riviera
•The Toras
•Q'doba
•Cancun
•Los Torros
•Burrito's & Beer
•Chilis
•Texy Mxy
•El Palenque
•Tijuana Flats
Pizza Place Winner:
Greek's Pizzeria
Runner Up:
Pizza King Noblesville
Honorable Mentions:
•Bazbeaux
•Puccinis
•Pizza by the Harbour
•Marco's
•Monicals
•Papa John's
•Pizza House Cicero
•Pizza Hut
•Pizza Hut Noblesville
•Bella
Brew Pub Winner:
Sun King
Runner Up:
Upland Carmel Tap House
Honorable Mentions:
•MashCraft Fishers
•Field Brewing
•Primeval Brewing
•Four Day Ray Brewing
•Union Brewing Co.
•Brier Brewing
•Grand Junction Brewing
Best Bagel Winner:
Big Apple Bagel
Runner Up:
Noble Coffee
Honorable Mentions:
•Einstein
•Corner Bakery
Best BBQ Winner:
Big Hoffas
Runner Up:
Big Dog's Smokehouse
Honorable Mentions:
•Famous Dave's BBQ
•City BBQ
•Zeck's BBQ
•Buffalo Wild Wings
Best Burger Winner:
Bru Burger
Runner Up:
Five Guys
Honorable Mentions:
•Culver's
•Red Robin
•Steak 'n' Shake
•Jim Dandy
•Wolfie's
•Burger King
•Cracker Barrel
•10 West

•Applebee's
•Hardee's
•Logan's
Best Chili Winner:
Syds
Runner Up:
Wendy's
Honorable Mention:
Jim Dandy
Best Cookie Winner:
Debbie's Daughters
Bakery
Runner Up:
Pat-a-Cake
Honorable Mentions:
•Baker's Paradise
•Panera
Best Cupcakes Winner:
Gigi Cupcakes
Runner Up:
Heavenly Sweets
Best Cup of Coffee Winner:
Noble Coffee
Runner Up:
Starbucks
Honorable Mentions:
•Erika's Place
•Dunkin' Donuts
•Ginger's
•McDonald's
•Wendy's
Best Donut Winner:
Titus
Runner Up:
Rebellion
Honorable Mentions:
•Jack's Donuts
•Dunkin' Donuts
•Big Apple Bagels
Best French Fries Winner:
McDonald's
Runner Up:
Chick-Fil-A
Honorable Mentions:
•Culver's
•Red Robin
•Steak 'n' Shake
•Red Robin
•Buffalo Wild Wings
•Burger King
•Grindstone Public House
•Bru Burger
Best Milkshake Winner:
Steak 'n' Shake
Runner Up:
Dairy Queen
Honorable Mentions:
•Hardee's
•Jim Dandy
Best Onion Rings Winner:
Carey Tavern
Runner Up:
Red Robin
Honorable Mentions:
•Applebee's
•Burger King
•White Castle
•Perkins
Best Omelet Winner:
Erika's Place
Runner Up:
Rosie's Café
Honorable Mentions:
•Ginger's Café
•Uptown Café
•Perkins
•Best Bet
•Cracker Barrel
Best Tenderloin - breaded / unbreaded Winner:
Grindstone Public House
Runner Up:
The Nickel Plate
Honorable Mentions:
•Britton Tavern
•Chatham Tap Fishers
•CR Heroes
•Dooley O'Tooles
•Local Eatery & Pub
•Muldoon on Main
•Wolfie's

BETSY

From Page A1

grade at Stony Creek Elementary, with Mrs. Duvall and Mrs. Johnson, then returned to North Elementary for third grade, due to often redistricting.

In fourth grade, our daughter, who had Mrs. Jimenez for third and fourth grades, was among 11 selected from 86 fourth-graders who auditioned to be a part of the North hand-chimes choir, directed by Janene Krent. In fifth grade, Addie had teacher David Kimmel, who later won the District's Teacher of the Year and who co-taught with Melissa Jones, a Learning Lab class of 49 students, and they did all kinds of cool out-of-the-box learning. Plus, she gained broadcast experience as a news anchor and videographer for North's daily morning news broadcast.

One of our favorite birthday parties was when she turned 8, and we had a "Rock Star" party, inviting her friends to dress like rock stars and sing karaoke in the backyard.

After that year, her birthday parties moved to other venues, like bowling centers and the former Cicero Fun Factory, and Embassy Suites Hotel in Noblesville. Her Sweet 16 party was in a beautiful little barn at our friends' private venue.

Those of you who know our family may have followed our daughter in her more than a dozen local theater productions, including most recently in NHS's fall musical, "Chicago: Teen Edition." Through the years, we've watched her perform as Annie in Noblesville East Middle School's musical, "Annie Jr.," and as Jane in "Mary Poppins Jr.," also at NEMS, and in most of The Belfry Theatre Apprentice Players' summer youth musicals.

Or you might have watched her perform Patsy Cline's "Walkin' After Midnight," The Carpenters' "Superstar" or The National Anthem during Legacy Keepers Music's String Time on the Square on a summer Saturday night. And most recently, she sang a solo at the NHS Rooftop Coffee House and a couple of songs at the NHS Alumni Banquet at the high school.

She has taken piano lessons and sang in NEMS Vocal Revolution show choir. She has sold trash bags for NEMS band where she played the clarinet, and sold record numbers of pancake breakfast tickets (with mom's help) for the Boys & Girls Club's winter youth basketball league.

She was an Indiana Statehouse page for both former Sen. Victoria Spartz and former State Rep. Kathy Kream Richardson Williams.

The years have flown by as her "resume" has grown. This year, our daughter is in her sixth year as a youth volunteer at Conner Prairie, where she is a spinning captain

for the Indiana State Fair Sheep to Shawl competition, a Youth Agriculture Captain for the animal barn and a pottery apprentice in Prairietown.

She's in her ninth year as a Hamilton County 4-H'er, and is participating this summer in the 4-H Queen Pageant.

She auditioned and was selected to be a member of her school's NHS Singers show choir, and she and a young man sang a lead duet as the featured couple during every show choir competition this season. In March, she traveled with choir director John Neubauer's fabulous student trip to New York City, where they watched four Broadway musicals. This spring, she applied for and was chosen as an officer of her school's thespian troupe.

She has also received all kinds of opportunities and has met people from all walks of life, being that she has tagged along with her mom on many interviews, all kinds of events and public meetings.

While she's done a lot, I also feel there are so many things on our lists to do that we haven't gotten to yet. It was only a couple of years ago that she walked on her first Florida beach and visited for the first time Walt Disney World, a magical place where many kids go when they're young.

And it already feels like there is so little time. We only have one more school year with her at home, and then she heads to college or off into the world and flies on her own.

While she took driver education classes a couple of summers ago and gained driving experience at the driver education school last summer, she hasn't been in any hurry to drive or get her driver's license, which she plans on doing this summer.

Over the weekend, she attended her high school prom at the Murat Egyptian Room with a date and a group of friends, and they had so much fun.

While it's tough being a parent of a teenager who is at that age of wanting to experience freedom and make her own choices, she is also at the age when she still needs her mom, thankfully more often than not. (Although she does think that all of Mom's clothes are out of style.)

While our summer calendar is already filling up with activities, we look forward to a summer break and hearing the wonderful sounds of our daughter's laughter in the house after the stress has gone from schoolwork.

Our teenage daughter, who celebrates her 17th birthday today, is such a blessing to our family. We feel so lucky and so blessed every day to have her.

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

PARKS

From Page A1

bands," said Noblesville Parks Director Brandon Bennett. "The Noblesville Summer Concert Series is the longest running series of its kind in Hamilton County and it along with the Concerts at the Commons Series are one of our most popular parks events."

The weekly Summer Concert Series kicks off June 8 while Federal Hill Commons will host eight free concerts between June 10 and September 23.

SUMMER CONCERT SERIES CONCERT AT THE COMMONS

Presented by Star Bank at Dillon Park

June 8 - Cosmic Situation

June 15 - Roughhouse

June 22 - Jai Baker 3

June 29 - Not Your Average Boy Band

July 6 - Groove Smash

July 13 - The Toons

July 20 - Hairbangers Ball

Presented by Myers Construction Management, Inc.

June 10 - The Eagles Project (Eagles Tribute)

June 24 - Shoot to Thrill (AC/DC Tribute)

July 8 - Crush (Bon Jovi Tribute)

July 15 - No Fences (Garth Brooks Tribute)

Aug. 12 - Chicago Rewired (Chicago Tribute)

Aug. 26 - Earth to Mars (Bruno Mars Tribute)

Sept. 9 - American English (Beatles Tribute)

Sept. 23 - Trippin Billies (Dave Matthews Band Tribute)

In addition to presenting sponsors, the city would like to thank fellow

Federal Hill Commons' sponsors: Godby Home

Furnishings, Context Design, Colt Moving, Metronet, SAMCO, Indiana

American Water, Matteo's Italian Restaurant and

McGavic Outdoor Power; and Summer Concert Series sponsors: Hall-

mark Orthodontics, Duke Energy, Metronet, Urban

Air, Gorman & Bunch Orthodontics and Aspen

Creek. Those interested in becoming a sponsor and

supporting the series may contact (317) 776-6350 or

sponsorships@noblesville.in.us.

For more information about Noblesville Parks' events and programs, visit

www.noblesvilleparks.org



Buy. Sell. Rent. Lease.

THE TIMES classifieds.

TUESDAY

Health and WELLNESS

Tuesday, May 23, 2023

A7

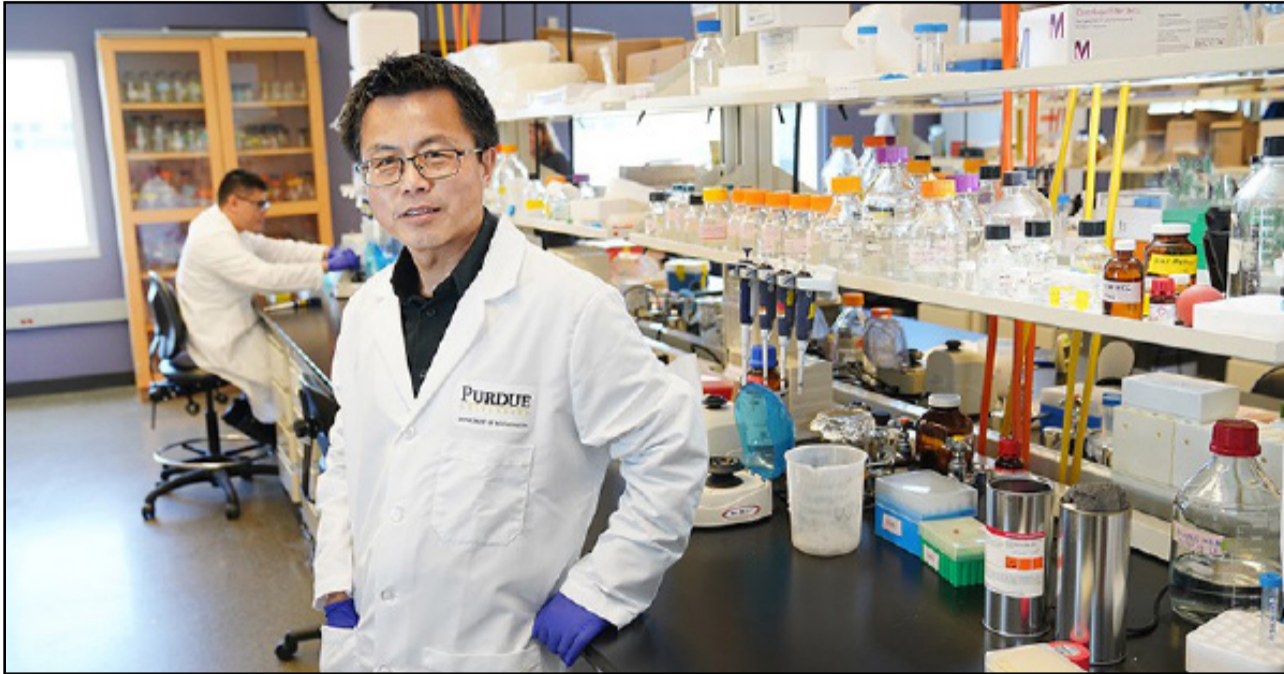


Photo courtesy of Purdue University Agricultural Communications

W. Andy Tao, professor of biochemistry at Purdue, led a team with Anton Iliuk of Purdue spinoff Tymora Analytical Operations to apply the company's EVtrap technology to early testing for neurodegenerative diseases and cancer.

New Liquid Biopsy Method Offers Potential For Noninvasive Parkinson's Disease Testing

A team led by researchers at Purdue University and Purdue spinoff company Tymora Analytical Operations has developed a technique that may reveal signs of Parkinson's disease in urine samples.

The technique gives researchers a chance to see if LRRK2 (leucine-rich repeat kinase 2) proteins, which are linked to Parkinson's disease, and their downstream pathways are altered in samples from Parkinson's patients. The method could eventually lead to widespread non-invasive testing for other neurodegenerative conditions as well as cancer.

"We believe this is a logical and rational approach to move forward for diagnosing Parkinson's disease," said W. Andy Tao, professor of biochemistry at Purdue. "Diagnosis for this type of neurodegenerative disease is difficult." Cognitive and movement testing can take a year or more to confirm the diagnosis, so molecular tests for early diagnosis and intervention can help people with Parkinson's faster, he explained.

Tao and eight co-authors from Purdue, Tymora, The Michael J. Fox Foundation for Parkinson's Research, and Columbia University published their findings in the *Communications Medicine* journal.

"It's going to be a big new area in diagnostic development," predicted co-author Anton Iliuk, Tymora's president and chief technology officer, "especially for neurodegenerative diseases and cancer."

Parkinson's disease alone affects an estimated 1% of the over-60 population. Up to a million Americans live with the disease, while 90,000 new cases are diagnosed each year.

The paper's co-authors include Marco Hadisurya, a doctoral student in biochemistry; Kananart Kuwarananchaoren, a doctoral student in electrical and computer engineering; Xiaofeng Wu, who received his doctorate in chemistry at Purdue in 2022; Li Li, Tymora Analytical Operations; Zheng-Chi Lee, West Lafayette Junior/Senior High

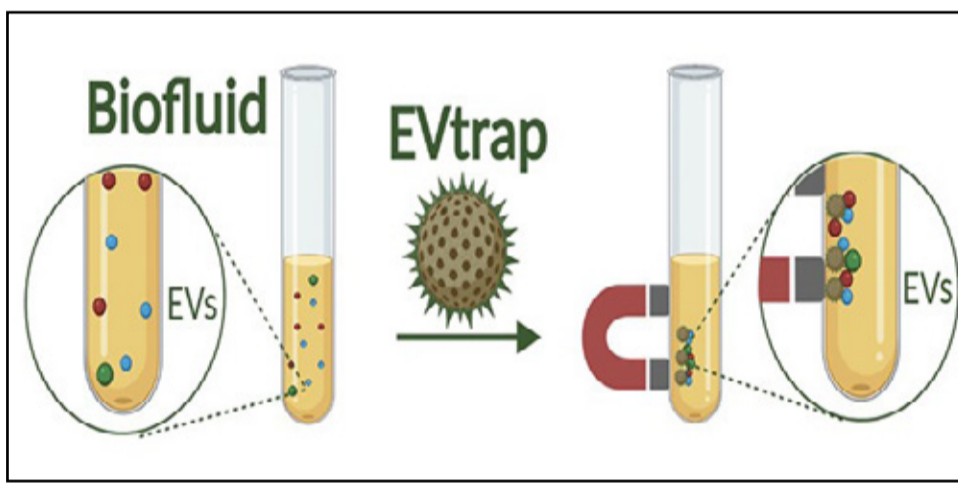


Photo courtesy of Tymora Analytical Operations

The EVtrap technology uses magnetic beads to rapidly isolate and identify large quantities of proteins from extracellular vesicles, which cells use in their molecular delivery systems.

School; Roy Alcalay, MD, Columbia University; and Shalini Padmanabhan from The Michael J. Fox Foundation, which funded the work.

The project began several years ago after Padmanabhan read some of Iliuk and Tao's work on the EVtrap (Extracellular Vesicles total recovery and purification) method for urinary analysis and proposed a collaboration.

"When I reviewed the data from their previous publication," Padmanabhan said, "it was interesting to note the expression of an important Parkinson's disease-linked protein, LRRK2. This piqued my interest since this approach provided us with an opportunity to determine if LRRK2 proteins or the downstream pathways they impact are actually altered in urinary samples from Parkinson's patients who harbor a mutation in the gene."

In 2017, Tao led a team that developed a blood test that could feasibly detect breast cancer. In that work, Tao and his colleagues compared samples taken from breast cancer patients and a healthy control group.

"We identified phosphorylated proteins, which are a typical hallmark of cancers," Tao said. And within those proteins, the team found extracellular vesicles, small packages that cells use as their molecular delivery system. The finding demonstrated that a blood sample yielding phosphoproteins could serve as a potential marker for early cancer diagnosis or for monitor-

ing disease progression.

The team was able to rapidly isolate the vesicles from urine samples, using the EVtrap method developed by Tymora.

"We have used the method for a number of indications, primarily focusing on different cancers for biomarker discovery and validation," said Iliuk, who received his doctorate in biochemistry at Purdue in 2011. Iliuk and Tao co-founded Tymora Analytical, which specializes in technology and services for detecting disease biomarkers in biofluids.

"This kind of analysis opens a new frontier in noninvasive diagnostics development. It's showing that biomarkers previously thought to be undetectable have become uncovered and do a really good job of differentiating disease from non-disease state," Iliuk said. "It's not obvious that urine would be a source of brain-based chemicals or signatures, but it is. These EVs can penetrate the blood-brain barrier quite easily."

After export from the brain into the bloodstream, they become concentrated or filtered into urine. But sampling such biomarkers from the brain via spinal tap is a highly invasive procedure.

"Especially for early diagnosis that is not the preferred sampling method," Tao said. Urine samples contain proteins that could be disease markers, but many perform house-keeping functions that are unrelated to disease.

"Extracellular vesicles provide a way to focus on

disease markers because they are released by certain types of cells," he said.

Among the many ways to study the impact of LRRK2 is to track its biological pathway, which can be done by analyzing urine, blood and cerebrospinal fluid. The EVtrap method provided an easy way to track changes in urine, which is collected for many clinical studies.

The LRRK2 Biobanking Study at Columbia University has a large bank of urine samples available for meaningful Parkinson's disease research. Columbia University co-author Alcalay, who provided many of the samples, also helped correlate EVtrap data with the clinical data. For the Communication Medicine study, the team studied samples from people with and without the LRRK2 gene mutation, and patients with and without the disease.

Padmanabhan noted, "This study also highlighted that changes in urinary proteins could serve as a proxy for changes in protein signatures that occur in brain diseases like Parkinson's disease."

The study follows a 2021 paper published in the journal *EMBO Molecular Medicine* by an international team of researchers showing a connection between LRRK2 and brain proteins in urine samples. That study, led by Matthias Mann of Germany's Max Planck Institute of Biochemistry, included Padmanabhan and Columbia University's Alcalay as co-authors.

Useful Tips On Battling Hair Loss

(StatePoint) Women spend up to 40% of their life in menopause and, by 2025, 1.1 billion women worldwide will be going through this transition. Menopause often brings disruptive symptoms that can impact all aspects of life, from family to work. Hot flashes and trouble sleeping are often experienced during menopause and those signs can also be accompanied by under-discussed symptoms, like hair thinning.

"Hair thickness naturally decreases with age. When you add hormonal changes during menopause on top of that, many women become concerned with their hair health – from how fast it grows to how thick the hair strands are," says author and renowned natural physician, Dr. Fred Pescatore.

If you are going through menopause and you notice your hair is thinner, you're not alone. Studies show more than half of women over age 50 will experience thinning hair and one reason may be declining estrogen (hormone) levels that are associated with menopause.

"Changes in hair health and appearance can take an emotional toll on many women, often leading to lower levels of self-esteem. My patients come to me confused, looking for solutions that are effective with minimal side effects. I direct them to lifestyle adjustments, along with a unique, science-backed natural ingredient called

Pycnogenol French maritime pine bark extract."

Promising support from a natural ingredient

Pycnogenol is a natural supplement from the bark of the maritime pine tree that grows along the coast of southwest France. For decades, studies have shown its benefits for skin health and menopause. Now, new research finds it also significantly increases hair density in menopausal women.

"I've recommended Pycnogenol to my patients for years as a natural ingredient for menopause and beauty support, and as an important building block of overall wellness since it acts as an antioxidant, circulation booster and natural anti-inflammatory," says Dr. Pescatore. "This new study demonstrates an exciting additional benefit of Pycnogenol. After just two months, hair density in menopausal women increased by 30%. It is simple, safe and effective."

For more information, visit <https://www.pycnogenol.com/home/>.

Hydrate, massage, and a balanced diet

There are other simple lifestyle adjustments that can help as well. Dr. Pescatore suggests, "Drink plenty of water throughout the day to help your scalp stay hydrated. Massage your scalp daily to enhance circulation. Eat a balanced diet to ensure you are getting the nutrients your hair follicles need, including vitamin B6, folic acid and vitamin B12."

Self-Care Tips For Moms And Caretakers

(StatePoint) Carving out some "me time" is not just good for your mental health, physical wellness and confidence, as many moms know, it can actually make you a better parent. According to a survey of moms conducted by Hutchinson and Cassidy, those who had higher self-esteem had higher levels of perceived parenting confidence.

Here are three ways to practice self-care:

1. Get some rest: We live in a goal-oriented society where the value of rest and relaxation is not always emphasized. Whether it's a spa day with your best friend or curling up with a good book at home, be sure your schedule includes adequate time to recharge your batteries.

2. Take care of your smile: One of the best ways to foster self-confidence is with a clean, healthy smile. In fact, a 2020 Cigna Dental Report found that smile satisfaction is one of the top three drivers of self confidence among U.S. adults. Give yourself the gift of innovative brushing technology. The iO Series 5 Rechargeable Electric Toothbrush from Oral-B, for example, allows you to personalize your brushing experience with its five smart modes: daily clean, intense, whitening, sensitive and super sensitive. No ordinary toothbrush, this one is designed to help you brush

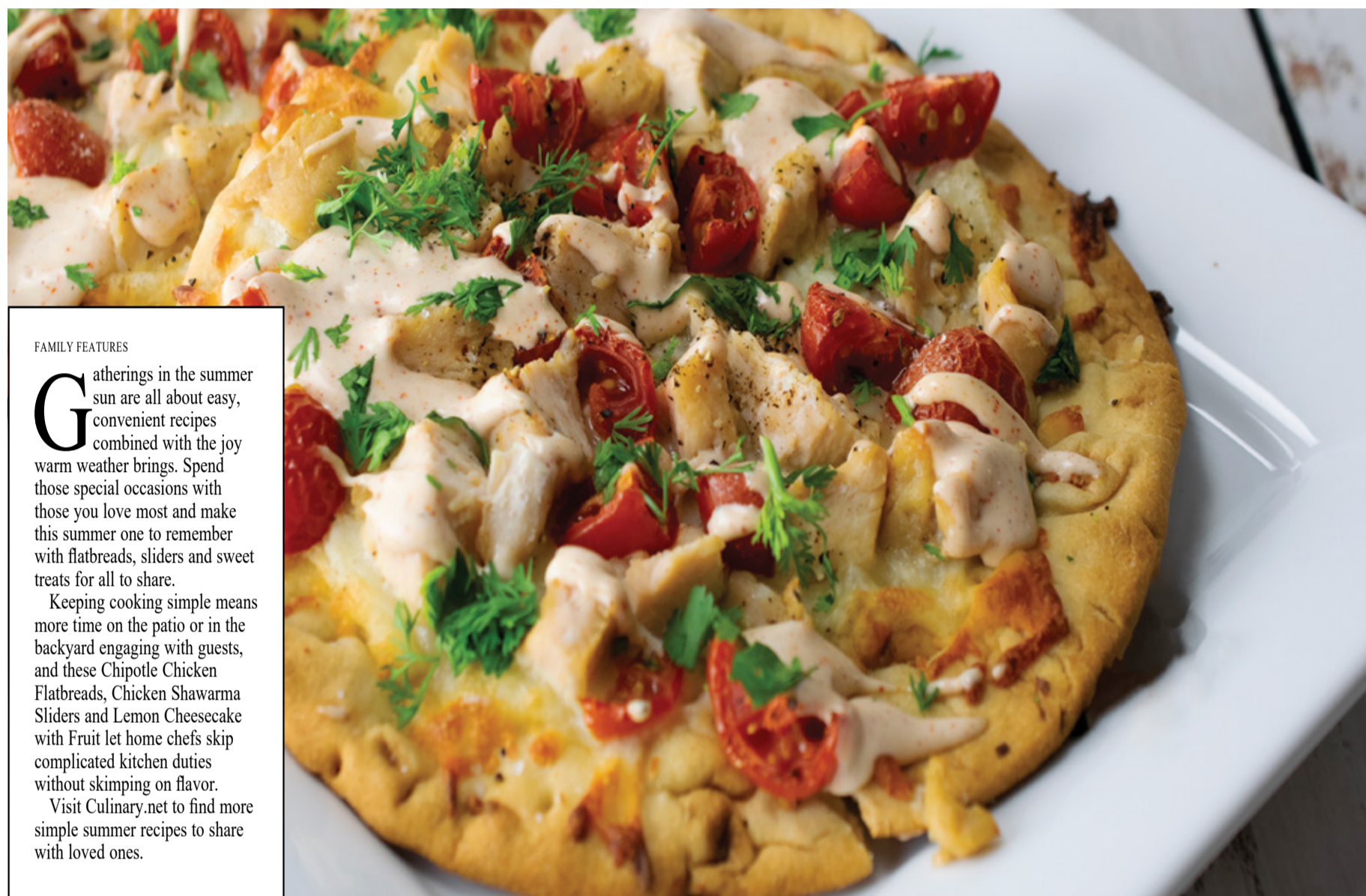
smarter and more safely.

To help protect gums, a smart pressure sensor displays a red light when you're brushing too hard and a green light when you're brushing just right, and its dentist-inspired round brush head cleans with micro-vibrations and oscillating action. Plus, a connected app tracks brushing behavior to ensure you're targeting all six zones of your mouth, and a vibrating timer lets you know when you've brushed for the dentist-recommended 2 minutes.

3. Take care of your mind: So much of motherhood is ensuring everyone has what they need, and often, your own needs can fall by the wayside. There are many ways to take time to check in with yourself though. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can help get you started on a meditation practice. Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportunity to reflect. You might also consider taking up a hobby that offers the chance for self-expression, such as painting, poetry, music or crafting.

When it comes to parents and caretakers, the importance of self-care can't be overstated. Kick-off new routines that boost your self-confidence and your well-being.

Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

Gatherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit Culinary.net to find more simple summer recipes to share with loved ones.

Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit Culinary.net.

Chipotle Chicken Flatbreads

Recipe adapted from butteryourbiscuit.com

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Chicken Shawarma Sliders

Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats.

Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeño Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days. Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.



Lemon Cheesecake with Fruit

Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at Culinary.net.

Lemon Cheesecake with Fruit

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.