FRIDAY

January 26, 2024

TODAY'S VERSE

Proverbs 1:7 The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.

Hamilton Happenings

Just before Valentine's Day and in the midst of American Heart Month, Fishers Parks department presents the Heart Hike at Ritchey Woods. The walk is set for Feb. 10 and gives everyone a chance to get outside and take this annual community hike with your neighbors while finding images on the nature preserve's trails that show heart shapes in nature. Stick around after your hike to warm up by the campfire at the Ritchey Woods shelter. This event is free and will run from 9 to 11 a.m. No registration required. All are welcome.

Three Things You Should Know

When you think of the most picturesque skylines in America, let alone Indiana, does Vincennes and French Lick come to mind? According to the good folks at MovingFeedback.com, they do. The company surveyed 3,000 domestic travelers to rank the 70 most picturesque small town skylines in America. Vincennes came in 31st and French Lick 56th. Who finished on top? New Bern, N.C., Walla Walla Wash., Estes Park, Colo., Ojai, Calif. And Hendersonville, N.C. were

the top five.

Heard the ads for Alexander Joyce and Rejoyce Wealth Management? Apparently the state has and the Indiana Securities Division has issued an Order of Cease and Desist against Jovce and his related business entities. The Cease and Desist Petition alleges that Alexander Joyce by and through his business entities and affiliations induced several clients to enter into an investment advisory agreement with his firm without being registered. The state alleges that Joyce is not a registered Investment Advisor Representative and at the time of the transactions was only engaged as a solicitor for another investment advisory firm. The Indiana Securities Division encourages other investors with complaints against Joyce to file complaints with the Indiana Securities Division https://securities.sos.in.go v/fileComplaint/.

The annual DNR Division of Historic Preservation & Archaeology photo contest has started. Open to photographers of any age and skill level, the contest has been held since 2005 to promote Indiana's historic resources. All structures in photo entries must be at least 50 years old and in Indiana, but don't have to be fully restored. Photos of exclusively natural elements will not be accepted. For complete rules and guidelines and for the required entry form, see on.IN.gov/preservationmonth. The contest deadline is Friday, April 5.

IMES

NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM

The Daily

Almanac

Sunrise/Sunset

RISE: 8:02 am

SET: 5:59 pm

High/Low

Temperatures

HIGH: 44°F

LOW:35°F



Boomer Bits



Ask Rusty – Will Withdrawing from 401(k) Affect My Social Security?



Rusty

Social Security Matters

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website

(amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Dear Rusty: My full retirement age (FRA) is 66 and 8 months, which I'll reach in September 2024. I'm still working 3 days a week. I want to cash in my 401K and want to know if I have to wait until my FRA for IRS purposes or can cash it in anytime in 2024. I don't want to affect my Social Security or end up paying taxes on my benefits.

Signed: Seeking to Avoid Taxes

Dear Seeking: We're not experts on IRS matters here at the AMAC Foundation so I can't address 401(k) questions, but we can provide information on your Social Security circumstances and how 401(k) withdrawals may affect your SS. I assume from your question that you are now receiving early Social Security and wish to avoid any tax

See RUSTY Page A5

Prioritize Your Mental Health in 2024 With **These 9 Tips**

StatePoint As the new year begins, many people make resolutions regarding their physical health, but it's just as important to focus on mental health in the year ahead, especially for older adults, according to experts. "As people age, they may experience stressors such as serious illness, losing close friends and family members, managing life on a fixed income, and coping with concerns about their own mortality. While seniors may show resilience to these dimensions of vitality, when they're compounded, these losses and stressors can result in a myriad of

behavioral health issues, See HEALTH Page A7

 National Fun At Work Day

Today is...

 National Peanut Brittle Day



What Happened On This Day

• **1950** India becomes a republic. The Constitution of India came into effect that day.

• 1905 The world's largest diamond is found in South Africa. The Cullinan Diamond weighed 3106.75 carats and has an estimated value of 2 billion USD.





Births On This Day

• 1961 Wayne Gretzky - Canadian ice hockey player, coach

• **1955** Eddie Van Halen - Dutch/ American guitarist, songwriter, producer

Deaths On This Day

• 1979 Nelson Rockefeller -American politician, 41st Vice President of the United States

• **1945** John Lomax American musicologist

Are These Common COPD Myths Preventing You From Living Your Best Life?

StatePoint 5 4 1

Chronic obstructive pulmonary disease (COPD) is a lifelong chronic lung disease that makes it difficult to breathe, and is a leading cause of death and disability in the United States. According to experts, the more knowledge a patient with COPD has about the disease, the better off they will be.

A recent literature review from the American Lung Association found that

that patient education can help improve COPD selfmanagement, provide skills for coping with related mental health challenges, improve overall health and quality of life, and may reduce hospital admissions. This is especially important for those who have been living with the disease for a long time who may not be aware of recent treatment options and updated treatment guidelines, or who may not be inclined to recognize new or worsening

symptoms and report them back to their healthcare provider. To help people who have been living with the disease for 10 or more years live

better, more active and enjoyable lives, the American Lung Association, with support from Sanofi and Regeneron, launched the new "COPD for Life" campaign. As part of the campaign, they are busting

See COPD Page A7

Heights Works With Community on Future



Guest Columnist

opportunity to attend a meeting that was focused on the future ARROWOOD of Northern Hamilton

I recently had

County. I use the word "meeting" loosely because it felt more like a gathering among friends and neighbors with a shared vision - how we can work together to make our district the best place possible to serve students. The group consisted of school and local

government representatives in Adams and Jackson Township, the Town of Cicero, the City of Westfield, and OneZone Chamber of Commerce who are deeply invested in all things Northern Hamilton County.

Among some of those individuals in attendance were Mark Heirbrandt, **Hamilton County** Commissioner, Dan Strong, former Cicero Town Council member, Robyn Cook, Jackson Township Trustee, Dr. Dave Mundy, Superintendent Sheridan Community Schools, Jack

Russell, Executive Director, OneZone, and Westfield Mayor, Scott Willis. I left the meeting feeling more informed, enlightened, and excited about the future. The bottom line is we all basically want the same thing [strong schools and strong communities] and are committed to working together, much like we have done in the past, to ensure that happens.

Speaking of partnerships and the future, Hamilton Heights School Corporation has a long and proud

See HEIGHTS Page A7

TODAY'S QUOTE

TODAY'S HEALTH TIP

Parents need to set the example everyone in the family needs to wear bike helmets. 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



evil. But no matter how necessary, it is always an evil, never a good. We will not learn how to live together in peace by killing each other's children." Jimmy Carter

'War may sometimes be a necessary



TODAY'S JOKE

Why'd the boss run around his

He was trying to catch up on his



Patricia (Skinner) Ogden Phillip West



The Times appreciates all our customers.

Today, we'd like to personally thank



PAGE A2 • FRIDAY, JANUARY 26, 2024

54 N. 9th St. • Noblesville, IN 46060 MAIN: 317-773-9960 • FAX: 317-770-9376

www.thetimes24-7.com

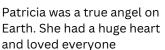
TWITTER: @TheTimes_News @TheTimesSports

OBITUARIES

Patricia (Skinner) Ogden

March 8, 1948 - January 18, 2024

Patricia Anne (Skinner) Ogden was born on March 8, 1948, in Tipton, Indiana, to the late Charles Lewis and Daisy Irene (Stewart) Skinner. Heaven's gates opened wide for her on January 18, 2024.





unconditionally. She was the easiest person to talk to, never judging and always standing firm in her beliefs. Her positive outlook on life always helped her see the best in people. She always had a smile on her face and loved to laugh, causing many to say that she was the life of the party.

She was a survivor, always conquering whatever obstacles God put in front of her. One of the biggest obstacles she endured in life was contracting polio at the age of three. Many of her doctors told her she would never be able to do certain things, but she proved them wrong. She was strong and stubborn and never took no for an answer.

Patricia went by many names over the years. Most recently she was known as Trish by her friends and family, however, many people also knew her as Patty.

One of her first jobs was working at the Diana Theatre in Tipton. She later waitressed at Slim's Cafeteria for several years. Her labor of love was owning Patty's Ceramics in Arcadia. She truly loved the years she spent teaching classes at her shop. She also worked for the Topics Newspaper in Noblesville before making the move to Gordon Marketing in Noblesville, where she would finish out her career.

Trish was an active member of the Tipton Moose Lodge #1590, where she held the position of Senior Regent.

She loved vacationing in Florida with the girls, and with her family. Her family was a very special part of her life, and she always looked forward to family reunions and holiday dinners. She loved to cook, and her extensive collection of recipes never disappointed. Trish loved her sweets, and always made sure to eat dessert every day. She also loved Facebook, where she was an avid poster.

The legacy she leaves behind is in the lives she touched throughout her life. No matter how you knew Trish, she will never be forgotten. She loved the Lord and thanked Him daily. We are thankful for the time that God blessed us with her in our lives. She will be deeply missed, but we know that she is in her new body, void of all pain and suffering.

Trish is survived by her daughter, Christy Moore (Charles) of Sheridan; 2 sons, Kenny Majors (Pamela) of Arcadia, and Curt Majors of Fishers; 6 grandchildren, Blake Majors, Andrew Majors (Brittany), Jessica Wise (Nick), Paul Majors (Malisa), Luke Majors, and Jake Majors; 8 great grandchildren; 2 brothers, Rick Skinner (Roxie), and Tom Skinner (Mindy); 3 sisters, Deborah Trump (Toby), Teresa Arnett, and Deanna Zink; and many nieces and nephews.

She was preceded in death by her parents, Charles Lewis and Daisy Irene (Stewart) Skinner; sister, Connie Bess; paternal grandparents, Louis and Elsie Skinner; maternal grandparents, Homer and Mable Stewart; brother-in-law, Dave Arnett; grandson, Trevor Hartfield, and by her husband, John Ogden in 2006. She and John were married on May 1,

A celebration of life will be held at 1:00 PM on Saturday, January 27, 2024, at the Arcadia Christian Church, 26901 State Road 19, Arcadia, Indiana 46030, with visitation from 10:30 AM until the time of service. Pastor J.R. Moffatt will be officiating.

In lieu of flowers, memorial contributions may be presented to the American Heart Association, or to the Alzheimer's Foundation of America.

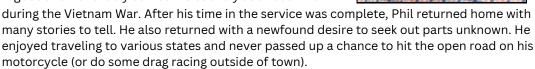
Arrangements have been entrusted to Kercheval Funeral Home in Sheridan, Indiana.

Phillip West May 22, 1946 - January 18, 2024

Phillip Ragan West, age 77, of Lebanon, Indiana, formerly of rural Kirklin, Indiana, passed away on Thursday evening, January 18, 2024, at Signature Healthcare at Parkwood in Lebanon, Indiana. Born May 22, 1946, in Lebanon, Indiana, he was the son of the late Thomas Ragan and Julia Ellen (Marlow) West.

He was a member of the Independent Order of Odd Fellows of both Kempton and Ekin.

He was a 1964 graduate of Sheridan High School and continued his education at Indiana State University. Two years into his studies Phil enlisted in the US Naval Reserves. He quickly found himself aboard the USS Higbee and honorably served his country as a radar man



Phil spent most of his working life in telecommunications. He was employed at Indiana Bell as a lineman and worked on nearly everything in the company's arsenal during his 30-year career. He enjoyed the people he met along the way and thoroughly enjoyed what he did (even if it meant shimming through some very tight attics and crawlspaces). The company Phil worked for may have changed from Indiana Bell to AT&T, and finally Lucent Technology, but the attention to detail and the pride he took in his work never did. After leaving the phone company, Phil worked for CNH in Lebanon before finally retiring in 2019.

On September 10, 1972, Phil's life would change forever. He married the love of his life, Juanita Lynn Kirby, and together they embarked on a lifelong adventure of laughter and memories. A devoted father and husband, Phil never let his work take away from his time with his family. He and Juanita spent countless hours working on their home, which sometimes put his handy man skills to the test. There was also equal time devoted to the property as well. From working the garden to mowing on his and her lawnmowers, the hours spent taking care of the homestead was quality family time well spent. There wasn't too much that Phil couldn't fix or build, and somehow there always seemed to be extra hours in the day and days in the week to get everything done. However, no matter how busy things got, there was always time to sit and enjoy the wonder of watching a good storm roll in.

As the kids grew older and became more involved in sports and activities, Phil made his attendance a priority. Phil's AT&T van was usually in the parking lot at most of the kids' events, creating even more memories for the family to look back on.

Sports and politics were favorite topics for Phil. He would print out a monthly calendar, listing all of the games, times, and channels, so he wouldn't miss a thing. Playing football, basketball (his favorite), and running track at Sheridan H.S. instantly made him a lifetime Blackhawk fan, but he was equally dedicated to I.U. Basketball, and the Colts. If I.U. wasn't playing, Phil would suck it up and turn on the Purdue game, just to get his basketball fix. And just like any self-respecting Hoosier, he loved the Indianapolis 500. Many a race day were spent in the backyard listing to the radio broadcast and cheering on his favorite driver, A.J. Foyt.

Family was everything to Phil. He was blessed to have gained even more family to cherish during his years at Parkwood. He enjoyed working large difficult puzzles, and his room became the hangout for those who were in the know. He loved visiting with everybody and was a wonderful support system for those who didn't have anyone in their corner. Phil's room ultimately became a part of the facility tour, and with that came ample opportunity to brag on his grandkids to visitors, residents, and staff alike. His years at Parkwood also helped him reconnect with his older brother, Harold. There was always a fun time to be had when those two would hop on the golf cart and drive around Lebanon.

On behalf of Phillip West, his family would like to extend a heartfelt thank you to each and every person that touched his life while living at Parkwood. You provided him a great retirement and a wonderful environment for him to live and his family to visit. God Bless.

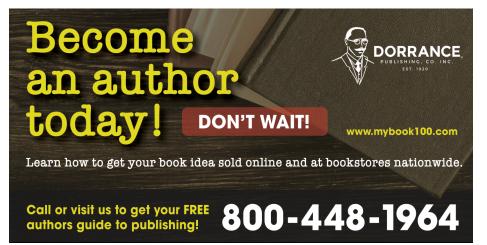
Phil is survived by his son, Brant Ragan West (Paige) of Lebanon; 2 daughters, Michelle Lynn Ramsey (Brett) of Reynolds, and Mindi Lee Cheek (Travis) of rural Frankfort; 14 grandchildren, Braedon Ramsey (Levi), Broderick Ramsey (Nancy), Arianna Ramsey, Kyleigh Bolinger, Hayley Bolinger, Brayden Bolinger, Trace Cheek, Raigan Cheek, Kynlee Cheek, Trenton Cheek, Lauren West, Rachel West, Sarah West, Hannah West; great grandchild, Crew Ramsey; sister, Arilla June Holt of Florida; and several nieces and nephews.

He was preceded in death by his parents, Thomas Ragan and Julia Ellen (Marlow) West; granddaughter, Morgan West; infant sister, Beth Ann West; brother, Harold Thomas West; sister and brother-in-law, Louise Price and husband Vernon; mother-in-law, Betty Egler; brothers-in-law, Ronald Kirby, and Gerald "Butch" Kirby; and by his loving wife, Juanita Lynn (Kirby) West on June 4, 2019. She and Phil were married on September 10, 1972.

Services with military honors will be held at 7:00 PM on Thursday, January 25, 2024, at Kercheval Funeral Home, 306 E. 10th Street, Sheridan, Indiana, with visitation from 4:00 PM until the time of service. Pastor Robert Trafford will be officiating.

Phil will be laid to rest, at Crown View Cemetery in Sheridan, Indiana.

Visit us online at www.thetimes24-1.com





Cicero Kiwanis Club Welcomes **Children's Organ Transplant Association**

Many local and national organizations provide financial assistance for organ transplant costs, but only The Children's Organ Transplant Association provides support and assistance beyond the transplant itself. The Cicero Kiwanis Club got a firsthand look at the Bloomington-based organization at its meeting last week. The heart, liver, kidneys, and lungs are all vital organs in the human body. Unfortunately, they can sometimes experience failure at an early age, leading to various health challenges. In 2020 more than 1,700 children received lifesaving transplants and currently, according to OrganDonor.gov, there are 1,900 children on the national transplant waiting list.

'When parents first hear a medical diagnosis for which a transplant is the only chance of survival, they need a strong supportive network of family and friends to not only help them emotionally, but also financially," explained Ryan Gallagher the Executive Director of Development for the Children's Organ Transplant Association (COTA). "No insurance plan covers all transplant-related expenses, which are

significant. Transplant

tremendously based on

a number of factors but

costs vary

can cost between \$250,000 to over \$1 million. These costs do not include family needs such as lodging, food and transportation during the transplant stay. Additionally, posttransplant medications and medical care costs often add up to more than \$10,000 annually. Very few transplant families have the resources to meet these tremendous financial demands. When faced with the burden of a child's potentially fatal diagnosis, most families need help." Help is exactly what COTA provides. Based out of Bloomington, COTA is a non-profit organization that focuses on providing financial assistance and support to families with children in need of livesaving transplants. COTA helps these families by organizing fundraising campaigns, community events, and mobilizing volunteers to cover transplantrelated expenses such as medical bills, travel costs and posttransplant care. The organization aims to alleviate the financial burden on families facing the challenges of pediatric organ transplants, fostering hope and support throughout the transplant journey for both the children and their loved ones. "For over 40-years,

raising more than \$160



Photo courtesy Cicero Kiwanis

Cicero Kiwanis Club President Todd Clevenger and Ryan Gallagher, **Executive Director of Development** for The Children's Organ Transplant Association.

million, The Children's Organ Transplant Association has been assisting transplant families across the country, remove the financial burdens to life-saving transplants. Currently, we are serving 48 children throughout Central Indiana," said Gallagher. "We've been able to serve every child that

has come to us, we just haven't been able to get in front of every child that needs us. Which is how the Cicero Kiwanis Club and other organizations like yours can help, by spreading the word about COTA and our services." To learn more about The Children's Organ Transplant Association go to www.cota.org.



Darren Peterson Elected Council President

Darren Peterson was elected the new president of the Noblesville Common Council following a vote during an organization meeting held at the first council meeting of the year. Megan Wiles was elected as vice president. "We have a number of signature projects being constructed this year and I am excited to work closely with Darren and the rest of our common council members," said Noblesville Mayor Chris Jensen. "The strong working rapport between my administration and the council will prove helpful as we move projects forward and continue the growth of our community." Peterson was elected to serve the remainder of a term on the Noblesville Common Council in October 2018, was elected to his first full term in 2020 and reelected in 2024. As an At Large official, Peterson represents all of Noblesville and its voters in city limits and Noblesville Township. He previously served as council president in

"I am excited about the opportunity to lead the council and continue the strategic and fiscally responsible development of our community, while maintaining the historic character," Peterson

Peterson earned his bachelor's degree in

State University. In 1996, he founded Peterson Architecture, a full-service architectural and planning firm, in Downtown Noblesville. He is married to Jennifer Roberts and has two daughters, Ava and Emily Peterson. Also discussed at the organization meeting were the 2024 Noblesville Common Council committee assignments, which include: Downtown District / Parks - Aaron Smith (Chair),

architecture from Ball

Peterson, Dave Johnson Economic Development / **Building and Land** Acquisition - Megan Wiles (Chair), Pete Schwartz, Mark Boice, Todd Thurston Finance - Mike Davis (Chair), Megan Wiles, Aaron Smith, Dave Johnson Public Safety - Darren Peterson (Chair), Aaron Smith, Mike Davis, Evan

Megan Wiles, Darren

- Mark Boice (Chair), Pete Schwartz, Darren Peterson, **Todd Thurston** Utilities - Pete Schwartz (Chair), Mark Boice, Mike Davis, Evan Elliott Nominating - Darren Peterson (Chair), Megan Wiles, Aaron Smith, Mark

Roads/Traffic/Engineering

The Council holds its regular meetings at 7 p.m. on the Tuesdays that follow the second and fourth Monday of each month inside the Council Chambers on the second floor of City Hall, 16 S. 10th Street. For more information on the Noblesville Common Council, visit www.noblesville.in.gov/co

PUBLIC NOTICES

Scope of work: Replacing 6 dampers and installing new controls on top of

Project: Hamilton County Special Projects 2024 Bid Package: 05 Judicial Center Damper Replacement

Project: Hamilton County Special Projects 2024 **Bid Package:** 04 Jail Campus Façade Repairs

Scope of work: Miscellaneous exterior masonry hroughout the Community Corrections campus

Contractor Bids: Notice is hereby given that the Board of Commissioner of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners" Courtroom will receive sealed bids for items as listed below. These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse at 33 North 9th Street, Suite L.21, Noblesville, Indiana 46060 prior to 11:30 a.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the Commissioners' Courtroom up to the time of the noticed bid opening. All bids

Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or HamiltonCountyBids@skender.com) to schedule.

Questions: All questions and correspondence should be directed to HamiltonCountyBids@skender.com.

Project: Hamilton County Special Projects 2024 Bid Package: 07 Exterior Painting at Community Corrections campus Scope of work: Exterior prepping and painting at Hamilton County

Community Corrections campus Contractor Bids: Notice is hereby given that the Board of Commissio of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners' Courtroom will receive sealed bids for items as listed below. These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse a.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the Commissioners' Courtroom up to the time of the noticed bid opening. All bids will be opened and read aloud beginning at 1:00 p.m. on Friday, February 23rd,

Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or HamiltonCountyBids@skender.com) to schedule.

Questions: All questions and correspondence should be directed to

HamiltonCountyBids@skender.com. TL21148 1/26 2/2 2t hspaxlp

> 16698 Birdbrook Road Noblesville • \$589,900

of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners" Courtroom will receive sealed bids for items as listed below These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse at 33 North 9th Street, Suite L21, Noblesville, Indiana 46060 prior to 11:30 n.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the Commissioners' Courtroom up to the time of the noticed bid opening. All bids Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be

Contractor Bids: Notice is hereby given that the Board of Commissi

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or HamiltonCountyBids@skender.com) to schedule.

Questions: All questions and correspondence should be directed to HamiltonCountyBids@skender.com.

TL21146 1/26 2/2 2t hspaxlp

Project: Hamilton County Special Projects 2024 Project: Hamilton County Special Projects 2024
Bid Package: 08 Jail Block Plumbing Repairs and Sewer Cleaning.
Scope of work: Replacing copper, cast pipe, and valves in jail cell blocks.
r cleaning for multiple Hamilton County buildings
Contractor Bids: Notice is hereby given that the Board of Commissioners

of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners" Courtroom will receive sealed bids for items as listed below These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse at 33 North 9th Street, Suite L21, Noblesville, Indiana 46060 prior to 11:30 a.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the Commissioners' Courtroom up to the time of the noticed bid opening. All bids will be opened and read aloud beginning at 1:00 p.m. on Friday, February 23rd,

Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be provided.

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or iltonCountyBids@skender.com) to schedule.

Questions: All questions and correspondence should be directed to HamiltonCountyBids@skender.com.

TL21149 1/26 2/2 2t hspaxlp

Project: Hamilton County Special Projects 2024

Bid Package: 06 Paving
Scope of work: Asphalt refurbishment and asphalt additions at multiple

Hamilton County buildings/lots Contractor Bids: Notice is hereby given that the Board of Commiss of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners" Courtroom will receive sealed bids for items as listed below. These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse at 33 North 9th Street, Suite L21, Noblesville, Indiana 46060 prior to 11:30 a.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the 'ommissioners' Courtroom up to the time of the noticed bid opening. All bids rill be opened and read aloud peginning at 1:00 p.m. on Friday

Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or HamiltonCountyBids@skender.com) to schedule.

Questions: All questions and correspondence should be directed to

HamiltonCountyBids@skender.com.

Project: Hamilton County Special Projects 2024
Bid Package: 09 Historic Courthouse Windows and Doors Scope of work: Replace 58 windows and refurbish 9 historic windows on the Historic Jail. Replace 8 new doors on the Historic Courthouse.

Contractor Bids: Notice is hereby given that the Board of Commissioners of Hamilton County, Indiana, during its regularly scheduled meeting in the Commissioners" Courtroom will receive sealed bids for items as listed below. These sealed bids must be forwarded by registered mail or delivered in person to the Hamilton County Auditor, located in the basement of the historic courthouse at 33 North 9th Street, Suite L21, Noblesville, Indiana 46060 prior to 11:30 a.m. on February 23rd, 2024. After 11:30 a.m. bids may be delivered to the Commissioners' Courtroom up to the time of the noticed bid opening. All bids will be opened and read aloud beginning at 1:00 p.m. on Friday, February 23rd,

Project Information: To request project documents (drawings, scope of work, etc.), please email HamiltonCountyBids@skender.com and access will be

Subcontractor walkthrough: Contact Mitch Imler (317-417-2712 or HamiltonCountyBids@skender.com) to schedule

Questions: All questions and correspondence should be directed to HamiltonCountyBids@skender.com.

TL21150 1/26 2/2 2t hspaxlp

Thank you for reading The Times!



Call Peggy 317.439.3258

or Jennifer 317.695.6032

Doubt - A Parable on Stage in Fishers

The Hyperion Players, with the support of The Farmers Bank, presents John Patrick Shanley's "Doubt - A Parable," recipient of the Pulitzer Prize for Drama and the Tony Award for Best Play, now through Sunday at The Switch Theatre in Fishers. In this brilliant and powerful drama, Sister Aloysius, a Bronx school principal, takes matters into her own hands when she suspects the young Father Flynn of improper relations with one of the male

students. The play "challenges the audience to consider how we handle situations when we don't have all the facts," said the show's director Daniel Maloy. "John Patrick Shanley's play dives into deep meaning through evocative content, insightful dialogue, strong characters, and challenging themes. You may all leave feeling differently about the actions of these characters...this means we have done our job well. We are

Want TO GO?

What: Hyperion Players present the drama, "Doubt - A Parable."

When: 7:30 p.m. Friday and Saturday and 2:30 p.m. Sunday.

Where: The Switch Theatre in Ji-Eun Lee Music Academy, 10029 E. 126th St., Fishers.

How much: \$12.

How to buy tickets:

https://www.hyperionplayers.com/tick ets/ and at the door.

excited to present this show to you." "Doubt - A Parable" is the second play in Hyperion's second season, following September's "Waiting for Godot." Bess Wohl's "Grand Horizons" and local playwright Brad Staggs' "I Love My Zombie" will finish out the season. Hyperion incorporated as a nonprofit in late 2021 and publicly

launched in January

Show times are 7:30 p.m. today and Saturday and 2:30 p.m. Sunday at The Switch Theatre in Ji-Eun Lee Music Academy, 10029 E. 126th St., Fishers.

Fishers.
The show will run 90 minutes with no intermission. Tickets are \$12 and are available at the door and at https://www.hyperionpl ayers.com/tickets/.



Photo courtesy of Rob Slaven of Indy Ghost Light Photography

Hyperion Players' current show, "Doubt - A Parable," is onstage today through Sunday at The Switch Theatre at Ji-Eun-Lee Music Academy in Fishers.



Thank you for subscribing!

Noblesville and Carmel Lions Assist Gleaners in January





Earlier this month, the Lions Club assisted Gleaners in distributing food to needy customers. This was done at the Hamilton County Fairgrounds from 4 p.m. to 6 p.m. This is a monthly event. The following Noblesville Lions helped: Steve Shaw, Gary Hipes, Joe Connerly, Jeff Kozicki, and Josh Kozicki. From the Carmel Lions: Bill Wrin, Matt Best, and Bob Yunker. One Lion was unidentified.





JAN. 19-28

INDIANA STATE FAIRGROUNDS
WEST PAVILION & EXPO HALL

DISCOVER. PLAN. DO.

10 DAYS ONLY!

Shop, compare and save with 400+ home experts in kitchen & bath, landscaping, flooring and more!



Explore the **Centerpiece home**, an exquisite Craftsman-style home that blends meticulous artisan details with earthy elegance, built by **Davis Homes**.

See HGTV stars and twin sisters **Leslie Davis** and **Lyndsay Lamb** from their hit show **Unsellable Houses** on Friday, Jan. 19 and Saturday, Jan. 20!



buy online & SAVE \$2

VALID ON REGULAR ADULT ADMISSION ONLY.

DISCOUNT COURTESY OF:





IndianapolisHomeShow.com | MARKETPLACE | PURPLE | MARKETPLACE



consequences thereto by cashing in your 401(k), as well as from working. Here's what you need to know:

- Since you will reach your full retirement age (FRA) in 2024, your 2024 work earnings limit will be \$59,520 up to the month you reach FRA. If you were born in January 1958, you'll attain FRA in September 2024. After you have reached your FRA there is no longer a Social Security limit to how much you can earn from working, so your work earnings thereafter will not affect your monthly Social Security benefit regardless of how much you earn. If your part time work between January and August 2024 won't put you over the \$59,520 limit, your work earnings will not negatively affect your gross monthly Social
- Assuming you are on Medicare, the premium for which is deducted from your Social Security payment, withdrawals from your 401(k) might affect your net monthly Social Security payment in two years hence. Medicare premiums are based upon your combined income from all sources, including 50% of the SS benefits you received during the tax year. If your 401(k) withdrawal(s) put you over an income threshold for your tax filing status, you may be required to pay an "IRMAA" (Income

Security benefit.

RUSTY From Page A1

Related Monthly Adjustment Amount) on top of the standard Medicare premium. That IRMAA supplement would be deducted from your Social Security, which would affect the net amount of your Social Security payment. Your Medicare premium for each coming year is determined by your combined income from two years prior, so if you "cash in" your 401(K) in 2024, it would affect your net Social Security payments in 2026.

Whether you will pay

income tax on your Social Security benefits is determined by your combined income from everywhere, which the IRS calls your "Modified Adjusted Gross Income" or "MAGI." MAGI is your income from all sources (except ROTH IRA withdrawals) and includes half of the SS benefits you received during the tax year. If you file your taxes as a single, and your MAGI is over \$25,000 - or if you file your taxes as "married-jointly" and your MAGI is over \$32,000 - then 50% of the Social Security benefits received during the tax year becomes part of your overall income taxed by the IRS (at your normal IRS tax rate). But if your MAGI as a single filer is more than \$34,000 - or as a married/jointly filer over \$44,000 - then up to 85% of the SS benefits received during the tax year becomes part of your overall income

So, to recap:

- 1. Your part time work earnings in 2024 won't affect your monthly Social Security benefit, unless your 2024 work earnings prior to September 2024 exceed \$59,520.
- 2. Depending on the amount of your 401(k) withdrawals, your 2026 net Social Security payments may be impacted by Medicare's IRMAA provision. But your 401(k) withdrawals will not affect your gross Social Security payments.
- 3. Depending on the amount of your 401(k) withdrawals, some of the Social Security benefits received during the 2024 tax year will likely be subject to income tax. That is, if your annual total income, including your 401(k) withdrawals, exceeds the MAGI thresholds described above.

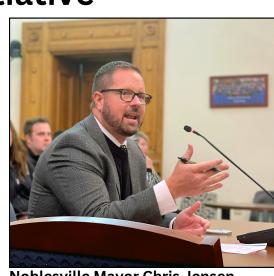
This article is intended for information purposes only and does not represent legal or financial guidance. Russell Gloor is the, National Social Security Advisor at the AMAC Foundation, the nonprofit arm of the Association of Mature American Citizens. To submit a question, visit our website (amacfoundation.org/pr ograms/social-securityadvisory) or email us at ssadvisor@amacfounda

Jensen Testifies for Mental Health Initiative

the Indiana Senate Health and Provider Services Committee this week in support of Senate Bill 10 (SB 10), the Indiana Community Cares initiative grant pilot program. The bill was unanimously approved and recommitted to the **Appropriations** Committee. SB 10 is a statewide pilot program empowering communities to invest in proactive and sustainable mental health resources to rehabilitate at-risk Hoosiers while reducing public safety expenses across Indiana. "The City of Noblesville prioritizes public safety and the health of our community through the NobleACT Program," Jensen said. "This program has proven it can save lives, and it's now time to take this program statewide. I am encouraged that Senators Scott Baldwin, Michael Crider, and Ed Charbonneau have taken the lead on Senate Bill 10. This bill is a substantial step forward in investing in our people and the future of integrated public health and safety." Baldwin agreed. "I have witnessed firsthand the challenges that can arise when mental health is not prioritized in a community," the state senator from District 20 said. "Noblesville has proven the success of its NobleACT program, which exemplifies the need for the Community Cares Initiative Grant Pilot Program to exist statewide. I'm

Noblesville Mayor Chris

Jensen testified before



Noblesville Mayor Chris Jensen



State Sen. Scott Baldwin

In 2020, the City of Noblesville launched the NobleACT program, a proactive and sustainable mental health collaboration aimed at strengthening community-based responses through a partnership with the police and fire departments and area service providers. Since its inception, the NobleACT program has responded to over 6,000 calls for help to appropriately address issues like housing, mental health episodes, challenges associated with aging and premature birth, and addiction issues with the help of a crisis intervention specialist on staff and K-9 therapy dogs Luna, Carbon, and Sadie. NobleACT has reduced the number of repeat calls to emergency services from some residents needing support while connecting them with a full spectrum of resources that would

meet their needs. Jensen has worked to take the NobleACT Program statewide and encouraged state leaders to use Noblesville as a blueprint for similar programs. State Senators Baldwin, Crider (R-District 28), and Charbonneau (R-District 5) have authored Senate Bill 10. This bill establishes the community cares initiative grant pilot program for the purpose of assisting in the costs of starting or expanding mobile integrated health care programs and mobile crisis teams in Indiana. The bill is co-authored by State Senators Eric Bassler (R-District 39), James Buck (R-District 21), Justin Busch (R-District 16), Cyndi Carrasco (R-District 36), John Crane (R-District 24), Chris Garten (R-District 45), Mike Gaskill (R-District 25), Tyler Johnson (R-District 14), and Kyle Walker (R-District 31).

THE TIMES Visit us online:

taxed by the IRS.

thetimes24-7.com



tion.org.

THE TIMES

the calls for help."

AUTOMOTIVE



FUNERAL SERVICES



indianafuneralcare.com

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

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



BUSSELL

Owner/Director

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

HOME SERVICES





FUNERAL SERVICES



Traditional Services

committed to getting

this legislation across

Hoosiers will ultimately

the finish line so

receive the mental

health and support

while providing

services they deserve

resources to our first

responders who answer

RESTAURANTS

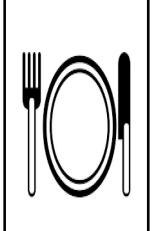


Visit our new website at www.jdrest.com to order now! Sign up for our email list to receive weekly deals and specials!

Monday - Saturday 6:30 AM - 9 PM Sunday 7:00 AM - 9:00 PM 2301 E. Conner

Noblesville

317-773-3288



FEATURED **BUSINESS**



Serving Hamilton County and surrounding areas

BussellFamilyFunerals.com



Donna Bussell Owner/Director

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

IU - Purdue Roots Run Deep

Many generations of Purdue and Indiana basketball fans have come and gone since



KENNY THOMPSON Columnist

the last time the Boilermakers handed the Hoosiers a more lopsided loss in Bloomington than last week's 87-66 victory.

Almost 90 years to the day - January 13, 1934 – Purdue embarrassed Indiana 47-13 to improve to 43-8 in the series during the 20th century.

College basketball was a different game then. Future Purdue head coach Ray Eddy led all scorers with 10 points.

Naismith Hall of Fame coach Ward "Piggy"
Lambert was still at the peak of his abilities just two years removed from John Wooden leading the Boilermakers to a Helms Foundation national championship. His Indiana counterpart, Everett Dean, was also a Hall of Fame coach who would guide Stanford to the 1942 NCAA championship.

But Dean couldn't shoot the ball for his Hoosiers, who were a pitiful 3 of 44 from the field. Purdue took advantage and like their 2024 peers dominated the first half to take a 22-5 lead into the break.

It probably didn't escape Lambert's attention that one of the Indianapolis newspapers declared the day before the game that Purdue had no business on the same floor as Indiana. A Bloomington columnist agreed, stating that Indiana's starting five outclassed the Purdue lineup of Eddy, Norm Cottom, Dutch Fehring Emmett Lowery and Ed Shaver.

Cottom would go on to lead the Big Ten in scoring in 1934 and was a consensus All-American. Eddy and Lowery would join Cottom on the All-Big Ten team. Fehring was one of the greatest athletes in Purdue history, winning nine total letters in football, basketball and baseball. Shaver was a two-time All-Big Ten guard and was selected to Chuck Taylor's All-American team in 1935.

The Bloomington columnist wasn't totally off base. Playing his second-best sport, center Vern Huffman was an All-American. Huffman would win the Chicago Tribune's Silver Football in 1936 as the Big Ten's most valuable player.

Journal and Courier

BLUE PILL

sports editor Gordon Graham added salt to the Indiana wounds in his post-game column.

"Go to Purdue and get better. Go to Indiana and get worse," Graham declared. "That has been a common saying over the state for some years and it seems truer than ever at the present time."

Purdue (17-3, 10-2 Big Ten) would go on to win the Big Ten championship by two games over Wisconsin and Northwestern. Indiana would go 13-7 and tie Iowa for fifth place at 6-6.

Fast forward to the 21st century, current Purdue head coach Matt Painter now ranks behind Lambert (228), mentor Gene Keady (265), Michigan State's Tom Izzo (336) and Indiana's Bob Knight (354) with 216 victories in Big Ten games only.

Other milestones

Zach Edey is nine points and seven blocked shots away from joining college basketball legends David Robinson and Patrick Ewing as the only players in NCAA history with 2,000 points, 1,000 rebounds and 200 blocked shots while shooting at least 60 percent from the field.

Edey is one double-double away from matching Joe Barry Carroll (53) for second place on the Purdue career list. Terry Dischinger's record 54 double-doubles, recorded in three seasons, could fall in the next two weeks.

Edey's streak of scoring double figures in 71 consecutive games is one behind Rick Mount, who scored at least 10 points in all 72 games of his Purdue career.

Thieneman honored

The Football Writers Association of America selected Purdue safety Dillon Thieneman the Defensive Freshman Player of the Year.

The Westfield graduate is the first Big Ten player to win the writers' national freshman of the year award. Thieneman earlier was selected Big Ten Freshman of the Year, the seventh Boilermaker so honored (Brian Fox, 1988; Eric Hunter, 1989; Stuart Schweigert, 2000; Rondale Moore, 2018; and David Bell, 2019.)

Thieneman ranked third nationally with six interceptions and 74 solo tackles. Both statistics are also

SAVE \$500!

Generic and Herbal versions of Viagra® right now as low as \$2 a pill.

Mention the discount code [STEELMAN] and get the special BUY 1 GET 1 FREE!

Change your life and call today! **1-800-515-6311**

Call now for rush delivery in your unmarked package.

Purdue freshman records.

A Top 10 class

Softening the blow of losing Big Ten sacks leader Nic Scourton to a big payday at Texas A&M, Purdue football's January class of 14 transfers owns a consensus Top 10 ranking.

Rivals.com rates the

newest Boilermakers

seventh, while 247Sports

ranks Purdue's class eight. The Boilermakers are 10th in ESPN's rankings. "We are always looking at ways to improve our team," second-year Purdue coach Ryan Walters said in a statement. "I'm proud of the work our staff put in

to assemble a group of

make an immediate

impact on the field."

guys that can potentially

Notable transfers include former Illinois running back Reggie Love III and offensive linemen Joshua Sales Jr. (Indiana), Corey Stewart (Ball State), Joey Tanona (Notre Dame) and DJ Wingfield (New Mexico).

Love led the Fighting Illini in carries (116), rushing yards (567), rushing yards per game (70.9) and rushing touchdowns (4) this past season. Stewart earned first-team All-Mid-American Conference honors in 2023. Tanona was ranked the No. 10 offensive tackle in the portal and is making a comeback after an accident forced him to take a medical redshirt at Notre Dame.

Former Georgia cornerback Nyland Green is the No. 7-ranked transfer and highest ranked cornerback in the transfer portal. Three other Bulldogs are making the move from the SEC to the Big Ten: outside linebacker CJ Madden and wide receivers C.J. Smith and De'Nylon Morrissette.

Transfer report card

First-year Purdue quarterback Hudson Card earned a C-plus from ESPN.com writer Adam Rittenberg, who assigned grades to the top 50 QBs in the 2023 transfer class.

Card battled injuries but still managed to pass for 2,387 yards and 15 touchdowns. He added five rushing scores while netting 203 yards on the ground.

"Card occasionally displayed why Purdue is so excited about him, especially in the team's three Big Ten wins over Illinois, Minnesota and Indiana," Rittenberg

writes. "He combined for eight passing touchdowns, two rushing touchdowns and looked poised in the pocket. Consistency is the next step for Card, who had tough midseason stretches with both interceptions and accuracy, as he completed only 41 of 92 passes during a stretch against Ohio State, Nebraska and Michigan. Card eclipsed 200 passing yards in his other eight games, though, and showed in the final two contests how effective he can be as a dual-threat Air Raid quarterback, piling up 526 pass yards, 129 rush yards and eight total touchdowns (6 pass, 2

Indiana quarterback
Tayven Jackson, who
arrived in Bloomington
from Tennessee, barely
avoided a failing grade
with a D-minus.

"Jackson didn't play much in the second half of the season, as Indiana turned to Brendan Sorsby to lead the offense," Rittenberg writes. "Jackson had by far his best performance in a near-upset of ACC runner-up Louisville, as he had 299 pass yards with a touchdown and an interception. Jackson had no touchdown passes and three interceptions in losses to Maryland and Michigan to begin Big Ten play. Sorsby took over the starting role for Indiana's final six

Kenny Thompson is the former sports editor for the Lafayette Journal & Courier and an awardwinning journalist. He has covered Purdue athletics for many years.



Goodrich files for 5th Congressional District

Republican Chuck Goodrich recently filed for Indiana's 5th Congressional District with the Indiana Secretary of State's office.

Since announcing his intent to run for Congress in May of 2023, Chuck has traveled throughout the district making appearances at countless events. He has dedicated time in all of the district's six counties to meet with new voters.

"I am excited to announce that I officially filed for Indiana's 5th Congressional District. The current state of our economy is hurting everyday Americans. Bidenomics has failed to lower inflation and the staggering prices that affect everyone's day to day life. I am

running to rebuild our economy from the ground up by investing in real world job training programs. The current administration has also failed to ensure American's safety by not addressing the southern border crisis. We need to finish building the wall to ensure a safe and secure border."

When talking with voters, Chuck focuses on three key issues that he is ready to lead on. Chuck wants to reverse the current state of America's economy by cutting reckless government spending to bring down inflation, securing the southern border, and ending generational poverty.

CFB Hires Lundin as Mortgage Loan Officer

Community First Bank of Indiana (CFB) is pleased to welcome Zach Lundin as its newest Mortgage Loan Officer serving Hamilton and Marion Counties. Zach brings 10 years of direct mortgage experience to the team, with an extensive background as a Loan Processor and Loan Officer where he has earned industry awards such as the 'Above and Beyond Award'. Additionally, he spent 4 years in the Residential Construction industry. In his spare time, Zach has coached for the Noblesville Youth Baseball League, Noblesville בוementary Football League, and the Boys & Girls Club of Noblesville. He shared, "I'm thrilled to join the CFB team. I believe we should lend ourselves to others, to help and to serve, and the bank also shares



Zach Lundin

to help others reach theirs; to help them buy a house, so they can make it a home." CFB's friendly and knowledgeable loan officers are here to help every step of the way in the homebuying, construction, or refinancing journey. The locally owned and operated bank offers a variety of loan products to fit your unique needs and is a team of local decision makers who can offer the flexibility you deserve. Apply easily online at

CFBindiana.com.



THE TIMES





HEALTH From Page A1

including depression, anxiety, stress, and insomnia," says Dr. Lindsay Evans-Mitchell, board certified adult psychiatrist and behavioral health medical director for Cigna Healthcare's Medicare Advantage business. Dementia, which includes memory loss and language difficulties, is another issue often more pronounced with age, and in earlier stages, it can often mimic some symptoms of depression. Fortunately, Dr. Evans-Mitchell says making healthy choices can improve your quality of life, including your overall mental wellbeing, and potentially reduce your risk of both depression and

Practice good nutrition: There is evidence that plant-based diets are associated with better health, including better emotional health. That's another reason to add more green, leafy vegetables to your diet.

dementia:

Exercise: Regular exercise can positively affect cognitive ability. If you have a Medicare Advantage (MA) plan offering access to a fitness program at no extra cost, then make sure to take advantage of it. You can learn about Cigna Healthcare's MA plans at cignamedicareinformati on.com.

Hydrate: Drink plenty of water. Dehydration can negatively affect cognitive performance. Even mild dehydration can drain energy and cause fatigue.

Enjoy some sunshine: Sunlight provides needed vitamin D. Getting sunshine may increase your serotonin and help you stave off depression caused by Seasonal Affective Disorder, or SAD. Also, according to the Alzheimer's Association, exposure to vitamin D can lower dementia risk by as much as 40%. Of course, make sure to take proper precautions, such as wearing a hat, using sunscreen, and wearing eye protection that shields against UV

Get plenty of rest: Older

adults need seven to nine hours of sleep each night, according to the National Institutes of Health. People who get six hours of sleep or less a night are at greater risk of developing dementia later, the organization says. Additionally, poor sleep could be a sign of depression and should be discussed with your doctor.

Stay away from harmful substances: Dealing with behavioral health issues in unhealthy ways, such as abusing prescription or illicit drugs or alcohol, will only worsen the situation. According to the National Institutes for Health, research shows heavy alcohol use can increase the risk of both dementia and depression.

Pick up a hobby: Hobbies like gardening, cooking and solving puzzles can help improve your memory and your physical and mental health.

Be social: Isolation can lead to depression, which only worsened for many during the COVID-19 pandemic. Reach out to friends and family in

person, via video chat, or over the telephone.

Find help if you need it:

Keep your regular medical appointments, and don't hesitate to seek additional help from your network, if you need it. This may take the form of a financial advisor, a clergy member, or a mental health professional. Medicare generally covers the cost of behavioral health services, including depression and addiction treatment, as well as talk therapy. Virtual services are often available to those living in rural areas. And if you're experiencing a crisis that includes suicidal thoughts, call 988 immediately.

"For some older adults, seeking help can be difficult," says Dr. Evans-Mitchell. "But getting help is a sign of strength, not weakness. There's no benefit to suffering in silence when help to improve your life is within reach."





about the disease:

some common myths

Myth: COPD is a man's

Truth: More women are living with COPD compared to men and deaths from COPD are higher in women than in men. Everyone with risk factors and those experiencing early

warning signs, no matter

Myth: There is no treatment for COPD.

healthcare provider.

their age or gender,

snould talk to their

Truth: There is no cure for COPD, but treatment and management can help slow the progression of COPD and control symptoms, so a patient feels better and is able to spend more time doing what they enjoy.

Myth: You cannot exercise if you have

Truth: The right amount and type of exercise has many benefits and tips on how to get started should be discussed with your healthcare provider

Myth: COPD only affects the lungs so what you eat does not matter.

Truth: Most people are surprised to learn that the food they eat may affect their breathing. Talking to your healthcare provider about the right types of foods for you may help you breathe easier.

From Page A1

have COPD, quitting

Truth: Quitting smoking is an important part of any COPD treatment plan. The chemicals in cigarettes, e-cigarettes and cigars can further damage lungs and may prevent medications from working as well as they could.

manage COPD on their

Truth: People who work closely with their healthcare providers to have a good treatment plan have better health outcomes. It's especially important to see a healthcare provider if symptoms change or worsen. Likewise, supportive services, such as inperson or virtual support groups, can have a positive impact on health outcomes. Some studies indicate that positive social support is associated with reduced hospitalizations, fewer exacerbations, better health status and improved disease management

To learn more, call the Lung HelpLine at 1-866-252-2959 and be connected to a Lung Health navigator, or visit Lung.org/COPD or Lung.org/Helpline for additional resources and to chat live with a licensed registered nurse or respiratory

HEIGHTS From Page A1

tradition of collaborating with the community to plan for the future. The Ford **Next Generation** Learning (NGL) Portrait of a Graduate effort is another example of this approach. Heights is in the midst of a comprehensive, districtwide strategic planning process to define the characteristics, attributes, and skills we want our students to possess by the time they graduate from Hamilton Heights High School. Our goal is to provide an educational experience designed to help each student learn and master academic content, form meaningful relationships, and develop the skills, aptitudes, and characteristics important to successfully maneuvering through life's challenges as a productive member of their community and a global society. At our first Master Planning Day earlier this month, we assembled a team of some 50 individuals including educators, administrators, students, parents, and community members. These will be the individuals working behind the scenes to get us to the finish line. The highlight of the day was the presentation by nine middle school students who spent the last few months creating our

Portrait of a Graduate

(POG). While the

students had the

classmates, and a

hands-on working

support of our staff,

session at OneZone with

Jack Russell, the result

of this student-driven

effort knocked it out of

I want to give a shout out to a couple of our students and sports teams on their recent accomplishments. Sophomore Karson Herrell bowled his way to become the first **HHSC Boys Bowling** Sectional Champion, while sophomore Kendall Moe won the Girls State Wrestling Championship title in the 100 lb. weight class for the second year in a row. Indiana University bound senior Peyton McQuinn won first place with a personalbest clearance at 16'-2" at the National Pole Vault Summit in Reno,

At the middle school level, our 6th grade Boys Basketball team won this year's Husky Invite, our 7th grade Boys Basketball team brought home the Mid-Indiana Conference (MIC) Championship for a third year in a row, and the wrestling team won the Lebanon Tiger Invite. Congratulations to these and all our student athletes who shine inside and outside the classroom. In recognition of National Mentoring Month, I want to take this opportunity to thank the many mentors (students and adults) whose supportive, one-on-one relationships help enhance the educational experience at Hamilton Heights in inspiring and lifechanging ways. You

make a difference!

Dr. Derek Arrowood is

the Superintendent of

the Hamilton Heights

School Corporation.

His columns appear

periodically in The

#WeAreHuskies

Chronic Disease Prevention \$46,440.00

Health Department Awards More Than \$600,000 in Grants



Jason LeMaster

The Hamilton County Health Department has awarded \$639,915 in grant dollars to nine non-profits for projects that address health care gaps in Hamilton County. The grants will be the first funded through the state's Health First Indiana program created by Senate Enrolled Act 4. The new legislation will invest \$225 million in public health over the next two years. "We look forward to partnering with these health-focused organizations to address the unique health needs of Hamilton County," says Jason LeMaster, administrator for the Hamilton County Health Department. "We are confident these services will complement and enhance the work we're already doing at the Health Department providing our residents with the very best in public health services." Applicants were encouraged to propose projects, programs, or activities that addressed issues like Maternal and Child Health, Chronic Disease Prevention, Access to and Linkage to Clinical Care, School Health, and Fatality Prevention Initiatives. A



Mel Wischmeyer

and the issues they plan to address is below. Trinity Free Clinic was the biggest award recipient with \$386,898 in funding. Executive Director Mel Wischmeyer says the grant money will help provide partial dentures, bridges, and soon, full dentures and denture repair for lowincome seniors and veterans in Hamilton County. "This truly is one of the largest requests for services we receive at Trinity, and patients are heartbroken when they are turned away because we do not currently offer this service. This will fill a huge void and restore a wealth of dignity and good health to county residents who lack access to good oral health." Each awardee is required to report its progress to the Health Department. To apply for a grant through the Health First Hamilton County (HFHC) program for 2025. interested parties can https://www.hamiltonc

ounty.in.gov/1858/Heal

th-First-Hamilton-

County.

GRANT RECIPIENTS

complete list of grantees

Breathe Easy Hamilton County

School Health \$61,476.00

Hamilton County Council on

Alcohol and Other Drugs

Fatality Prevention Initiatives \$17,400.00

Heart and Soul Clinic

Chronic Disease Prevention

\$24,000.00

HOPE Family Care Center

Access to and Linkage to Clinical Care

\$44,100.00

Noblesville Fire Department (EMS Division)

Chronic Disease Prevention \$8,210.00

Partnership for a Healthy Hamilton County, Inc. dba A **Healthier Hamilton County**

Maternal and Child Health \$16,900.00

Prevail, Inc.

Maternal and Child Health \$32,491.00

Trinity Free Clinic

Access to and Linkage to Clinical

Care

\$287,400.00

Access to and Linkage to Clinical

Care \$99,498.00

YMCA of Greater Indianapolis

THE TIMES

Visit us online at

www.thetimes24-1.com

Myth: If you already smoking won't help.

Myth: A patient should

behaviors.

therapist.



Student News

A host of local students have achieved various honors at their colleges. The Times is proud to recognize these wonderful achievements.

University of Alabama

A host of Hamilton County students were honored academically at the University of Alabama recently. A total of 13,950 students enrolled during Fall Semester 2023 were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's). They include:

Noblesville President's List Laney Schofield Dean's List **Connor Meinerding** Westfield

President's List Marguerite O'Neal and Lana Reinking

Dean's List Aidan Benner, Ashlyn Benner, Madysen Rauch, Kyle Richard,

Sabrina Richard, Jacob Schurman and Lillie Crum. Cicero

Estelle Duell Carmel President's List Joshua Brinkman. Katherine Mayer, Lyla

Dean's List

McKay, Katherine Munson, Alexander Sims and Maxwell Street. Dean's List

Jacob Bailey, Emma Brune, Grace Covington, Tenly DeVoe, Christian Dora, Abbegail Grogan, Jadyn Tate and Jordyn Tate. Samuel Kight received the Bachelor of Science in Commerce & **Business** Administration. UA awarded more than 2,000 degrees during

Fishers President's List

ceremonies.

Brooke Butts, Madeline Thomas and Adison Viars.

its fall commencement

Dean's List

Mia Craig, Emily Crousore, Alexis Green and Grace Llewellyn. And Emily Crousore was one of 43 students recently named to the 2024-25 University of Alabama Communication and Information Sciences ambassador team.

Austin Peay

Austin Peay State University is proud to recognize students on the Dean's List for academic achievement during the Fall 2023, including a pair from Hamilton County. To qualify for the Dean's List, students must earn a semester GPA of 3.5 or greater. The two local students are Kathrina Bahadoor of Noblesville and Emma Dalton of Fishers.

Carthage College

Two Hamilton County students were named to the Carthage College Fall 2023 Dean's List in recognition of their outstanding academic achievement. Dean's List honors are accorded to Carthage students who achieve a minimum 3.5 gradepoint average while carrying at least 12

letter-graded credits in a given semester. The two are Jada Propst of Noblesville and Jordan Bopp of Fishers.

Cedarville University

The following Hamilton County students were named to the Dean's Honor List at Cedarville University for Fall 2023. This recognition requires the student to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

Noblesville

Abigail Williamson Sheridan Emma Spencer Westfield Corren Brown and

Mason Kimball

Fishers

Savannah Atkins, Ruby Dearing, Caleb Gates, Genna Rose and Darby Fehl

Carmel

Lily Blackburn, Molly Miller, Grayson Molin and Grace Moran In addition, these students were named to the Fall 2023 Dean's List. Students receive this recognition for obtaining a 3.5 GPA or higher for the semester and carrying a minimum of 12 credit hours Ariella Vanderlaan of Noblesville, Abigail Reasen of Westfield, Gregory Rose and Christopher Vaught of Fishers.

College of Charleston The College of

Charleston

congratulates more than 3,500 students who were named to the President's List and the Dean's List for Fall 2023. To qualify for the President's List, students must earn a GPA of 3.800 or higher and complete a minimum of 12 semester hours. To qualify for Dean's List, students must earn a GPA of 3.500 or higher and complete a minimum of 12 semester hours. The list included five students from Hamilton County. Lindsey Bork of Noblesville was named to the Dean's List (Distinguished). Bork is majoring in Studio Art. Sophia Brown of Westfield was named to the President's List (Highly Distinguished). Brown is majoring in Psychology. Camden Kooi of Westfield was named to the President's List (Highly Distinguished). Kooi is majoring in Biology. Maria Zweig of Carmel was named to the President's List (Highly Distinguished). Zweig is majoring in Exercise Science. And Anna Tridico of Carmel was named to the Dean's

The Citadel

List (Distinguished).

Tridico is majoring in

International Business.

Gavin Coulter of Carmel is one of the more than 650 cadets and students recognized for their academic achievements at The Citadel during the fall 2023 semester. Gold stars are awarded to cadets and students who achieved a 3.7 grade point average or higher. Cadets and

students who achieve

gold star recognition are also placed on The Citadel's dean's list. Those cadets may wear gold stars on their uniforms throughout the semester following their academic achievement. A gold star recognition certificate is awarded to non-cadet students who meet the requirements; veteran and active duty students are also awarded challenge coins.

University of Iowa

Four students from Hamilton County were among more than 7,900 undergraduate students at the University of Iowa who were named to the dean's list for the 2023 fall semester They and their areas of study are: Elana Seitz of Carme: Tippie College of Business, Program of study: Finance; Josephine Roy of Carmel: College of Liberal Arts and Sciences, Program of study: English; Sarah Ballard of Fishers: College of Liberal Arts and Sciences, Program of study: Political Science; and Olivia Shick of Fishers: College of Liberal Arts and Sciences, Program of study: Biology. Josephine Roy of Carmel was among the more than 950 undergraduate students named to the president's list for the 2023 fall semester. Roy is an undergraduate, fourth year student in Iowa's College of Liberal Arts and Sciences and is majoring in English. President's list status was earned by one first year undergraduates during the 2023 fall semester; 182 second year students; 308

Iowa State

students.

third year students;

and 484 fourth year

Twelve Hamilton County students were among the more than 10,800 Iowa State University students recognized for outstanding academic achievement by being named to the fall semester 2023 Dean's List. Students named to the Dean's List must earn a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work. Noblesville Joshua Paul Steffen, 2,

Aerospace Engineering **Arcadia** Blake A. Webel, 4, **Animal Science** Carmel

Lexie Elise Balkema, 4, Biology Megan Elizabeth Colosi,

4, Interior Design

Sarah Elizabeth Thiel, 1, Biology Isabelle Woodward, 4, Entrepreneurship Adam Zeitlin, 4, Civil Engineering **Fishers**

Ella Pauline Case, 2,

Biology (AGLS) Morgan E. Reigeluth, 4, Interior Design Zachary T. Steinmetz, 4, Genetics (AGLS) Samuel Christopher Syrus, 4, Computer Science

Lillianna Grace Touhey, 2, Business Undeclared

University of Kentucky

The University of Kentucky College of **Arts and Sciences** recognized more than 230 candidates during commencement ceremonies in December 2023. Among those participating was: **Emily Spoerner of** Fishers with a Bachelor of Science in Mathematics.

Knox College

Amy Simmons from Noblesville has been named to the Knox College Dean's List of distinguished students for the 2023 Fall Term. To be named to the Dean's List, a student must have earned at least 2.5 credits in the term, with a grade point average of 3.6 or better (on a 4.0 scale).

LeTourneau University Andrew Trosen, a Mechanical Engineering major from Fishers, was named to the Fall 2023 President's List at LeTourneau University in Longview, Texas. The President's List recognizes students who have achieved a perfect 4.0 grade point average for the semester to receive this honor. Benjamin Trosen, BS Cyber Security, and also from Fishers, was named to the Fall 2023 Dean's List. The Dean's List recognizes students who have achieved a grade point average between 3.50 and 3.99 for the semester.

University of Maryland Yashwan Kalainesan of

Carmel earned a Master of Science in Biotechnology: Regulatory Affairs from University of Maryland Global Campus in fall 2023. Kalainesan was one of more than 8,358 students worldwide who earned degrees from UMGC in the fall. Graduates came from all 50 states, three U.S. territories, and 24 countries.

Middle Tennessee **State University**

Nicklaus Klein of Sheridan was named to Middle Tennessee State University's dean's list for the fall 2023 semester. Klein is majoring in Aerospace. To qualify for this distinction, an undergraduate student must maintain a current semester grade-point average of 3.5 or above and earn at least 12 semester hours.

Milwaukee School of **Engineering**

Two Hamilton County students earned fall semester Dean's List honors at Milwaukee School of Engineering. Dani Mendez of Noblesville and Cameron Konicek of Carmel were named to the Dean's List. Mendez was named to the Dean's List with High Honors. Mendez is pursuing a Bachelor of Science in Mechanical Engineering. Konicek is

pursuing a Bachelor of

Science in Computer

Science.



MSOE encourages excellence in academic achievement and, as a result, publishes the Dean's List and Honors List each fall and spring semester. Students taking undergraduate courses who have earned at least 12 credits in residence at MSOE, are in good academic standing, and have a cumulative GPA of 3.20 or higher are on the Dean's List. Students on that list who have maintained a 3.70 or higher receive "high honors."

Mississippi State

More than 4,500 students were named to the fall 2023 President's List at Mississippi State University. Students on the President's List at Mississippi State achieved a 3.80 or better GPA, based on a 4.0 scale, while completing at least 12 semester hours of coursework with no incomplete grades or grades lower than a C. The following local students are included in this honor: Gabrielle Amos, of Cicero and Kaelin Wincek of Fishers. Connor Foley of Westfield is among 2,514 named to the Mississippi State University fall 2023 Deans' List. To be named to the Deans' List, a student must have achieved a GPA between 3.5 and 3.79, based on a 4.0 scale, while completing at least 12 semester hours of coursework with no incomplete grades or grades lower than a C

Montclair State

Montclair State University would like to congratulate Elizabeth Legg of Fishers on being named to the Fall 2023 Dean's List. Legg is a Music major. Legg was among more than 6,000 Red Hawks named to the Fall 2023 Dean's List. To qualify, students must earn a GPA of 3.5 or higher.

Mount Union The University of

Mount Union has announced that Jaci Scherb of Carmel has been named to the Dean's List for the fall 2023 semester. Scherb was one of 700 students named to the Dean's List. To be eligible for the Dean's List, students must have completed at least 12 credit hours of traditionally graded coursework while achieving a grade point average of 3.550 or better with no letter grade below a B. University of

Wisconsin-Green Bay Morgan Peters of

Noblesville earned semester honors at the University of Wisconsin-Green Bay for the fall 2023 semester.







Please visit

us online: