FRIDAY March 29, 2024

TODAY'S VERSE

Psalm 117:1 & 2 O praise the LORD, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.

Hamilton Happenings

It wouldn't be Hamilton County without orange cones. The latest is 236th Street between US-31 and Deming Road. There will be lane restrictions for the next several weeks for right-of-way clearing and utility relocation. Traffic will be maintained between the hours of 9 a.m. and 3 p.m., so some short delays may occur. Please be cautious while driving through this area.

Three Things You Should Know

It sure looks like someone set fire to a waterfall in California's Yosemite National Park. But it's a trick the sun plays on visitors each year at this time. Photographer Jay Huang says he's been trying to capture what he calls the Yosemite's Horsetail Fall "firefall effect" over the years but this time he got it just right on video "in the last

30 minutes of sunset

without any obstruction from clouds."

Die-hard movie buffs are celebrating a flick that was just released—for a second time. It made its first debut just about a hundred years ago featuring that femme fatale of the day, Miss Clara Bow. The film, The Pill Pounder, made its debut in 1923 and then was lost. Gary Huggins of Kansas City found it recently at an antique film fest in Ómaha, NE when he purchased a stack of oldies for twenty bucks. He told reporters that "a distributor that had been

in Omaha for decades had

gone out of business a while ago and this auction

house had some of their

films. It was the best 20

dollars I've ever invested, for sure." It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Plantersville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he recently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that "it's the positive social networks the ones that are going to influence you, or get behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way."

IMES

NOBLESVILLE, INDIANA

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Boomer Bits



Ask Rusty - If My Wife Claims Now, Will It **Hurt My Social Security Amount?**



Rusty

Social Security Matters

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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: I am 69 years old, and my wife turned 70 early this year. I am still working full time. My wife is not working, but she got a letter from Social Security saying she should take her Social Security as soon as possible.

My question is: since my wife has reached her full retirement age, can she take her SS without it affecting mine when I claim? I plan to work at least another year, depending on how the economy goes (I may have to work longer if it doesn't get better). I have IRAs and a 401k to pull from when I

Signed: Anxious Husband

Dear Anxious: The reason your wife received a letter from Social Security (SS) suggesting she claims now is because her benefit reached maximum some time ago at age 70. Thus, there is no reason for her to wait beyond age 70 to claim. By delaying past age 70 your wife is losing money so she should apply as soon as possible. I suggest your wife call Social Security at 1.800.772.1213 (or your local office) right away to request an appointment to apply for her benefits and she should be sure to

■ See RUSTY Page A4

request six months of

What Foot and Ankle Issues Warrant a Doctor's Visit

(StatePoint) Most people have a foot or ankle problem at one time or another. So how do you know when to seek help? Many symptoms-even those you can toleraterequire the professional attention of a foot and ankle surgeon to keep the underlying condition from worsening. According to Danielle Butto, DPM, FACFAS, a board-certified foot and ankle surgeon

See FOOT Page A4

Act Locally During Global Volunteer Month

(StatePoint) April is Global Volunteer Month, a time to celebrate volunteers and inspire volunteerism in communities large and

Volunteerism is on the decline, according to research from AmeriCorps and the U.S. Census Bureau. And what's more, Points of Light, a global

See ACT Page A4

The Daily

Almanac

Sunrise/Sunset

RISE: 7:32 am

SET: 8:06 pm

Temperatures HIGH: 65°F LOW: 44°F

High/Low



Today is...

- National Vietnam War Veterans Day
- National Mom & Pop Business Owners Day



What Happened On This Day

• 1974 The Terracotta Army is discovered in Xi'an, China. The famous collection of some 8000 soldier sculptures, depicting Emperor Qin Shi Huang's army, was located by local farmers when they were digging a water well.

• 1912 Robert Scott makes his final diary entry. Scott wrote: "We shall stick it out to the end, but we are getting weaker, of course, and the end cannot be far." The British explorer and his companions died on an expedition to the South Pole.





Births On This Day

• 1976 Jennifer Capriati - American tennis player

• **1790** John Tyler -American lawyer, politician, 10th President of the **United States**

Deaths On This Day

• **1912** Robert Falcon Scott -English navy officer, explorer

• 1888 Charles-Valentin Alkan -French composer

NHS show choirs shine on Grand Ole' Opry

NHS show choirs shine on Grand Ole' Opry in Nashville, Tenn. last weekend.

Noblesville choirs have long held a shining spotlight on excellence. Last weekend was no exception when the talented musicians traveled to Nashville Tenn. and performed on country's grandest stage. The NHS Singers finished 4th runner up overall. They were named the best band and Sarah Robinson was named Outstanding Treble Soloists in the preliminaries and again in the finals. And Roux Carney was named the Outstanding Performer in the prelims.

The NHS Singers are one of the state's oldest show choirs. They have been a key component in the school since the 1970s and, besides the Grand Ole' Opry, have performed at many other famous venues, including Disney World.

They are currently led by directors John Neubauer and Julianne Fowler.

Sound System from Center Grove High School was named Grand Champion.



Photos courtesy Noblesville Schools

Lilah Cross with New Dimension.



Ray Kenley and Sarah Rolinson with Singers.

TODAY'S HEALTH TIP

Women aged 65 years or older should have a bone density screening.

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

"In the spring, I have counted 136 different kinds of weather inside 24 hours." Mark Twain



None



TODAY'S JOKE What month of the year is shortest? Sorry, it's not February. It's May. There's only three letters.

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



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Braun, Others Lead Charge to Protect Social Security

U.S. Sens. Mike Braun (R-IN), Bill Cassidy, M.D. (R-LA), and Joe Manchin (D-WV) have introduced the Save Our Seniors Act, which would help protect the long-term solvency of Social Security by requiring the nonpartisan Congressional Budget Office (CBO) to include the honest projection of its financial health in its annual ten-year economic outlook.

"Every American needs to know the facts about our nation's dire financial situation. Social Security trust fund is on the way to going bust, and if we're going to protect Social Security for seniors who rely on it we can't bury our heads in the sand." — Senator Mike Braun

"In eight years Social Security trust fund will be broke. The American people deserve to know this. The Save Our Seniors Act puts a spotlight on something that every Social Security recipient now, or in the future, has the right to know." — Senator Bill Cassidy

"I am committed to protecting our seniors by making good on the

promises we've made to them, and our bipartisan Save Our Seniors Act is proof of that. Transparency is vital when it comes to the future of Social Security, and our legislation prioritizes the long-term solvency of the program while also highlighting critical information on its fiscal stability. I'm proud to introduce this commonsense bill with Senators Cassidy and Braun and I will continue working to get it across the finish line." - Senator Joe Manchin

The Save Our Seniors Act would ensure that a simple and easy-tounderstand graph depicting the actual outlook for the Old-Age, Survivors, and Disability Insurance (OASDI) Trust Fund is included in the CBO's ten-year economic outlook. Similar graphs exist in other Social Security related reports, like the Trustees Reports, but not in a document as widely viewed as the CBO's outlook, which is used by members of Congress and economists to get a detailed look at the health of our nation's economy and the federal budget.

Rokita takes on Big Pharma on behalf of Hoosiers

Attorney General Todd Rokita continues his fight against Big Pharma in a new lawsuit against drug manufacturers and Pharmacy Benefit Managers (PBMs) for inflating insulin prices for hardworking Hoosiers.

Approximately 640,435 Indiana residents have been diagnosed with diabetes and over 1.7 million people are prediabetic. It is the leading cause of blindness, kidney failure, and lower limb amputations. It is the seventh leading cause of death in Indiana despite the availability of effective treatment.

"Diabetes is a public health crisis for Hoosiers," Rokita said. "This is a serious condition that requires insulin, putting patients in the impossible position of choosing between health and financial security."

The lawsuit filed by Rokita includes drug manufacturers Sanofi-Aventis and Novo Nordisk and PBMs
CaremarkPCS Health,
Express Scripts, CVS
Health Corp., and Optum
RX for conspiring to raise
prices on insulin
medications by more
than 1000% in the last
decade alone despite
manufacturing costs
decreasing.

"Too many Hoosiers have been forced to ration because drug manufacturers and PBMs have prioritized profits over patients," said Rokita. "Hundreds of thousands of Indiana residents rely on these medications to stay alive and these prices discourage people to take care of their health."

Complaint, every year, the direct medical expenses associated with diabetes care in Indiana are an estimated five billion dollars. If everyone with diabetes could adhere to their medication protocol, over \$8.3 billion in direct medical costs would be saved annually.

According to the

"Our office hopes this case will also set a strong precedent for other pharmaceutical companies who want to take advantage of everyday Hoosiers," Rokita said. "Families are suffering enough already with the economic decline. Targeting and scheming against those who have a medical condition like diabetes is absolutely unethical."

This is just one of the

many times Rokita's Office has taken on dishonest companies who harm Hoosier patients regularly. Since Rokita took office, he has obtained a \$66.5 million settlement against Centene for their failure to disclose true costs, won a \$573 million multi-state settlement against McKinsey & Company for its role in "turbocharging" the opioid epidemic with Purdue Pharma, and secured nearly \$7 million in an Indiana Medicaid fraud settlement against Mallinckrodt.

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The Times

FOR THE RECORD

NOBLESVILLE COMMON COUNCIL

TUESDAY, MARCH 26, 2024 5:30 PM - EXECUTIVE SESSION - ROOM A213

Pursuant to IC 5-14-1.5-6.1 (b)(2)(B), For discussion of strategy with respect to initiation of litigation or litigation that is either pending or has been threatened specifically in writing. 6:15 PM - WORK SESSION - ROOM A213

COMMON COUNCIL

TUESDAY, MARCH 26, 2024 - 7:00 PM CALL MEETING TO ORDER PLEDGE OF ALLEGIANCE **ROLL CALL**

APPROVAL OF MINUTES: MARCH 12, 2024

APPROVAL OF AGENDA

PETITIONS OR COMMENTS BY CITIZENS WHO

ARE PRESENT

(IAN ZELGOWSKI)

MAYOR'S COMMENTS **COUNCIL COMMITTEE REPORTS**

APPROVAL OF CLAIMS PREVIOUSLY DISCUSSED ORDINANCES #05-03-24 COUNCIL TO CONSIDER ORDINANCE #05-03-24, AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION IN THE DEBT SERVICE/LOCAL INCOME TAX DEBT SINKING FUND TO PROVIDE FUNDING FOR THE LEVINSON GARAGE BOND PAYMENT (IAN ZELGOWSKI) PUBLIC HEARING FOR ORDINANCE #05-03-24 #07-03-24 COUNCIL TO CONSIDER ORDINANCE #07-03-24, AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION IN THE PARKS PROGRAM FUND TO APPROPRIATE PROCEEDS RECEIVED FROM THE SALE OF USED GOLF CARTS

PUBLIC HEARING FOR ORDINANCE #07-03-24 #08-03-24 COUNCIL TO CONSIDER ORDINANCE #08-03-24, AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION IN THE AMERICAN RESCUE PLAN LOCAL FUND (IAN ZELGOWSKI) PUBLIC HEARING FOR ORDINANCE #08-03-24 **MISCELLANEOUS**

1 COUNCIL TO CONSIDER RESOLUTION RC-15-24, A CONFIRMATORY RESOLUTION DESIGNATING AN ECONOMIC REVITALIZATION AREA FOR JUSTUS AT PROMENADE, LLC (AMY

PUBLIC HEARING FOR RESOLUTION RC-15-24 **COUNCIL COMMENTS ADJOURNMENT**

BOARD OF PUBLIC WORKS AND SAFETY

TUESDAY, MARCH 26

8:45 AM - EXECUTIVE SESSION - PERSONNEL PURSUANT TO IC 5-14-1.5-6.1(b)(7) For discussion of records classified as confidential by state or federal statute

BOARD OF PUBLIC WORKS AND SAFETY TUESDAY, MARCH 26, 2024 - 9:00 AM Council Chamber BOARD OF PUBLIC WORKS AND SAFETY Jack Martin, President John Ditslear Laurie Dyer Robert J. Elmer Rick L. Taylor CALL MEETING TO ORDER PLEDGE OF ALLEGIANCE

PETITIONS OR COMMENTS BY CITIZENS WHO

ARE PRESENT

APPROVAL OF AGENDA BID OPENING: CITY CAMERA AND DOOR ACCESS

PROJECT CONSENT AGENDA

FOR APPROVAL 1 APPROVAL OF EXECUTIVE SESSION

MEMORANDUM: MARCH 12, 2024

1 APPROVAL OF MINUTES: MARCH 12, 2024

1BOARD TO CONSIDER THE WRITE-OFF OF UNPAID DEBT FOR EMS (DIVISION CHIEF JAMES MACKY)

1 BOARD TO CONSIDER TEMPORARY STREET CLOSURES AT SEMINARY PARK FOR INDIANA PEONY FESTIVAL (RENÉ GULLEY)

1 BOARD TO CONSIDER USE OF SEMINARY PARK FOR INDIANA PEONY FESTIVAL VIPP EVENT (RENÉ GULLEY)

1 BOARD TO CONSIDER TEMPORARY ALLEY CLOSURES FOR BRUNCH & BLOOMS CRAWL (RENÉ GULLEY)

1 BOARD TO CONSIDER TEMPORARY CLOSURE OF EAST ALLEY FOR 2024 NOBLESVILLE FLOWER MARKET (RENÉ GULLEY)

1 BOARD TO CONSIDER RELEASE OF PERFORMANCE BOND AND PAYMENT BOND TO WAGNER-MEINERT, LLC FOR CITY HALL ROOFTOP HVAC (DAVID DALE)

1 BOARD TO CONSIDER ACCEPTANCE OF SECONDARY PLAT AND PERFORMANCE BOND FOR HMA SURFACE, COMMON SIDEWALK, PATH, MONUMENTATION, COMMON AREA TREES, SIGNS, AND OFFSITE SANITARY SEWER FOR THE TIMBERS, SECTION 1 (JUSTIN HUBBARD)

1 BOARD TO CONSIDER RELEASE OF MONUMENTATION PERFORMANCE BOND FOR STONY BLUFFS (JUSTIN HUBBARD)

CONTRACTS/PURCHASES UNDER \$50,000 (APPROVED BY MAYOR OR DIRECTOR) 1 SERVICES AGREEMENT WITH PROTEAM TACTICAL PERFORMANCE, LLC FOR FUNCTIONAL MOVEMENT SCREENINGS FOR THE FIRE **DEPARTMENT (TRAINING CAPTAIN SETH JONES)**

1 SERVICES AGREEMENT WITH HUNDEN PARTNERS FOR PROJECT SCOREBOARD (MATT

1 AGREEMENT WITH MATTHEW DOUDT PHOTOGRAPHY FOR IMAGE RELEASE (JAYME THOMPSON)

1 SERVICES AGREEMENT WITH SUSANNA TURNER FOR CROSSWALK ART ADJACENT TO SEMINARY PARK (AARON HEAD)

1 SERVICES AGREEMENT WITH SIMPLY SOPHIE DESIGNS, LLC FOR DOWNTOWN MERCHANT MAP (AARON HEAD)

1 SERVICES AGREEMENT WITH SPECIALTY EARTH SCIENCES, LLC FOR ENVIRONMENTAL SITE ASSESSMENT AND SUBSURFACE INVESTIGATION FOR 1365 AND 1367 SOUTH 10TH STREET (CHUCK HABERMAN)

1 SERVICES AGREEMENT WITH TOP SHOT AERIAL PHOTOGRAPHY LLC FOR AERIAL PHOTOGRAPHY AND VIDEO FOOTAGE (SARAH DAVIS)

1 SERVICES AGREEMENT WITH ROAW CORPORATION FOR CITY HALL BUILDING MANAGEMENT SYSTEM UPGRADE (DAVID DALE) **NEW ITEMS FOR DISCUSSION**

1 BOARD TO CONSIDER ACCEPTANCE OF CONFLICT OF INTEREST DISCLOSURE (EVELYN

1 BOARD TO CONSIDER RESIDENTIAL FAÇADE **IMPROVEMENT GRANT FOR 535 CHESTNUT** STREET (AARON HEAD)

1 BOARD TO CONSIDER FAÇADE IMPROVEMENT **GRANT FOR 859 AND 863 CONNER STREET** (AARON HEAD)

1 BOARD TO CONSIDER PURCHASE OF PARTITIONS AT DILLON PARK SPLASH PAD RESTROOMS (WENDY STREMLAW/KEVIN CONNER)

1 BOARD TO CONSIDER SERVICES AGREEMENT WITH KINSEY'S FLOOR COVERING, INC. FOR TURF CARPETING AT FOREST PARK MINI GOLF (ERIN HINSHAW)

1 BOARD TO CONSIDER PERMISSION TO ADVERTISE FOR BIDS FOR BUNKER REMODEL AT FOX PRAIRIE GOLF COURSE (PATTY JOHNSON/CURT BRISCO)

1 BOARD TO CONSIDER COMMITMENT LETTER FOR PURCHASE OF ROAD SALT FOR 2024/2025 WINTER SEASON (PATTY JOHNSON)

1 BOARD TO CONSIDER TEMPORARY CLOSURE OF ONE PARKING SPACE AT 859 CONNER STREET FOR FAÇADE WORK (RENÉ GULLEY)

1 BOARD TO CONSIDER TEMPORARY CLOSURE OF 10 PARKING SPACES ON THE EAST SIDE OF NORTH 8TH STREET FOR WINDOW REPLACEMENT WORK AT THE HISTORIC COURTHOUSE (RENÉ GULLEY)

1 BOARD TO CONSIDER AGREEMENT WITH DAYSTAR DIRECTIONAL DRILLING FOR REALIGNMENT OF SANITARY SEWER AT DILLON PARK (JONATHAN MIRGEAUX)

1 BOARD TO CONSIDER AGREEMENT WITH CENTRAL INDIANA BORING CONTRACTORS FOR REALIGNMENT OF SANITARY SEWER AT DILLON PARK (KRISTYN PARKER)

1 BOARD TO CONSIDER DECLARATION OF UTILITIES TRASH PUMP AS SURPLUS (KRISTYN PARKER)

1 BOARD TO CONSIDER PERMISSION TO ADVERTISE FOR BIDS FOR CITY HALL BUILDING MANAGEMENT SYSTEM INSTALLATION (DAVID

1 BOARD TO CONSIDER AWARD OF CONSTRUCTION CONTRACT FOR LOGAN STREET DRAINAGE AND FEDERAL HILL TO FOREST PARK TRAIL (ANDREW RODEWALD)

1 BOARD TO CONSIDER ON-CALL SUPPLEMENTAL AGREEMENT WITH TRI-STATE FORESTRY SERVICES, INC. (EN-375-01) (DEON OCHOA)

1 BOARD TO CONSIDER TEMPORARY CLOSURE OF PROMENADE OF NOBLESVILLE PARKWAY FOR MEIJER GROCERY AT PROMENADE (MICHAEL POUCH) **ADJOURNMENT**

For The Record is a public service and regular feature in The Noblesville Times. It is designed to tell you what is scheduled to happen and what actually does happen in meetings paid for with your tax dollars. The Times encourages all citizens to take an active role in being involved in local government.







SERVING

ARCADIA

ATLANTA

CARMEL

CICERO FISHERS

NOBLESVILLE

SHERIDAN

WESTFIELD **AND ALL OF**

HAMILTON COUNTY



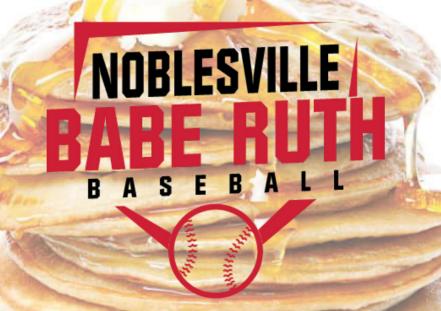




Saturday, April 20, 2024 **Forest Park Inn** 8 a.m. to 11 a.m. \$5 per ticket

Tickets can be purchased at the door

Proceeds support Noblesville Babe Ruth Baseball



www.noblesvillebaberuthbaseball.com

▶ RUSTY From Page A1

retroactive payments (SS will pay up to 6 months retroactively).

If your wife has a "my Social Security" online account, she can also apply online at www.ssa.gov/apply, but she should be sure to request six months of retroactive benefits in the "Remarks" section of the online application. Because your wife is more than six months past age 70, getting 6 months retroactive benefits will not reduce her age 70 benefit amount. Nor will your wife claiming her benefits now negatively affect your Social Security when you later claim. Even though you plan to continue working, likely beyond 70 years of age yourself, you should not wait beyond age 70 to claim for the same reason - your benefit will reach maximum when you are 70. You can apply for your benefits up to 4 months in advance, and specify you want benefits to start in the month you turn 70. If you haven't already done so, you may wish to create your own "my Social Security" online account now at www.ssa.gov/myaccou nt, which will make it easier for you to apply online at

www.ssa.gov/apply when the time comes next year. Applying online is, by far, the most efficient way, but you need to have

your online account set up first to do so.

Just so you know, there is no need to worry that you won't get credit for work income earned after you have applied for your benefits. Even after you are collecting benefits, Social Security will automatically review your earnings each year when that info is received from the IRS (after you file your income tax return). If your most recent earnings are higher than those in any of the 35 years of lifetime earnings used to calculate your benefit when you claim, Social Security will automatically increase your monthly payment amount. In other words, you shouldn't delay past age 70 to claim Social Security because you're working – you'll still get credit for those earnings, automatically. So, I suggest that your wife take fast action to apply for her Social Security benefits to avoid losing any more money, and that you plan to apply for your benefits to start when you turn 70. There is no financial advantage to waiting beyond age 70 to claim, even if you continue working.

- Russell Gloor is a National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens



and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS), "It's important to remember that foot health is an important part of your overall health. You need to take care of your feet, which includes going to the doctor when you have pain, sustain an injury or develop a condition needing professional evaluation and treatment."

Here are five examples of when you should make an appointment with your foot and ankle surgeon.

1. When you have diabetes: Living with diabetes means being more prone to a variety of conditions that affect the feet, including foot sores and ulcers. At the same time, diabetic nerve damage makes it harder to detect when there's a problem. Regular visits to a foot and ankle surgeon should be part of your holistic diabetes treatment plan. The doctor can screen for the loss of protective sensations in the feet, as well as diagnose and treat any structural issues leading to ulcers and wounds. Swelling, temperature and color changes in the feet, and calluses, are all telltale signs an ulcer may be around the corner and warrant a trip to a foot and ankle surgeon.

2. When children experience pain: When it comes to pediatric foot problems, early intervention is key to long-term successful treatment. As a parent, you may find distinguishing between growing pains and injuries or deformities difficult. But foot and ankle surgeons stress that pain isn't normal and if it lasts more than a few days or is severe enough to limit your child's walking, it should be evaluated. Foot problems commonly experienced by children include flat feet, ingrown toenails, calcaneal apophysitis and plantar warts.

3. When you're at risk for falling: Falls have become the leading cause of injury deaths

From Page A1

among Americans 65 and older, according to the Centers for Disease Control and Prevention. While the reasons falls occur are numerous, painful foot conditions are a contributing factor, as they make it difficult to maintain balance and coordination. Fortunately, many such conditions are treatable. See a foot and ankle surgeon to alleviate pain and reduce your risk of a life-changing fall.

4. When you can benefit from medical advances: A loss of cartilage once meant a loss of functionality. Today, joint reconstruction surgery with cartilage regeneration offers real hope for long-term functionality, nurturing the body's own ability to heal itself-with a little boost from technology and a knowledgeable surgeon. Likewise, new surgical techniques for ankle arthritis, including arthroscopic ankle surgery, total ankle joint replacements and bone or cartilage replacement, are helping people stay active. Finally, plateletrich plasma therapy can promote the healing of bones, cartilage, blood vessels, tendons and tissue for many patients, and is associated with easier recovery than traditional treatments. If you suffer from a foot and ankle ailment, ask your healthcare provider about game-changing medical advances.

5. When pain is sidelining you: It's important for athletes and fitness enthusiasts to rest and recover rather than push through foot and ankle pain caused by an overuse injury. If the pain doesn't improve in three to seven days however, it's time to see a foot and ankle surgeon for evaluation and treatment. With the highest level of education, training and board certification, foot and ankle surgeons are the leaders in surgical and non-surgical foot and ankle care. For more information, or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

ACT

nonprofit dedicated to inspiring, equipping and mobilizing people to take action that changes the world, shared that 73% of people believe that volunteering is more important than ever, yet 66% think they can't make a big impact in their communities. During Global Volunteer Month, advocates are trying to change that perception at the local level.

"Volunteers are crucial to solving pressing challenges, creating vibrant communities and strengthening our social fabric," said Jennifer Sirangelo, president and CEO of Points of Light. "Every person has something to share or give."

To boost volunteer engagement during Global Volunteer Month, Points of Light is sharing the following ways you and your family can make a positive impact in your neighborhood or town:

Spread the word: Use the Global Volunteer Month toolkit, along with the hashtag #GlobalVolunteerMonth to thank volunteers. Be sure to tag a volunteer whose impact you appreciate.

Take the pledge: To show your commitment to volunteering, take Points of Light's pledge. Then, discover ways to get involved that support your favorite cause and availability using Points of Light Engage, a database featuring hundreds of thousands of volunteer opportunities worldwide, including some in your area. Remember that volunteering doesn't have to be through a formal organization. Lending a helping hand to a friend, family member or neighbor counts, too. In fact, 70% of volunteer work is carried out locally and informally, without the involvement of any organization, according to the UN.

Expand your impact: Learn about the Points of Light Civic Circle®, a framework that outlines the many forms of civic engagement. These actions include listening and learning, using one's voice, social entrepreneurship, volunteering, public, national or military service, using one's

From Page A1

purchasing power to express values, working, voting and donating. Get inspired: Points of Light recognizes ordinary people doing extraordinary things to strengthen communities and solve persistent problems with its Daily Point of Light Award. Know an outstanding volunteer in your community? Nominate them as a Daily Point of Light by visiting pointsoflight.org/dailypoi ntoflight, or to inspire others, share these stories of recent honorees:

Daily Point of Light Award honoree T'Kiyah Threatt is a 21-year-old from Uniontown, Alabama, a town of just over 2,000 residents. She dove into service as a high school junior when she started working with C.H.O.I.C.E., an organization that ensures young people get needed resources. Three years ago, she became the first president of the Youth Advisory Council and began leading mentoring efforts, going above and beyond to find funds for a scholarship for a deserving mentee. Even after moving away for college, Threatt returns to work with her own mentee while recruiting community partners and soliciting funding for programs.

Daily Point of Light Award honoree Teresa Gerald of Ridgeland, Mississippi, channels her passion for literacy into volunteer work through Friends of the Ridgeland Library, where she has held the elected position of president since 2014, contributing thousands of volunteer hours. Twice a year, Gerald manages, promotes and works the Friends of the Ridgeland Library Book Sale. When the library's funding was cut by \$110,000 in fiscal year 2021-2022, her fundraising efforts with **Every Library Institute** raised \$112,000 in emergency funds. No matter the scale, Points of Light recognizes the spirit of volunteerism as a driving force of change around the world. "We're celebrating volunteers around the world all month long, as well as calling on people to take action. Throughout April, lend your time, talent and passion to a cause you care about and invite others to join you, creating a ripple effect of change," said Sirangelo.







Matt Painter straight up and candid in press conference



THOMPSON lot like the Columnist coach he

grew up idolizing in Muncie.

of minutes

afternoon,

sounded a

Matt Painter

Sunday

The Purdue men's basketball coach was asked this question minutes after the Boilermakers dominated Utah State 106-67 at Gainbridge Fieldhouse:

"Matt, Zach (Edey) finishes with 54 points and 35 rebounds in two games here in Indianapolis. You see people around the country, even fans, but even people that cover the game say he's just tall. What would you say to the people that say that and are only looking at the size and not just the game?" Now picture Indiana coach Bob Knight at his peak in the 1980s, who

"Yeah, they just shouldn't cover basketball," Painter says to a laughing response.

wasn't a big fan of media

Bob Hammel, answering

something like Painter's

members not named

that question. It may

have sounded

response.

"So like you go to school and you learn things or whatever, but we all don't like every single class we're in. It's kind of a necessary evil. It's like going to work. Like you don't like everybody you work with or you don't like certain parts of your job, and it's tough. You've got to be able to deal with certain things that are difficult.

"I just think everybody should take tests on their knowledge of what they're doing. I think all coaches should take a test so they understand refereeing, and I think all referees should take a test so they understand coaching, and I think all

For a couple journalists should have to take a basketball quiz or test or anybody that tweets, they should have to be able to do it. If they say something so moronic as that, they should have to have a probationary status where they can't tweet for like three months.

> "I think it'll help society. Just try to knock out the fools, so they don't have to meet at the local Walmart and say things that don't make any sense," Painter concludes to more laughter.

> (Full disclosure: Among the final courses I took before earning my bachelor's degree from Purdue in 1983 was a basketball coaching class taught by then-Gene Keady assistants Tony Branch and Paul Curtis. Some **Montgomery County** basketball fans will remember Curtis as Crawfordsville High School coach for 12 seasons. Curtis won 169 games and lost 111 to go with six sectional championships and a regional title in 1979.)

Edey is the first player since another tall man, 7-2 Lew Alcindor (a.ka. Kareem Abdul-Jabbar) in 1968, to have at least 50 points, 35 rebounds and shoot 65 percent from the field in the first two **NCAA** Tournament games.

So, does being tall automatically translate to being a great basketball player?

Let's take Purdue's history from the first 7footer to suit up as a Boilermaker in 1964, George Grams, to 7-2 redshirt freshman Will Berg today.

Grams played 39 games over two seasons. He averaged 4.8 points and 4.7 rebounds but still managed to be drafted in the 11th round by the Los Angeles Lakers in

Chuck Bavis, a 7-footer from Garrett, Ind., was the starting center on the 1969 national runner-up team and more than held his own in matchups with UCLA great Alcindor. A car accident ended his Purdue career a year early.

St. Louis native Dan McDermott played just 31 games between 1974-1978. The 7-foot, 240pound McDermott averaged exactly one point a game playing behind John Garrett, Tom Scheffler and the next man on our list.

The best big man in Purdue history until Edey came along, 7-1 Joe his senior season, Barry Carroll, led the Boilermakers to the 1980 Final Four. The All-American scored 2,175 points and grabbed a then-record 1,148 rebounds before becoming the No. 1 overall NBA Draft pick of native, Berg has played the Golden State Warriors.

Never really recovering from a knee injury in high school, 7-foot Joe Gampfer still managed to play 51 games over three seasons from 1982-84 as the backup to All-Big Ten centers Russell Cross and Jim Rowinski.

Matt ten Dam was easily the largest (7-2, 285 pounds) artist in West Lafayette during his 32game career from 1995-97. He likely drew more sketches than points scored (17) for the Boilermakers.

A.J. Hammons began Painter's strategy of recruiting 7-foot centers in 2013. Briefly a student Purdue improved to 4-0 at Carmel, Hammons 1 at Purdue in 2013 and averaged double figure scoring in all four seasons. Hammons averaged 15 points and 8.2 rebounds as a senior in 2016 to finish with

career totals of 1,593 points and 930 rebounds.

Isaac Haas continued Painter's run of highly productive 7-footers, scoring 1,555 career points along with 643 rebounds. The 7-2 Alabama native's broken Duke in the South elbow likely prevented Purdue from reaching the Elite Eight in 2018.

Matt Haarms, the 7-3 import from The Netherlands, started 41 games during his three seasons under Painter from 2018-2020. His highest scoring/rebounding averages were 9.4/5.4 during the 2019 Elite Eight season. Transferring to BYU for Haarms managed to average 11.3 points while Sampson-coached earning West Coast Conference Defensive Player of the Year

A Stockholm, Sweden 55 minutes over 14 games this season with 37 points and 26 rebounds.

honors.

Purdue's 7-foot streak will continue in 2024-25 with the addition of 7-3 Daniel Jacobsen of Chicago via Brewster Academy. The Boilermakers won the services of the No. 94 prospect in On3.com rankings over Wisconsin, Despite the negativity Creighton, Iowa, Minnesota, Clemson and during the past several Xavier.

Strange but true

It's possible fans could see a repeat of the Boilermakers' path to the Maui Invitational championship during the One more thing next two weekends.

started almost from Day foe Gonzaga with a 73-63 in Mackey Arena. That victory in the Maui opener. A possible Midwest Region final would be a rematch with n addition to the Maui Tennessee, a Maui foul fest (51 called resulting in 78 free throws taken)

that Purdue won 71-67.

Should the Boilermakers advance to the Final Four, second-seeded Marquette could be the opponent if the Golden Eagles defeat North Carolina State and either top-seeded Houston or Region. Purdue outlasted Marquette 78-75 in the Maui title game behind 28 points and 15 rebounds from Edey and 18 points from Braden Smith.

Purdue's history against Gonzaga includes a 75-66 triumph in the 2000 Sweet 16 at Albuquerque, N.M. Gene Keady's final Elite Eight run at Purdue began in Tuscon, Ariz. with victories over Dayton (62-61) and Kelvin Oklahoma (66-62). This year's Final Four is being played in Glendale, Ariz., a twohour drive from Tucson.

By the numbers

The victory against No. 20 Utah State was thirdranked Purdue's 31st, a school record for a single season. The 106 points also are a school record for an NCAA Tournament game.

The Boilermakers are 8-O this season against nationally ranked teams, winning by an average of 10.1 points a game. from the national media days, Purdue reached the Sweet 16 for the fifth time in seven seasons. Only No. 16 Gonzaga (7) has been better.

Purdue is 7-0 against the Sweet 16 field during the 2023-24 season with all-time against Sweet 16 only one victory coming was an 83-78 win against Illinois on Jan. 5.

> Invitational run, the Boilermakers own victories over Alabama



Matt Painter



Zach Edey

(92-86) at Toronto on Dec. 9, then-No. 1 Arizona (92-84) at Indianapolis on Dec. 16 and at Illinois (77-71) on March 5.

The Boilermakers are 23-25 all-time against the remaining NCAA Tournament field (North Carolina 3-8, Houston 2-1, Connecticut 4-1, Iowa State 3-2, Creighton 1-0, Clemson 2-4, Duke 5-3, North Carolina State 2-4 and San Diego State 1-2).

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

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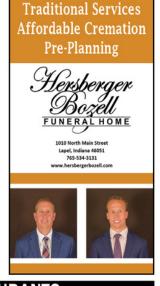
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