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KAREN WILLIAMS PRYOR State Delegate



- ★ Lifelong resident of Noblesville
- ★ Development Team member for Indiana Right to Life Indianapolis
- ★ Member of Harbour Shores Church
- ★ Active Community Volunteer:
 - Precinct Committeeman
 - Mentor for Hamilton County 4-H Llama program
 - Past President of Hamilton County Republican Women's Club
 - Current President of NHS Alumni Association

TODAY'S VERSE

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

Hamilton Happenings

The annual Fishers Parks Arbor Day Tree Giveaway will take place from 4 to 6 p.m. today at the Fishers AgriPark, 11171 Florida Road. Limited quantities of both red oak and white oak trees will be available on a first-come, first-served basis, with a limit of one per family. When you arrive, enter through the front gate and make your way to our event barn to receive your free tree, then enjoy a StoryWalk and other Arbor Day craft activities.

Three Things You Should Know

1 Travelers out of Indianapolis International Airport now have another direct option to Dallas / Ft. Worth. Frontier Airlines recently launched its newest nonstop flight to DFW. It operates four times a week on Monday, Wednesday, Friday and Saturday, now bookable through early 2025. Starting May 21, Frontier will also launch additional new nonstop flights to New Orleans and Philadelphia. Frontier offers nonstop flights out of Indy to Denver, Las Vegas, Orlando and Raleigh-Durham.

2 If you purchased a batch of cookies at the Sis Sweets Cookies & Café in Leavenworth, KS recently beware, you might break a tooth. Proprietor Dawn "Sis" Monroe says she lost a \$4,000 diamond that fell from her ring and it just might have wound up in her cookie dough. She posted a notice on Facebook that reads: "My heart is beyond broken. It's been on my hand for 36 years."

3 It's not unusual to find critters in your house if you live in the country. Mary Hollenback was at home in Venice, Fla. relaxing on her couch when she heard a noise. She got up and headed for the front door. "I thought it was somebody who didn't live here trying to get into the wrong house," she said. Instead, as she put it, "Oh my gosh, I have an alligator in my house." She called 911 for help and Sarasota County authorities came to the rescue, quickly removing the nearly eight foot long critter.

The TIMES



NOBLESVILLE, INDIANA

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Boomer Bits



Ask Rusty – Minister Wants to Maximize Social Security Benefit



ASK Rusty
Social Security Advisor

Social Security Matters

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Dear Rusty:

I want to apply for Social Security, but I want to make sure I get all the benefits I have earned. I am a veteran with a 10% disability rating (not sure if that matters). I am 68 years old. I am a minister and have been exempt from Social Security taxes for most of my income since I was about 30, but I still have the 40 quarters needed. I have also worked off and on in the secular workplace and continued paying Social Security taxes.

One hears a great deal about those who want to "help" us apply for Social Security, but which turn

out to be a scam or want a fee. How do I apply and maximize my benefits with my unique situation?

Signed: Seeking Answers

Dear Seeking: Don't worry about fees here at the AMAC Foundation – there is never a fee for the services we provide (we are non-profit). And I want to thank you for your military service - you may find the "For Veterans" section at our AMAC Foundation website interesting – www.amacfoundation.org.

To your question: Your VA disability rating does not

➔ See RUSTY Page A4

Walk Your Way to Better Health

(Family Features) A walk is not just good for your body, it's also good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. However, reports show walking rates are declining steadily in the United States.

On average, 1 out of every 4 U.S. adults sits for longer than eight hours each day, per research from the Centers of Disease Control and Prevention, which can have negative consequences on

➔ See WALK Page A4

4 Tips to Get High Cholesterol Under Control

(Family Features) Heart disease is the nation's leading cause of death for men and women, according to the Centers for Disease Control and Prevention, but many people aren't aware they may be at elevated risk. More than

➔ See TIPS Page A4

2 Comedies, Shred Day, Wildflower Walk, Music, Drug Take-Back Day, More



BETSY REASON
Columnist

Two comedies open at our local community theaters, Farmers Bank will host a shred day, Blatchley Nature Study

Club will lead the second of two wildflower walks and Hamilton County Council on Alcohol & Other Drugs will offer a Drug Take Back Day and more are on the calendar for this weekend. Read more about happenings in The Times' list of 10 things to do this weekend and beyond:

1. It's spring and time for wedding season, so make plans to attend The Belfry Theatre's "Father of the Bride," a comedy directed by Barcia Alejos, onstage Friday through May 5 at Noblesville First United Methodist Church's Celebration Hall with tickets at thebelfrytheatre.com. Arrive 30 minutes before show time for pre-show entertainment with a Wedding Singer, plus ASL interpreter at 2 p.m. this Sunday.

2. Enjoy live theater at Carmel Community Players' production of Neil Simon's "The Dinner Party," a comedy directed by Tonya Rave and Matt Trgovac, Friday through May 5 at The Cat in Carmel, with tickets at www.carmelplayers.org

3. Kiln Creations in downtown Noblesville offers lots of classes, Wheel class at 2:30 p.m. every Saturday, Ladies Night tonight with all at the downtown shop, unless noted otherwise, with reservations at kilncreations.net.

4. Enjoy live music with the fourth annual Primeval Frühlingsfest today and Saturday at Primeval Brewing in downtown Noblesville; Ciara Hasket tonight at Spencer Farm Winery in Noblesville.

5. Reduce unnecessary paper waste during The Farmer's Bank's paper-shredding day 9 to 11 a.m. Saturday at the Noblesville bank.

6. Drop off your old medications during National Drug Take Back Day 9 a.m. to noon Saturday in the far east parking lot of Riverview Health in Noblesville, with no liquids, sharps or needles accepted. Sponsored by Hamilton County Council on Alcohol & Other Drugs.

➔ See TEN THINGS Page A3

Co-directing CCP's 'Dinner Party' is 'lovely experience'



BETSY REASON
Columnist

When Carmel Community Players' Tonya Rave and Matt Trgovac appeared in a CCP holiday show together 16 months ago, they

connected and forged a friendship. They quickly discovered that their personalities meshed well, and their skill sets would be very complimentary if they directed a show together.

So they began reviewing scripts just before CCP

➔ See BETSY Page A3



Photo courtesy of Carmel Community Players

Becky Larson (from left), Grant Bowen, Jason Creighton, Amalia Howard, Bradley Allan Lowe and Alaine Sims rehearse for Carmel Community Players' Neil Simon comedy, "The Dinner Party," onstage April 26-May 5 at The Cat in Carmel.

TODAY'S HEALTH TIP

Stretching and strengthening exercises go a long way in helping to prevent falls in the elderly.

Today's health tip was brought to you by Dr. John Roberts.



TODAY'S QUOTE

"I've searched all the parks in all the cities and found no statues of committees."
Gilbert K. Chesterton

OBITUARIES

None

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



TODAY'S JOKE

When looking for someone to do your taxes this year, look for an accountant who has a tax loophole named after them.

Westfield Council OKs \$16 Million Project

The Westfield City Council approved the Northpoint II PUD at the April 22 council meeting. This project, developed by Holladay Properties, is a 180-acre site on State Road 38 near Anthony Road.

Holladay Properties plans to invest more than \$16 million in the initial development phase. Once completed, the project is expected to have an assessed value of \$175 million. It will also generate an estimated annual commercial tax revenue of \$5.2 million, which will help diversify Westfield's tax base. Westfield Mayor Scott Willis's administration has been focused on expanding the city's commercial tax base as a key pillar of the administration.

The first phase of the Northpoint

development, spanning 300 acres, began in 2019 and was completed in 2022. This second phase of development will activate the State Road 38 corridor, which has been identified as a key area for economic development in Westfield. The city has acknowledged that expanding the Northpoint project towards the north side of State Road 38 is the logical and reasonable next step.

After a failed attempt to develop this area in 2022, Mayor Willis has worked closely with residents over the past five months to bring this project to the finish line through a neighborhood task force group. This group held numerous meetings with Mayor Willis and Holladay Properties to address their concerns about the development and

reach a consensus. "We have put in a lot of effort to connect with the residents living near the proposed site, and with the task force group, we were able to listen to their concerns and understand them better. Although not everyone is enthusiastic about the project, we have been able to reach a consensus that everyone can agree on. Diversifying our tax base is not just a strategic move; it's necessary for sustained growth and resilience. The significant investment by Holladay Properties and the projected annual tax revenue highlights the importance of this development," stated Mayor Willis, speaking to the positive impact of the Northpoint II PUD project.

Community Shred Days at Farmers Bank

Are you overwhelmed with papers you would like to get rid of? The Farmers Bank regularly organizes these events for their hometown communities to raise awareness to the ongoing issues of identity theft protection and recycling. Each ton of paper recycled saves 26 trees and is used for future paper products.

Noblesville Office
 Saturday, April 27, 2024
 16940 Clover Rd
 Noblesville, IN 46060
 9:00 AM – 11:00 AM

Fishers Office
 Saturday, May 25, 2024

7126 E 116th Street
 Fishers, IN 46038
 9:00 AM – 11:00 AM

Consumers and small business owners can securely destroy sensitive paper documents quickly, efficiently, and free of charge. All documents will be shredded on-site. Once the documents are shredded, they are then recycled.

Any documents or media that display account numbers or social security numbers could lead to identity theft and should be properly shredded. We recommend shredding the following items: financial statements,

credit applications, insurance records, physician statements, checks, employment applications, and credit card receipts & solicitations.

Please DO NOT bring your shred items in plastic bags. There is a maximum limit of 5 standard size boxes/paper bags per vehicle. The free community shred event will end once the shred truck is full.

For your safety, this is a drive-thru drop off, please remain in your vehicle.

For more information, please visit thefarmersbank.com.

National Drug Take Back Saturday at Riverview

In honor of National Drug Take Back Day, the Hamilton County Council on Alcohol & Other Drugs has scheduled a take-back event for tomorrow in the far east parking lot of Riverview Health in Noblesville on Westfield Road. The drop off location is directly across from Federal Hill Commons.

"Most people who misuse prescription drugs get them from family, friends, and acquaintances," says HCCOAO Executive Director Monica Greer. "We know prevention starts at home. The simple step of clearing out medications that are no longer needed makes our homes safer, prevents prescription drug misuse, and can help save lives."

The Centers for Disease Control and Prevention estimates

112,000 people died of drug overdoses in the United States last year, marking the largest number of drug-related deaths ever recorded in a year. With close to 5,000 collection sites nationwide, the United States Drug Enforcement Administration, along with its law enforcement partners, have removed nearly 16 million pounds of medication from circulation since the inception of National Drug Take Back Day in 2010.

"The only safe medications are ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist," Greer adds. "Old and unwanted medicine too often becomes a gateway to addiction. Events like these are a critical effort to curb



Monica Greer

the historic surge in U.S. overdoses." Hamilton County residents are encouraged to drop off their expired or unused medications between Saturday 9 a.m. and noon at the drive-thru event. No liquids, sharps, or needles will be accepted. For those who cannot make it, there are opportunities to safely dispose of unneeded medications at local pharmacies, hospitals, and police departments throughout the year.

Noblesville and Carmel Lions Deliver in April With Gleaners



Photo courtesy Noblesville Lions

Earlier this month, Noblesville and Carmel Lions Clubs assisted Gleaners with their mobile pantry at the Hamilton County Fairgrounds. The Lions helped give out food items to 180 families. From left, Lions Mark Bachar, Ed Shea, Gene Beck, Joe Arrowood, Bill Ryan, Lane Sims, Bob Yunker, Jerry Baker, Joe Connerley, Jeff Kozicki, Kimberly Penwell, Matt Best and Ron Williamson. Gary Hipes not pictured.

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16715 BIRDBROOK ROAD
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 4 BR, 2.5 BA with office and loft, gourmet kitchen, 3-car garage, finished basement, beautiful pond lot. Listed at \$579,900

Spring is here and now is the best time to buy or sell!

"Speak to Deak!"

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18577 PIERS END DRIVE
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JUST LISTED!

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made its annual callout for show submissions.

“Because we were both enamored by ‘The Dinner Party,’ we submitted it, and the rest, as they say, is history,” Rave said.

“Co-directing with the right person is a truly lovely experience, and this has been exactly that,” she said. Trgovac agreed, thinking “we could potentially create a beautiful product by directing collaboratively. In the end, I think we’ve achieved that.”

Neil Simon’s comedy, “The Dinner Party,” opens Friday and continues through May 5 at The Cat in Carmel. Tickets are still available.

Rave has been involved with this show before, when she portrayed the character of Mariette in 2015 at Center Stage Community Theater, directed by the late Will Pullins. “I became enamored with the script’s poignant storyline, which contains a beautiful blend of comedic and dramatic moments.” It’s her first time directing a Neil Simon play, although she has appeared in several, including “Plaza Suite,” “Jake’s Women” and “Barefoot in the Park.”

It’s Trgovac’s first Neil Simon show. “It’s not your traditional farce or comedy. There is an underlying message of hope and reconciliation, which I think is needed in the world today,” Trgovac said.

The play is about three divorced couples who go to a dinner party not knowing their ex-spouses will be there. “After this discovery, they all have conversations about what failed in their

marriages, which succeeded, and how they can move forward,” Trgovac said.

By delving deeply into the relationship dynamics of three divorced couples, this show offers an examination of just how challenging marriage can be,” Rave said.

What makes this show so comical?

“We did a lot of work with the actors on their characters, focusing much more on developing a back story to really bring these characters to life with their own flaws and with depth not normally seen in many comedies or farces,” Trgovac said. “The audience will notice that this show will provide some laughs, but just as many - if not more - serious moments that will hopefully resonate with them. Overall, the audience is in for a real treat and should expect to experience a delightful ride of emotions.”

Rave said being a Neil Simon play, the show includes a great deal of drama along with the comedy. “Comedic acting requires impeccable timing, but drama involves its own set of challenges,” she said. “Because this show is a beautiful blend of both genres, the actors have been challenged, and have impeccably risen to the challenge, to develop delightfully dynamic characters.”

The show is about relationships, and how marital ones are “challenging at best,” Rave said. “I believe humans, by their very nature, yearn for connection with others. Unfortunately, those connections are often sabotaged as a result of tendencies to take for granted or

Want TO GO?

What: Carmel Community Players presents Neil Simon’s comedy, “The Dinner Party.”

When: April 26-May 5, with performances at 7:30 p.m. Fridays, April 26 and May 3; 7:30 p.m. Saturdays, April 27 and May 4; 2:30 p.m. Sundays, April 28 and May 5; and 7:30 p.m. Thursday, May 2.

Where: The Cat, 254 Veterans Way, Carmel.

How much: \$18 all patrons, \$5 discount on Thursdays.

Reservations: www.carmelplayers.org, 317-815-9387.

MEET THE CAST

Claude Pichon, Grant Bowen, Indianapolis; Albert Donay, Bradley Allan Lowe, Lawrence; Andre Bouville, Jason Creighton, Carmel; Mariette Levieux, Becky Larson, Zionsville; Yvonne Fouchet, Alaine Sims, Plainfield; Gabrielle Bouville, Amalia Howard, Indianapolis.

MEET THE CREW

Co-Directors, Tonya Rave, Indianapolis, and Matt Trgovac, Cumberland; Producer, Tanya Haas, Carmel; Stage Manager, Heidi Moranski, Fishers; Light/Sound Design & Operation, Andrew Young, Fishers; Costume Design, Addie Taylor, Indianapolis; Properties, Molly Kraus, Fishers; Set Design, Ian Marshall-Fisher, Indianapolis; Set Construction, Ian Marshall-Fisher and Robert Rave; Set Decoration, Ian Marshall-Fisher; Webmaster/Social Media, Hannah Janowicz, Carmel; Programs/Posters/Graphics, Lori Raffel, Carmel

maltreat those who should be valued the most.”

The one-act comedy runs just over 90 minutes with no intermission. Trgovac is thankful for the cast, and especially the crew.

“Because of them, we were able to rehearse with a full set front the very first day of rehearsal, something that is virtually unheard of in community theater.”

Rave said they had a “huge turnout” for auditions with 42 talented actors auditioning for a six-person cast of “dynamic characters.” She said, “We are truly grateful, thankful and blessed.”

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

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Photo courtesy of Rob Slaven of Indy Ghost Light Photography

Gideon Roark (from left) and Drake Lockwood star as the bride’s brothers, and Dave Hoffman as father of the bride in The Belfry Theatre’s “Father of the Bride,” a comedy opening night Friday and continuing through May 5 at Noblesville First United Methodist Church’s Celebration Hall, where there will be an ASL interpreter at 2 p.m. this Sunday.

7. Blatchley Nature Study Club’s free Spring Wildflower Walks are 1 p.m. to 5 p.m. Saturday at Blatchley Nature Study Club, 125 Boulder Drive, Noblesville.

8. Get your appetite ready for Wayne-Fall Lions Club’s Cinco De Mayo Pancake Breakfast 7 a.m. to 1 p.m. May 5 at Wayne-Fall Lions Club on 191st Street at Deshane Avenue and Victory Baptist Road in Noblesville. The menu features all-you-can-eat pancakes, bacon, sausage, eggs, coffee, juice and milk, with a freewill donation to the club for community projects, and carryout available.

9. Take Hamilton County Parks offers free guided tours of the Coxhall Mansion and Museum at 4 p.m. May 15 and June 19 with registration online at hamiltoncounty.in.gov.

10. Save the date: Hamilton County Master Gardeners’ 25th annual Plant Sale is open 8 a.m. to 3 p.m. May 18 at the Hamilton County 4-H Fairgrounds in Noblesville. Plus, Recycled Cycles will have a used bicycle sale and donation day from 10 a.m. to noon May 18 at the group’s repair shop at 810 E. Main Street in Westfield, at the top of the drive north of Big Hoffa’s BBQ, with proceeds used to purchase parts to repair other bikes.

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For a complete list of all Hamilton County events, go to VisitHamiltonCounty.com/Events

Masons Step Up!



Photo courtesy Jake Waterman

On Saturday 4-20-2024 Noblesville Lodge #57 Freemasons met to do their Bi-Annual Adopt-A-Street clean up. The assigned street is on Hague Road from 196th Street to Carrigan Road. There were nine Masons and two Eastern Star members braving the cold and windy morning. Pictured, from left, are Coordinator Chris Hurlock, Mark Winemiller, Kyle Moser, Greg Willman, Rob Grimes, Jerry Hedgecock, Ron Williamson and Gene Beck. In front are Deb Hedgecock and Victoria Winemiller. Not pictured is Kris Cummings who was behind the camera.

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affect your Social Security benefit. At 68 years old, your Social Security benefit payment has been earning Delayed Retirement Credits (DRCs) since you reached your full retirement age (FRA) of 66 years and 4 months in July 2022. That means that your benefit, if you claim now, will be about 13% more than it would have been had you claimed at your FRA. FYI, if you continue to delay, your SS benefit will continue to grow (by 8% per additional year you delay), up to the month you turn 70. At that time, your SS benefit will be 29% higher than it would have been at your FRA. Nevertheless, if you wish to claim a smaller amount now, you can do so in a couple of ways:

- You can call Social Security (at 1.800.772.1213, or your local SS office) to request an appointment to apply. They will most likely set a date/time to call you to take your application over the phone (they discourage office visits these days). Once you have applied, it typically takes a month or two to process your application, but they will pay your benefits effective with the month you say you want them to begin. Note, they will likely also offer you six months of retroactive benefits but be aware that if you accept that offer your monthly payment will be permanently reduced by 4%.

- You can apply for your SS retirement benefit online at www.ssa.gov/apply. Applying online is, by far, the most efficient method, as shown in this short video: www.ssa.gov/hlp/video/iclaim_r01.htm. However, to apply online you will need to first create your personal “my Social Security” online account at

www.ssa.gov/myaccount. Once you have your personal online account set up, you will be able to see what your SS retirement benefit will be now, and at future ages should you plan to wait longer to claim. Your SS retirement benefit will be based on your lifetime record of earnings from which Social Security FICA taxes were withheld (or self-employment earnings on which SS payroll taxes were levied). In any case, your SS benefit will be based on your lifetime earnings record contributing to Social Security, as well as your age when you claim. You'll get your maximum benefit based on those factors.

Although your situation is somewhat uncommon, it is not exceptionally unique. Your VA disability rating does not affect your Social Security benefit and, because you are a member of the clergy, you are not subject to Social Security's Windfall Elimination Provision (WEP) – a rule which reduces SS benefits for those with a pension earned while not contributing to Social Security. In other words, your SS benefit will be based entirely on your lifetime record of earnings from which Social Security payroll taxes were withheld, and your age when your benefit starts.

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 non-profit arm of the Association of Mature American Citizens. To submit a question, visit our website (amacfoundation.org/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

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physical and mental health. Regular exercise improves mood, boosts energy and can even help you sleep better. Staying active is one of the best ways to keep your mind and body healthy.

Consider this advice from the American Heart Association, which has worked for decades to promote policies and strategies that make it easier for communities to get and stay active. One example is National Walking Day, established by the organization to encourage people to move more throughout the day so they can feel, think, sleep and live better.

Indeed, adding more movement can benefit your body and mind in numerous ways, such as:

- Lowering disease risk.** Getting the recommended amount of physical activity (at least 150 minutes of moderate, 75 minutes of vigorous or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression, according to the U.S Department of Health and Human Services.

Increasing sunlight exposure. Outdoor exercise is an easy way to get moving and take in the sunlight, which can improve mood, boost immunity and help you get some vitamin D. Spending time outdoors is a no-cost option and has been shown to reduce stress, promote a sense of belonging and improve mood.

Improving cognitive and mental function. Physical activity keeps your mind sharp now and later. Studies show higher fitness levels are linked to better attention, learning, working memory and problem solving. What's more, a study published in the “British Journal of Sports Medicine” shows people who get the recommended amount of physical activity are less likely to develop depression.

Living longer. Healthy life expectancy can be positively impacted by increasing activity. According to research published in the “American Journal of Epidemiology,” swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%.

Get moving to reduce your stress and step into better health. Learn more at heart.org/movemore.

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Fast Facts About Cholesterol

What is cholesterol?
The liver creates a fat-like waxy substance called cholesterol. It serves useful purposes for the body, including producing hormones and helping digest food.

How do you get high cholesterol?
The human body makes all the cholesterol it needs naturally, so any cholesterol you eat is cholesterol you don't need. However, it can be difficult to avoid because you can find dietary cholesterol in many common foods, including meat, seafood, poultry, eggs and dairy. Other non-dietary contributing factors include health conditions like obesity and diabetes, as well as family history and advancing age.

What is a normal cholesterol level?
An average optimal level of LDL cholesterol is about 100 milligrams per deciliter (mg/dL). An average optimal level of high-density lipoprotein, or HDL, cholesterol is at least 40 mg/dL for men and 50 mg/dL for women. HDL cholesterol can actually lower your risk of heart disease and stroke.

Are there symptoms of high cholesterol?
Unlike many health conditions, there are rarely any symptoms that your cholesterol is high. That's what makes regular screening so important.

1 million adults in the United States have high low-density lipoprotein (LDL) cholesterol and nearly 50 million don't have it under control, which puts them at higher risk for cardiovascular events, such as heart attack and stroke.

What's more, nearly one-third (31%) of U.S. adults are not aware that having high cholesterol puts them at greater risk for heart attack and stroke, according to the findings of a recent study conducted by The Harris Poll commissioned by Esperion Therapeutics, Inc. The poll also revealed some inconsistent understanding about treatment options available for those with uncontrolled cholesterol. Fully 3 in 10 (30%) of those taking statins believe statins are the only LDL lowering treatment available for those with high LDL cholesterol.

“In auto racing, the red flag means danger on the track, stopping the race immediately,” said Dr. JoAnne Foody, chief medical officer at Esperion. “We are launching a patient education program, ‘Wave the Red Flag,’ to encourage people with uncontrolled high cholesterol to have their levels checked right away and discuss appropriate treatment options with their health care provider.”

If your high cholesterol is uncontrolled, understanding how you can achieve greater control can reduce your risk for serious health conditions, including potentially life-threatening cardiovascular events.

Consider these tips to get high cholesterol under control.

Talk with your doctor. Speaking with your physician is an important first step to managing any health condition. Your doctor can help you understand the

severity of your condition and whether a treatment plan should be moderate or aggressive.

Check your progress. Keeping tabs on your cholesterol can help you and your health care team gauge whether your treatment plan is working. If you don't have heart disease, you may not need to check as frequently, but your doctor can recommend the appropriate intervals to help manage your cholesterol most effectively.

Take medications as prescribed. Statins are the medications most often recommended by treatment guidelines for the management of blood cholesterol, and nearly one-third (30%) of those taking statins believe they are the only cholesterol-lowering treatment available, according to the survey. However, even with maximal statin therapy, some patients with chronic disease do not meet recommended LDL cholesterol levels. Taking your medications regularly and as instructed helps your doctor determine whether additional therapies – including non-statin treatments – could be useful to help manage your blood cholesterol.

Make lifestyle adjustments. Your diet plays a major role in lowering LDL cholesterol. Limiting fatty foods, especially those that are high in saturated and trans fats, is key. Monitoring your overall diet and exercising can also help reduce your risk of high cholesterol. Even if you don't have high cholesterol, adopting more cholesterol-friendly habits can help prevent your levels from rising to unhealthy levels in the future.

To find additional information about managing your high cholesterol, talk to your health care provider and visit WaveTheRedFlag.info.



PUBLIC NOTICE

CICERO / JACKSON TOWNSHIP BOARD OF ZONING APPEALS LEGAL NOTICE BOARD OF ZONING APPEALS

The Cicero/Jackson Township Board of Zoning Appeals will meet on May 9th, 2024, at 7:00 PM at the Cicero Town Hall located at 70 N Byron Street, Cicero, Indiana 46034, in order to hear the following petitions:

Docket No. BZA-0524-16-R3

A Development Standards Variance application has been submitted regarding the property located at 1660 Nantucket Drive, Cicero IN, 46034 concerning Article 3.8 of the Cicero/Jackson Township Zoning Ordinance to: allow an accessory structure to be (26) twenty-six feet (8) eight inches tall, whereas article 3.8 states that an accessory structure shall be (18) eighteen feet tall maximum.

Docket No. 8ZA-0524-19-R3

A Development Standards Variance application has been submitted regarding the property located at 1660 Nantucket Drive, Cicero IN, 46034 concerning Article 7.5 of the Cicero/Jackson Township Zoning Ordinance to: allow an accessory structure to be placed in front of the primary structure. Whereas Article 7.5 states that an accessory structure shall only be placed to the rear or side of the primary structure.

Project Address: 1660 Nantucket Drive, Cicero, IN 46034
Legal Description: Acreage .34 Section 1, Township 19, Range 4
Parcel number: 05-06-01-03-04-017.000

The petition may be examined at the office of the Cicero/Jackson Township Plan Commission, 331 E. Jackson St., Cicero, IN 46034.

Interested parties may offer an oral opinion at the Hearing. Comments may be mailed to Cicero/Jackson Planning Commission at P.O. Box 650 Cicero, IN 46034. Comments may also be dropped off in the Cicero Utilities payment drop box located at 331 E. Jackson St. Cicero, IN. Comments may also be emailed to fzawadzki@townofcicero.in.gov Comments must be received by 3:00 pm on the date of the hearing. Written comments will be read aloud during the public hearing and entered into the record of the hearing.

The Hearing may be continued from time to time as may be found necessary.

Petitioner's Name Yvonne Knasel
Date: April 15th, 2024

TL21438 4/26 11 hspaxlp

STATE OF INDIANA) IN THE HAMILTON SUPERIOR COURT 1)
) SS:
COUNTY OF HAMILTON) CAUSE NO. 29D01-2403-AD-000378
IN THE MATTER OF THE ADOPTION OF)
SKYLER ADRIEN GONZALEZ STACY)
NOTICE OF ADOPTION TO BIRTH FATHER)
TO: Alejandro Gonzalez Via Publication

Alejandro Gonzalez is notified that a Petition for Adoption of the minor child named Skyler Adden Gonzalez Stacy (DOB March 19, 2012) (hereinafter "child"), and who is the child of Joyce Stacy and Alejandro Gonzalez, was filed in the Office of the Clerk of the Hamilton County Superior Court No. 1, One Hamilton County Square, Noblesville, Indiana, 46060 under the title: In the Matter of the Adoption of Skyler Adrien Gonzalez Stacy, The Petition for Adoption alleges that Alejandro Gonzalez is the Biological Father of the minor child; however, Alejandro Gonzalez's consent is not required and/or is irrevocably implied. Alejandro Gonzalez abandoned or deserted the child at least six (6) months immediately preceding the date of filing of this petition; and/or has failed without justifiable cause to communicate significantly with the child when able to do so during the past year that the child has been in the custody of another person; and/or has knowingly failed to provide for the care and support of the child when able to do so as required by law or judicial decree during the past year that the child has been in the custody of another person; and/or Alejandro Gonzalez's consent is not required because he is too unfit to be a parent to the child and the child's best interests would be served by dispensing with his consent.

If Alejandro Gonzalez seeks to contest the adoption of the child, Alejandro Gonzalez must file a motion to contest the adoption in accordance with IC 31-19-10-1 in the above-named court not later than fifteen (15) days after the date of service of this Notice.

If Alejandro Gonzalez does not file a motion to contest the adoptions within fifteen (15) days after service of this notice, the above-named court will hear and determine the Petition for Adoption for the child. The consent to the adoption of the child will be irrevocably implied and Alejandro Gonzalez will lose the right to contest either of the adoptions or the validity of Alejandro Gonzalez's implied consent to the adoption.

No oral statement made by the Petitioner or anyone else relieves Alejandro Gonzalez of his obligations under this notice.

This notice complies with IC 31-19-4-5.3, but does not exhaustively set forth a person's legal obligation under the Indiana adoption statutes. A person being served with this notice should consult the Indiana adoption statutes.

Dated: 3/12/2024
Kathy Kreag Williams
Clerk of Hamilton County

TL21378 4/5 4/26 5/3 31 hspaxlp



Catching Up On Purdue Boilermaker Sports Scene



KENNY THOMPSON
Columnist

Let's catch up on some thoughts now that Purdue basketball and Matt Painter have silenced the critics for at least a few months.

From scanning multiple mock NFL drafts, it seems Purdue fans will be waiting until Saturday to hear a Boilermaker's professional destination. The best bet is running back Tyrone Tracy, who spent two years at Purdue after three at offensively challenged Iowa.

Tracy earned a fourth-round grade in Dane Brugler's annual NFL Draft guide for The Athletic. Brugler provides scouting reports for hundreds of prospects, rating them from first-round picks to undrafted free agents.

Brugler forecasts a return to Tracy's hometown, getting the call from the Indianapolis Colts in the fifth round.

"After four seasons as a receiver at Iowa, his versatility as ball carrier blossomed in West Lafayette, and in 2023 he led the Big Ten in rushing yards per carry (6.34)," Brugler writes. "Displaying natural instincts with the ball in his hands, Tracy runs with the dynamic agility and elusiveness to slip tackles from different angles. . . . However, his inexperience at running back shows in his sporadic tendencies when choosing run lanes.

"Overall, Tracy needs to improve his decision-making at the line of scrimmage, but he can create with his quick lateral cuts and contact balance — and he can stay on the field on passing downs. He is a multi-dimensional threat as a rusher, receiver and special teamer, which increases his chances of commanding an NFL roster spot."

Edey on the rise

It's appearing that Purdue will have a second NBA first-round draft pick in three years. Kyle Irving of The Sporting News has Zach Edey projected as a mid-first round selection following his second consecutive season of dominating college basketball.

"Edey helped his draft stock during Purdue's run to the national championship game, cementing his status as a first-round pick," Irving writes. "He looked more mobile than ever before and showed his conditioning had improved, only sitting for four minutes from the Sweet 16 through the title game."

But ...

"His NBA ceiling still feels limited to that of a situational big who plays spot minutes in particular matchups, but Edey earned a chance to prove himself following a strong senior season," Irving adds.

Irving agrees with CBS college basketball writer Jon Rothstein, who has stated "Edey is the Yao Ming of college basketball."

"It is hard to draw a comparison more accurate than that," Irving writes. "Edey's massive and physically imposing presence is reminiscent of the eight-time NBA All-Star."

Knocking on the door

Thanks to a school record 34 wins this season, Purdue basketball is just two victories from cracking the NCAA Division I Top 10.

The Boilermakers' 1,929 victories are two behind 10th-place Indiana. Purdue already is the Big Ten's all-time winningest program with 1,038 victories and 26 conference championships. Illinois is second with 1,003 and Indiana third at 978.

Kentucky heads the Top

10 with 2,398 victories and a .760 winning percentage. Kansas is second (2,393), followed by North Carolina (2,372), Duke (2,300), UCLA (2,002), Syracuse (1,993), Temple (1,993), Notre Dame (1,963) and St. John's (1,942).

Overpaid vs. underpaid coaches

It was probably just a coincidence that not long after USA Today released its list of most overpaid college basketball coaches, John Calipari escaped the torch and pitchfork mob at Kentucky after yet another early NCAA Tournament exit.

Media reports indicate that Calipari took a paycut from the \$8.5 million in total compensation in 2023-24 to find a new Southeastern Conference home at Arkansas.

Indiana's Mike Woodson also fell on Paul Myerberg's overpaid list. He pulled no punches after the Hoosiers missed the NCAA Tournament.

"Woodson will be back for another year at Indiana, perhaps to the delight of the rest of the Big Ten," Myerberg wrote. "Woodson is making \$4.2 million in total compensation, third among Big Ten coaches, while overseeing a team that has taken a very noticeable step back following back-to-back tournament bids."

Big Ten peer Kevin Willard's \$4 million salary for a 16-17 season at Maryland and 12th place in the conference also made the overpaid list. It was a bad year for big-time basketball in Kentucky with Kenny Payne being fired at Louisville after getting \$3.5 million for eight victories this past season.

Purdue's Matt Painter was third on Myerberg's underpaid list behind South Carolina's Lamont Paris (\$2.3 million) and

Iowa State's T.J. Otzelberger (\$2.5 million). "The \$3.7 million Painter will earn in 2023-24 ranks 24th among coaches on our list and remains one of the best deals in college basketball," Myerberg writes.

Ranking Big Ten QBs

It will be a fall of change in Big Ten Conference football with the addition of USC, UCLA, Oregon and Washington.

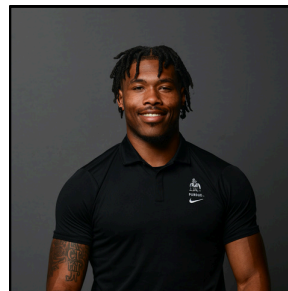
With them come a host of quarterback questions. Without explaining his methods, Bill Bender of The Sporting News attempted to rank the 18 projected starting quarterbacks after spring football.

Purdue's Hudson Card was rated seventh but probably should have been rated fifth ahead of incoming Nebraska five-star freshman Dylan Raiola (6th) and USC junior Miller Moss (4th) and his one career start replacing new Chicago Bears quarterback Caleb Williams in the Holiday Bowl. Raiola may be the next coming of Tommie Frazier for all we know but history tells me recruiting rankings need to be viewed skeptically. Moss was impressive against Louisville, 372 yards and 6 TDs, but the Cardinals will never make anyone forget the 1985 Chicago Bears defense.

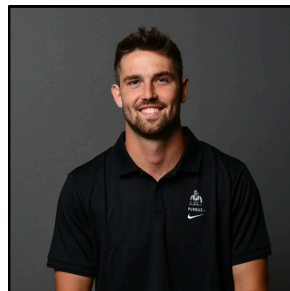
Card's 2,387 yards and 15 touchdowns to eight interceptions ranks second among returning Big Ten quarterbacks who played in the conference.

"He fits in coach Ryan Walters' offense, and the Texas transfer should get that second-year bump from being in the same system," Bender writes.

Typical of today's college football, Bender's No. 1 Big Ten quarterback is Oregon senior Dillion Gabriel, his third school after 25 starts at Central Florida



Tyrone Tracy Jr.



Hudson Card



Tyrone Tracy Jr.

and 24 at Oklahoma. Gabriel has thrown 125 TDs to 26 interceptions in his career.

At No. 2 is Kansas State transfer Will Howard, who moved to Ohio State after the Buckeyes suggested former quarterback Kyle McCord find a new home at Syracuse.

Other transfer quarterbacks projected to start this fall are Will Rogers (Mississippi State) at Washington, Tyler Van Dyke (Miami) at Wisconsin, Kurtis Rourke (Ohio) at Indiana, Max Brosmer (New

Hampshire) at Minnesota and Athan Kaliakmanis (Minnesota) at Rutgers. Rourke comes in 10th on Bender's list thanks to career totals of 7,651 yards, 50 TDs and 16 interceptions. "It will be interesting to see how Rourke makes the jump from the MAC to the Big Ten," Bender writes.

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

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