

■ TODAY'S VERSE

Proverbs 31:28

Her children arise up, and call her blessed; her husband also, and he praiseth her.



Don't forget to "spring forward" tomorrow night when you go to bed . . . wouldn't want to be late for church Sunday!

■ HAMILTON HAPPENINGS

The Noblesville High School Hire a Miller Career Fair is slated for Tuesday, March 24 at NHS. This may be especially attractive for employers who have job opportunities that may be filled by current or graduating NHS students. However, registration is required. The high school is partnering with Junior Achievement and the Noblesville Education Foundation to offer this employment fair. Additional details will be made available as the event nears. In the meantime, find out more information by contacting Josh Back with Junior Achievement (josh.back@jaindy.org) or hireamiller@nobl.k12.in.us.

■ QUOTE OF THE DAY

"Every accomplishment starts with a decision to try." Gail Dever

■ JOKE OF THE DAY

How did the two cats end their fight? They hissed and made up.

■ ADOPT A PET JASPER



Jasper is a friendly, affectionate fellow with a love for being a lap cat. This 9-year-old male Domestic Shorthair has been available for adoption at the Humane Society for Hamilton County (HSHC) since 12/8/25. Jasper is a diabetic cat looking for a quiet home where he can spend his days lazing about with his chosen people. He may take a while to warm up to a new home, but once he gets to know you, be prepared for endless days of meowed greetings and new adventures. To meet Jasper, please fill out an adoption application at hamiltonhumane.com/adopt, then stop by HSHC anytime 12-5 PM daily (closed Wednesday).



# The TIMES

NOBLESVILLE, INDIANA

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## BOOMER BITS... Tips and Advice from Boomers to Boomers Am I Entitled to More Social Security as a U.S. Veteran?

Dear Rusty: I served in the U.S. Army from July 1964 to July 1967. Am I eligible for a higher Social Security payment? Thank you.

Signed: Vietnam Era Army Vet

Dear Army Vet: Please accept my sincere thanks for your military service. I believe you are referring to the "Special Extra Credit for Military Service" which has been the subject of many published articles. That refers to a special Social Security accommodation available only to those who served in the military during specific periods of time - but it does not add to your monthly Social Security payment. Rather, it adds to your military



ASK RUSTY  
Social Security Advisor

earnings record for the years you served, which may (or may not) result in a higher Social Security benefit when you later claim Social Security.

Here's how it works in your case: Serving between 1964 and 1967, if you told Social Security of your military service when you applied

for Social Security benefits (or gave them a copy of your DD-214), they would have added up to \$1,200 per year to your military pay record (FYI, those who served after 1966 were automatically given earnings credit for their military service years). However,

See Rusty Page 3

## Chia Seeds Aren't Always Superfood

A health expert has warned against a viral TikTok trend that sees people consuming chia seeds incorrectly, potentially causing serious digestive problems.

A spokesperson from NYO3 (https://nyo3.com/), a diet supplementary brand from Norway explained that chia seeds, which are a trending ingredient on social media, require proper preparation before consumption, which many are failing to do as they follow the new diet trend. Chia seed related hashtags have had more than 300,000 posts on TikTok.

The experts highlighted the best ways to consume chia seeds and avoid dangerous ways of following the health trend.

Soak before eating them Chia seeds absorb up to 27 times their weight in water. When consumed dry, they continue this absorption process inside your digestive tract, potentially forming a concrete-like mass that can cause blockages. This absorption property, while beneficial when properly harnessed, creates substantial risk when the seeds are eaten dry or without enough liquid. You are able to mix

chia seeds in with porridge, milk, or just plain water.

Mix with enough liquid - the more, the better

Always mix chia seeds with plenty of liquid and allow them to fully expand before eating. Puddings, smoothies and overnight oats are going to be the safest way to prepare eating chia seeds, because they give the seeds time to absorb liquid without that happening in your stomach. The health risks associated with the wrong consumption can range from mild discomfort to

See Chia Page 5

## ■ THREE THINGS YOU SHOULD KNOW

1. The recent arrests in Indianapolis of five people allegedly involved in a sex-trafficking ring should serve as a reminder to all Hoosiers to stay alert to signs of human trafficking, Attorney General Todd Rokita said. Large gatherings and travel hubs are known to create increased demand for trafficked individuals forced into manual labor, commercial sex acts or other exploitative services. People in certain roles — such as hotel staff, restaurant workers, transportation providers and medical professionals — are especially likely to encounter trafficking victims and should stay alert. Signs of human trafficking to watch for include: Individuals who appear fearful, submissive, or unable to speak for themselves. People living in cramped or poor conditions, or with their employer. Signs of physical abuse, malnourishment, or lack of personal freedom. Answers that seem scripted or rehearsed when questioned. Minors engaging in commercial sex acts, with or without overt signs of coercion. If you suspect someone is being trafficked, contact local law enforcement right away or call the National Human Trafficking Hotline at 1-888-373-7888.

2. The Indiana Department of Environmental Management has extended the deadline for applications and nominations for the 2026 Governor's Awards for Environmental Excellence to Friday, March 13, by 11:59 p.m. EDT. The original deadline was March 6. Citizens, government agencies, businesses, organizations, and educational institutions are invited to submit nominations on behalf of others. Self-nominations (applications) are also encouraged. Eligible projects must have occurred in Indiana and been implemented in 2024 or 2025. Nomination forms and instructions are available at idem.IN.gov/partnerships/governors-awards-for-environmental-excellence.

3. The Indiana Medical Licensing Board has summarily suspended, effective immediately, the medical license of Dr. A. Michael Guirguis for 90 days after Attorney General Todd Rokita's office petitioned for the emergency action, citing allegations that the former southern Indiana physician sexually abused multiple male patients during genital and prostate exams. Dr. Guirguis, who practiced with Norton Healthcare from 2008 until his termination in December 2025 for "grossly unprofessional conduct," faces multiple allegations of sexual misconduct and abuse during patient examinations. These include: Observing a patient ejaculate to provide a semen sample Grabbing a patient's penis during a prostate exam and tugging and rubbing other patients' genitals Conducting prolonged genital examinations lasting approximately 10 minutes Using more than one finger during rectal and prostate exams Failing to warn patients before digital rectal insertion Performing genital and prostate exams without gloves The 90-day summary suspension may be renewed upon findings that the clear and immediate danger to public health and safety persists. This allows the state to continue its investigation and litigate formal charges seeking permanent revocation of Dr. Guirguis's license.

## Wake-Up Call: DST May Impact Your Heart Health



As much of the nation prepares to "spring forward," the American Heart Association cites scientific research that indicates the spring time change may negatively impact your heart and brain health

Losing an extra hour of sleep may not be the worst thing that could happen when you "spring forward" at the start of daylight saving time. According to the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, scientific researchers have noticed a marked increase in heart attacks and strokes in the days following this time change each year.

This year, daylight saving time begins on Sunday, March 8. Daylight saving time is the practice of setting the clocks an hour ahead of standard time to achieve longer evening daylight in the summer months. While gaining extra daylight may be a nice change, the transition could come with some health challenges.

According to a study of hospital admissions across the state of Michigan, there was a 24% increase in heart attacks on the Monday following the switch to daylight saving time. In a study from Finland, researchers found that the overall rate of ischemic stroke was 8% percent higher during the first two days after a daylight saving time transition. Other research has found that, in general, more serious heart attacks occur on Mondays than on any other day of the week, making the day after the time change even more worrisome.

"We don't really know exactly why there is an increase in heart attacks and strokes during the change to daylight saving time. It's likely connected with the disruption to the body's internal clock, or its circadian rhythm," said Dr. Larry Markham, president of the American Heart Association's Indianapolis board of directors. "It's important to be aware of this increased risk, especially if you already have heart disease or other risk factors. Recognize the signs of a heart attack or stroke and call 9-1-1 if you or someone you're with

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# The TIMES

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## Ryvre Paisley Musselman is New Junior Member of American Angus Association

Ryvre Paisley Musselman of Cicero is a new junior member of the American Angus Association, reports Mark McCully, CEO of the national organization with headquarters in Saint Joseph, Mo.

Junior members of the Association are eligible to register cattle in the American Angus Association, participate in programs conducted by the National Junior

Angus Association and take part in Association-sponsored shows and other national and regional events.

The American Angus Association is the largest beef breed association in the world, with more than 21,000 active adult and junior members. Visit [NJAA.info](http://NJAA.info) for more information about the National Junior Angus Association.

## Belfry Theatre Presents A Bittersweet Story of Friendship Across Time

The Belfry Theatre invites audiences to experience Vanities by Jack Heifner, a poignant and humorous exploration of friendship, ambition, and growing up. Directed by Jen Otterman, the production runs through March 15 at The Cat Theatre in Carmel.

Set in 1963, 1968, and 1974, Vanities follows Joanne, Kathy, and Mary from vivacious Texas high school cheerleaders to a revealing reunion years later in New York. As their lives unfold, the play captures the shifting dynamics of lifelong friendship and the choices that shape who we become. "Vanities will resonate with audiences

because it feels deeply personal," says Ka'Leina Cuevas, who plays the role of Kathy and is also the producer for the show. "It reminds us how our friendships evolve as we grow, and how time can both strengthen and challenge those bonds."

Performances are scheduled for March 6 and 13 at 8 p.m., and March 7, 8, 14, and 15 at 2 p.m. All performances take place at The Cat Theatre, 254 Veterans Way, Carmel, IN. Tickets are \$20 for adults and youth, and \$15 for seniors (64+). Tickets are available at [thebelfrytheatre.com](http://thebelfrytheatre.com)

For more information, visit the Belfry's website or follow Belfry Theatre on Facebook and Instagram.

## Health Department Warns of Measles Exposure

As families prepare for spring break trips, the Hamilton County Health Department is urging residents to make sure they are fully vaccinated against measles before they travel.

Measles cases are rising sharply across the country. So far in 2026, 976 confirmed measles cases have been reported across 26 states. All states surrounding Indiana are reporting cases, increasing the risk of exposure for travelers.

"Measles is one of the most contagious viruses known," says Jason LeMaster, Administrator of the Hamilton County Health Department. "Spring break travel increases the likelihood of exposure, especially in crowded airports and vacation destinations. The best protection is to make sure you and your family are fully vaccinated before you go."

Measles spreads through the air when an infected person coughs or sneezes and can linger in the air for up to two hours after that

person has left the area. That means you could potentially be exposed in airports, hotels, theme parks - or even from someone seated near you on a plane.

The measles, mumps, and rubella (MMR) vaccine is highly effective. One dose provides approximately 93-95% protection against measles. A second dose boosts measles protection to roughly 97% and helps ensure long-lasting immunity.

"Many adults assume they're protected, but if you don't have written documentation of vaccination or proof of immunity, it's worth checking," says Janice VanMetre, Director of Nursing. "Measles can lead to serious complications, including pneumonia, brain swelling, hospitalization, and in rare cases, death. It's not worth taking the risk."

Residents who are unsure of their vaccination status can check their records through the Indiana Department of Health's MyVaxIndiana portal



**Jason LeMaster**  
at: <https://www.in.gov/health/immunization/myvaxindiana/>

Most adults born in 1957 or later need at least one dose of MMR vaccine if they have not been vaccinated or do not have proof of immunity. A second dose is recommended for children and higher-risk groups, including healthcare workers, international travelers, and college students.

"If you're planning to travel for spring break, now is the time to act," adds VanMetre. "It takes about two to three weeks for your body to build maximum protection against measles after vaccination. Waiting until the last minute may leave you vulnera-



**Janice VanMetre**  
ble. Getting vaccinated now helps ensure you and your family are protected before you board that plane."

The MMR vaccine is safe and effective for most people. However, it is not recommended for:

- Pregnant women or those planning to become pregnant within the next four weeks
- People with weakened immune systems due to illness, chemotherapy, HIV, or other conditions
- Individuals with severe allergies to vaccine components

For more information, contact the Hamilton County Health Department or speak with your healthcare provider.

## Westfield Library Awarded \$10K Carnegie Grant

The Carnegie Corporation of New York has awarded a \$10,000 gift to the Westfield Washington Public Library. The award is part of Carnegie Libraries 250, a special initiative celebrating the upcoming 250th anniversary of the signing of the Declaration of Independence and honoring the roughly 1,280 Carnegie Libraries still serving their communities.

"This gift is a meaningful reminder of the vision that helped shape public libraries across the country," says Executive Director Sheryl Sollars. "For nearly 170 years, the Westfield Washington Public Library has served as a place of

learning, connection, and opportunity for this community. It is an honor to be recognized as part of that enduring Carnegie tradition while continuing to meet the evolving needs of Westfield residents."

Scottish immigrant Andrew Carnegie funded the construction of 1,681 free public libraries nationwide between 1886 and 1917. That includes the original Westfield Washington Public Library, which was awarded a \$9,000 Carnegie grant in 1920, to build the library at 104 W. Main Street. Indiana boasts the highest number of Carnegie libraries in the United States, with

164 built between 1901 and 1922.

"Our founder, Andrew Carnegie, who championed the free public library movement, described libraries as 'cradles of democracy' that 'strengthen the democratic idea, the equality of the citizen, and the royalty of man,'" Dame Louise Richardson, president of Carnegie Corporation of New York and former head of the University of Oxford, said. "We still believe this and are delighted to celebrate our connection to the libraries he founded."

The Westfield Washington Public Library may use the funds to celebrate the country's



**Executive Director Sheryl Sollars**

250th anniversary, further its mission, and benefit the community it serves. Patrons are invited to share their Westfield Washington Public Library photos, stories, and community celebrations at [carnegielibraries.org](http://carnegielibraries.org).

## The Times

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Thank you for reading  
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## Sheridan Schools Sets State of Finances Meeting

Sheridan Community Schools is always grateful for the tremendous support from its community. A core value of SCS is their community-centered mindset, which is supported by the families, local organizations, and, of course, the community members who make an impact on the direction and path of the lives of the students, staff, and programs at SCS.

Later this month, SCS will be hosting a State of Finance Public Meeting. This meeting will take place on Wednesday, March 18, from 6:00-7:15 p.m.

in the SHS Auditorium. Any community member is invited to attend and hear district leaders share an overview of the current financial outlook for SCS. Leaders will specifically focus on the impact of Senate Bill 1, a property tax reform bill, and the challenges the district will face in the months and years ahead.

Superintendent Dr. Dave Mundy noted, "As we move towards the future of SCS, we have some definite hurdles we are going to have to evaluate and overcome. We always appreciate the input and thoughts

of our community as we assess all our options moving forward. We are fortunate to have such a supportive community."

The meeting itself is designed to be informative and collaborative. Attendees will have the opportunity to ask questions and learn more about where the district stands financially. Because SCS values community, that voice is essential as the district moves forward towards thoughtful and informed decisions that support students and ensure the continued bright future of the school system.

## Mayor's Grand Gala Supports Westfield Nonprofits

The City of Westfield will host the second annual Mayor's Grand Gala, presented by Card and Associates and Keystone Group, on Friday, May 1, at Westwood Vowery and Estate (18342 Spring Mill Road). The event will take place from 6 to 9 p.m.

The Mayor's Grand Gala is an evening centered on community, generosity, and support for local nonprofit partners. The event will feature a plated dinner, entertainment from a DJ, silent and live auctions, and interactive experiences throughout the event.

In a nod to Indiana's iconic "Month of May", guests can also take part in on-site race simulators for a fun and memorable addition to the evening.

"Westfield's nonprofits are essential to the health and strength of our community," Mayor Scott Willis said. "They provide support, services and hope to residents in ways that often happen quietly and behind the scenes. This event is about coming together to support their missions and ensure they can continue serving those who need them most."

The evening will

also feature a reverse raffle for a chance to win a 2026 Cadillac XT5 through a two-year lease, generously donated by Chariot Automotive Group in Kokomo. The donation is especially meaningful because the company's owner, Rex Gingerich, is a Westfield resident and supporter of the community.

Proceeds from the Mayor's Grand Gala support nonprofit partnerships through the Advancing Westfield Foundation. Funds raised in previous years have supported CICOA, Heart and Soul Free Clinic, and West-

field Youth Assistance Program.

Grant applications for 2026 funding will open June 1 and close June 30. Applications will be coordinated through the Hamilton County Community Foundation. Additional information, including how to apply, will be released closer to the application date.

Tickets for the Mayor's Grand Gala start at \$200, and only a limited number remain. To purchase tickets or learn more about sponsorship opportunities, visit [westfieldgrandgala.com](http://westfieldgrandgala.com).

# IHSAA Commissioner Wants to Reward More Than Titles

Buckle up, folks. Like many of you, I've been snowed in much of these past few weeks. That means I've spent a lot of time rubilating on the world's problems, and I'm trying my best to fix them. After a few more lifetimes, I think I might be able to do it.

There's one problem in front of us, though, that I need your help with: I want to be better at celebrating average.

That might sound controversial. Especially coming from the Commissioner of an Association that is responsible for celebrating the best in our State by crowning its champions. But if it is atypical to be a state champion, that means the typical—or average—experience

for a student-athlete in Indiana is a career without a championship.

As proud as we are of those teams who earn state titles and student-athletes who have worked their way to the top of the podium, the measure of success for high school sports in Indiana must look beyond tournament wins. After all, half of the schools competing in any given state tournament are eliminated after the first night.

So, what does that mean? And how does that relate to celebrating average?

Success needs to be measured by what was learned rather than what was won. Since tournament wins and championships are exclusive by nature, they cannot adequately

measure the development of an average student-athlete. Our measure of success needs to be something that can apply to the average student-athlete.

The way I see it, athletic opportunity in our state is a community resource. It's a tool that I want to make available to every high school student with a desire to participate. I'm not suggesting that all high school teams eliminate cuts, or that a basketball team have unlimited roster spots. And I'm certainly not suggesting that we start giving out participation trophies.

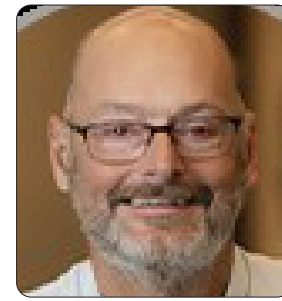
Rather, I'm merely suggesting that, more than any contest win, our teams celebrate their biggest victory as the development

of hard working, well-rounded, mentally tough young men and women.

I'm suggesting that, as a state, we recognize and protect one of the best community resources we have for ensuring a strong future for the next generation.

I'm suggesting that, as an Association, we find ways to celebrate the fact that the average student-athlete will learn more through battling adversity than they will by winning a tournament contest. They'll be shaped by the lessons of their losses, and will grow as competitors, teammates, and humans because of it. That's a victory greater than any trophy.

I was never a State Champion. Not even a



## Paul Neidig

Indiana High School Athletic Association Commissioner

Sectional Champion. Heck, I picked melons and worked the hayfields in Posey County, and didn't think much beyond that growing up. But I wouldn't be who I am today—or where I am today—if it weren't for my experience in the second classroom of high school sports.

As Commissioner, I fully understand that it's the IHSAA's job to conduct tournaments and crown champions. And I wouldn't have it any other way. But

as Commissioner, I also recognize that it takes ALL of us to protect the experience that makes participating in high school sports a win for our student-athletes. And it takes all of us to make sure that win stays bigger than any trophy.

And as a thoroughly "average" Hoosier myself, that's a win I can stand behind.

*Paul Neidig is the commissioner of the Indiana High School Athletic Association.*

## Baldwin Bill Opens Up Negotiations

A bill authored by State Sen. Scott Baldwin (R-Noblesville) that would protect patient access to health care by mitigating delayed care and resolving payment disputes between insurers and health care providers unanimously passed the Senate on Feb. 26.

In 2021, the federal government passed the No Surprises Act, which established the lawful way to resolve reimbursement disputes through an independent dispute resolution process. However, this process has been flooded with a higher number of claims than what was initially anticipated.

To address the large number of claims submitted through the dispute resolution process, Senate Enrolled Act 189 would allow insurers to trigger a "good faith" conference with all parties if a provider submits 25 or more disputes within a 90 day period. This meeting would be used to negotiate a reimbursement

agreement instead of pursuing a dispute resolution case, which would avoid a delay in needed medical care and lead to increased costs.

SEA 189 would also prohibit insurers from imposing administrative fees on health providers who provide care involving an out-of-network providers. If an insurer charges a fee for an out-of-network service, this violation would be treated as an unfair and deceptive act and be subject to penalties in existing law.

SEA 189 would ensure Indiana's health care market is competitive by preventing health insurance companies from using their power to urge health care providers toward specific health insurance carriers," Baldwin said. "I want to thank Rep. Barrett for agreeing to sponsor my bill and working with me to ensure Hoosiers can get access to health care and in a timely manner."

When hospitals are

faced with financial penalties from insurance companies, they are incentivized to scramble to find in-network care or postpone care until someone in-network is available. By removing the financial pressure from insurers, health care employers and firms would be allowed to staff cases based on availability, patient need and clinician expertise – not network status.

SEA 189 would also protect hospitals from being punished for unavoidable out-of-network clinician participation, and clinicians would be protected from being forced into network relationships with insurance carriers, which would help promote healthy competition in health care.

SEA 189 now heads to the governor for further consideration.

*Baldwin (R-Noblesville) represents Senate District 20, which includes Noblesville, Carmel, Cicero and unincorporated areas of Hamilton County.*

## RUSTY

Continued from Page 1

whether those special extra credits would affect your monthly Social Security benefit depends on your lifetime earnings record when you later claimed Social Security.

When you applied for benefits, Social Security reviewed your lifetime earnings and used the highest earning 35 years of earnings over your lifetime (adjusted for inflation) to calculate your "Primary Insurance Amount" (or "PIA," which is what you get if you claim benefits to start at your Social Security full retirement age). If, after your military service, you had 35 or more years of earnings which were higher than your earnings while serving in the military, Social Security would have used your later higher earning years to calculate your benefit, and your military earnings would not have had an effect on your Social Security benefit. However, if any of

your military earnings (including the "special extra credits") were among the highest over your lifetime, then those higher military earnings would be included when calculating your Social Security benefit.

So, whether you would benefit from these "special extra credits for military service" depends largely on your earnings history after you were discharged from active duty. If your military earnings were among the highest earning years over your lifetime, and you provided SSA with a copy of your DD-214 when you applied for Social Security, then your current SS benefit already includes consideration of your military service (FYI, Social Security should have asked about your military service when you applied). If you didn't tell SS about your military service when you applied for Social Security, or if you aren't sure, you

should contact the SSA at 1.800.772.1213 and ask if you were given those "special extra credits for military service" for your 1960s military service years when you applied for Social Security. But if you had at least 35 years of higher earnings after you left military service, your current SS benefit is already based on those later higher earning years, and you will not get any additional / Social Security benefit because of the "special extra credits" for your military service years.

*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/programs/social-security-advisory) or email us at rsadvisory@amacfoundation.org.*

## Westfield Young Professionals Meet Tuesday

Start your morning with the Westfield Young Professionals on Tuesday from 8:09 a.m. at Hampton Inn in Westfield. This is an opportunity to make connections with peers who work and / or live in Westfield!

The speaker will be Shelby Dempsey, Founder & COO of Westwood Vowery & Estate! Westwood is a new events & wed-

ding venue opening in Westfield this spring! Owned by husband and wife team Shelby and Seth Dempsey, alongside partners Tana and Chris Henry, Westwood is presented by the same ownership team as sister company The Sixpence Wedding + Event Space.

Come network with fellow young professionals and gain valuable insight towards



becoming a leader in your community! Register at <https://westfieldchamberofcommerce.growthzoneapp.com/ap/Events/Register/3B-F7Z1zcYQCg>

## HEART

Continued from Page 1

experience any of those symptoms."

The American Heart Association offers a few tips to get ahead of the time change:

Do start now to get outside and get as much natural light as possible each day. This can help adjust your body rhythm for the change to come.

Do begin winding down a little earlier in the evenings ahead. While you can never make up lost sleep, going into the time change well-rested can help.

Don't compensate with extra caffeine. It may feel like an extra coffee or two can help you through the mid-day slump, but too much caffeine is not heart-healthy.

"We know that the amount and the quality of sleep a person gets at any time of the year is essential to good health. That's why the American Heart Association has added sleep to our Life's Essential 8™, which is our equation of 4 health factors and 4 health behaviors that are needed for good cardiovascular health," Markham said. "In addition to increasing the risk for cardiovascular conditions like heart attack and stroke, lack of sleep may also put people at risk of things like depression, cognitive decline and obesity."

The Association's Life's Essential 8 recommended ideal level of sleep is:

- 7-9 hours daily for adults;
- 8-10 hours daily for ages 13-18 years;
- 9-12 hours daily for

ages 6-12 years; and 10-16 hours daily for ages 5 and younger.

"More than 1 in 3 adults do not get the recommended amount of sleep for heart health. It's important to maintain a healthy sleeping pattern all year long, and there are some specific steps you can take to set yourself up for a good night's rest," Markham said.

Don't hit snooze: Sleeping past your alarm can make you groggier in the morning. Try putting your alarm clock across the room so you must physically get out of bed to turn it off.

Prioritize exposure to natural light: Maximize exposure to natural light during the day to regulate your body's internal clock and prepare for a restful night. Try going for a walk when you wake up in the mornings to promote physical activity while getting natural sunlight.

Eat a healthy, balanced diet: Enjoy a heart-healthy diet with plenty of fiber-rich vegetables, fruits, legumes and whole grains and balance your calories throughout the day. When you get more calories late at night, sleep may be less peaceful.

Watch what you drink: Drinking sugary, caffeinated or alcoholic beverages may lead to more disruptions during the night.

Limit afternoon naps: Avoid taking long naps during the day because they can disrupt your sleep patterns and make it harder to achieve restful sleep at night. Instead, focus on

maintaining consistent sleep patterns to support good overall sleep quality.

Limit technology use in the evening: The blue light of most electronic devices can interfere with your circadian rhythm and melatonin production. Create a productive sleep environment by keeping electronic devices out of the bedroom. Aim to disconnect from screens at least one hour before bedtime to reduce exposure to blue light and promote better sleep quality.

Create a relaxing bedtime routine: Engage in calming activities before bed, such as reading a book, journaling, taking a warm bath, or practicing relaxation exercises like deep breathing or meditation. Relaxing activities can help ease into a restful night's sleep.

"Making small changes in your daily habits can make a big difference in your sleep quality and overall health. Instead of turning on the TV to help you fall asleep, try reading a book or journaling about your day. Putting your phone in another room can also prevent the temptation to scroll in bed," Markham said. "Implementing these small habits now can help you prepare for the upcoming daylight saving time change and ensure your sleep patterns are strong and more likely to remain consistent all year long."

*Learn more about the importance of sleep for heart health at [heart.org](http://heart.org).*

# Ranking Top 10 Small Forwards in Purdue Hoops History



**SPORTS,  
SPORTS, &  
MORE SPORTS**  
*with Ken Thompson*

In the 1960s, Purdue had a run of great scorers from Terry Dischinger to Rick Mount.

The man in the middle between Dischinger and Mount heads my list of the top 10 small forwards in Purdue basketball history.

Dave Schellhase – After leading the state in scoring while at Evansville North (30.5), Schellhase went on to pace the nation in scoring at 32.5 points a game as a senior during the 1965-66 season.

Schellhase was the first Boilermaker to score 2,000 (2,074) and held the single-game scoring record of 57 against Michigan on Feb. 19, 1966. He was a three-time first-team All-Big Ten selection and a two-time All-American.

He was the Chicago Bulls' first NBA Draft pick in 1967, making the shift from small forward at Purdue to guard with the Bulls.

To learn more about Schellhase, I recommend his autobiography, authored with Tom Speaker, "The Schellhase Story: Rise, Fall, Redemption"

Herman Gilliam – One of the best athletes to ever wear a Purdue uniform, Gilliam was an important part of the 1969 NCAA runner-up squad.

He was an All-Big Ten selection as a senior in 1969 and was a first-round draft choice by the Cincinnati Royals.

"I always felt like Herman was our best player," said Billy Keller, who played alongside Rick Mount in that Final Four backcourt. "He was the guy that could do everything. Herman could have scored a lot more had the focus been on Herman."

Cuonzo Martin – One of the great stories in Purdue basketball history, Martin did not make a single 3-pointer during his first two seasons.

As a junior and a senior, Martin shot nearly 46 percent from 3-point range (179 of 390) to help the Boilermakers win two outright Big Ten championships in 1994 and 1995. He led the league in 3-point shooting as a senior.

During his four seasons in West Lafayette, Purdue

went 90-37. As a junior and a senior, Martin led Purdue to a 54-12 mark.

Martin averaged 18.4 points per game while shooting 47 percent from 3-point range. He departed with 1,666 points.

Robbie Hummel – One of Purdue's all-time "what if" stories still managed to put up a strong legacy.

Hummel was the first true Purdue freshman to earn first-team All-Big Ten honors. Back spasms and a broken vertebra kept him out for five games but he came back in time to help the Boilermakers win their first Big Ten Tournament title and earn most outstanding player honors.

The first of two torn ACLs derailed a potential Final Four season in 2009-10, but Hummel still earned first-team All-Big Ten honors. He reinjured the knee before the 2010-11 season. As a fifth-year senior, Hummel became the first Purdue player since Rick Mount to be named first-team All-Big Ten three times.

Hummel left Purdue with 1,772 points, which at the time placed him ninth in school history.

Drake Morris – A starter on the 1980 Final Four team, Morris was a strong No. 3 scoring option after Joe Barry Carroll and Keith Edmonson.

Morris eased the transition from Lee Rose to Gene Keady, teaming up with Edmonson and freshman Russell Cross to help Purdue reach the NIT title game.

Morris finished with 1,250 points. He was elected to the Indiana Basketball Hall of Fame in 2023.

Bob Ford – The Evansville native was a first-team All-Big Ten selection as a senior in 1972.

At the time of his induction into the Leroy Keyes Purdue Athletics Hall of Fame in 2024, Ford was 10th in school history for both scoring average and rebounding average. He finished with 1,244 points in three varsity seasons in an era of freshman ineligibility.

Rapheal Davis – His place on this list was cemented by winning Big Ten Defensive Player of the Year honors as a junior in 2015.

However, his ranking is boosted by his role in helping the program reverse course after a last place Big Ten finish in 2013. Davis is credited by coach Matt Painter for demanding discipline and maintaining an example of high standards. "If he doesn't do some of those things, I don't know if I'm here," Painter told Nathan Baird of The Indianapolis Star.

Davis, who committed to Purdue as a high school freshman, finished with 1,009 career points.

Mike Robinson – One of the most distinguished recruits during Gene Keady's tenure, Robinson was a McDonald's and Parade Magazine All-American coming out of Peoria (Ill.) Richwoods High School.

Robinson was a Big Ten All-Freshman Team selec-

tion in 1997. He was among the first players in Purdue history with at least 1,000 (1,322) points, 500 rebounds and 200 assists. He helped Purdue reach the Elite Eight as a senior in 2000.

Dakota Mathias – When he graduated in 2018, Mathias held the career record for 3-pointers with 250. He also was chosen to the Big Ten All-Defensive Team as a senior.

Mathias was a career 42 percent 3-point shooter and shot better than 80 percent at the free throw line. He finished with 1,140 career points.

Fletcher Loyer – The second active player on my Top 10 lists, Loyer has a shot at leaving Purdue with the most 3-pointers made in school history.

Loyer and Braden Smith have started every game in their Purdue careers. Entering Wednesday night's game at Northwestern, Loyer is a career 40 percent shooter from 3-point range. That statistic is boosted by shooting 44.4 percent from behind the arc as a sophomore and a junior.

After Wednesday's victory at Northwestern, Loyer's point total stands at 1,681. That gives him a chance at finishing his career among the Top 15 scorers in school history with at least three games remaining.

*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.*

# Quigley, Holman, Stidham Make Top 60

Three girls from Hamilton County, one from Noblesville and two from Southeastern, have been selected from approximately 1,400 senior players statewide for Hoosier Basketball Magazine's Top 60 senior girls' basketball players for 2025-26.

Statistical evaluation, game observation and statewide research were conducted during the season and throughout the state tournament to determine Hoosier Basketball Magazine's Top 60.

The three are:

C.C. Quigley from Noblesville

Kennedy Holman from Hamilton Southeastern

Kayla Stidham from Hamilton Southeastern

Two sessions of the 44th annual Top 60 Senior Workout will be hosted by Hoosier Basketball Magazine in conjunction with the IHSAA and the IBCA on Sunday at Beech Grove High School. Half of the Top 60 girls, primarily from northern and southern Indiana, will participate in the first session. The remaining players, primarily from central Indiana, will compete during the second session.

The Top 60 Senior Workout includes five of the state's top senior scorers, all over 25 ppg – Audrey Barron, Shawe Memorial (28.8 ppg); Emily Parker, Boon-

ville (27.9); Brynn Owens, Austin (26.5); Laniah Wills, Lapel (26.5); and Gracyn Gilliard, Center Grove (25.6).

There are six players who participated in the 2026 IHSAA state finals including three state champion players – Gilliard from Center Grove (AAAA) along with Riley Rarick and Ava Wheeler, both from Class A Borden. Runner-up representatives include Vanessa Rosswurm and Macie Saalfrank from AAAA Norwell, plus Catie Rosko, Roncalli (AAA).

All of the student-athletes who were spotlighted on the front cover of Hoosier Basketball Magazine are recognized as Top 60 Seniors. Featured front and center are Lillian Barnes, Valparaiso (Ball State), Joslyn Bricker, Warsaw (Butler), Myah Epps, Homestead (Louisville), Kennedy Holman, Hamilton Southeastern (Florida), Lola Lampley, Lawrence Central (LSU) and Brooklynn Renn, Silver Creek (Kansas). Lampley is selected, but unable to participate. Also pictured on the cover are Mollie Ernestes, Jennings County (Kansas), Gilliard, Center Grove (Davidson), Gabby Helsom, Homestead (Toledo), Katie Reed, Washington (Murray State), Vanessa Rosswurm, Norwell (Indiana Wesleyan), Maddy Shirley, Evans-

ville Central (Southern Indiana), Wills, Lapel (Butler) and Brooke Zartman, Warsaw (Miami-OH).

Beech Grove coach Amy Selk will direct both sessions. Other outstanding Indiana girls' high school coaches from the IBCA have been invited to join the 2026 Top 60 staff – Ty'Ronda Benning (Delta), Keith Hollins (Pike), Gretchen Miles (Washington) and Nick Rogers (Pendleton Heights).

Both sessions are open to the public for admission fee of \$9.

**HOOSIER BASKETBALL MAGAZINE TABS TOP 60 SENIOR GIRLS**

Attached is the list of Hoosier Basketball Magazine's Top 60 senior girls' basketball players for 2025-26 as compiled by Hoosier Basketball Magazine. These girls were selected from approximately 1,400 senior players statewide. Statistical evaluation, game observation and statewide research were conducted during the season and throughout the state tournament to determine Hoosier Basketball Magazine's Top 60.

Two sessions of the 44th annual Top 60 Senior Workout will be hosted by Hoosier Basketball Magazine in conjunction with the IHSAA and the IBCA on Sunday, March 8th at Beech Grove High School in

Indianapolis (5330 Hornet Avenue, Indianapolis, IN 46107).

Half of the Top 60 girls, primarily from northern and southern Indiana, will participate in the first session (1:00-3:00 pm EST). The remaining players, primarily from central Indiana, will compete during the second session (3:30-5:30 pm EST).

The Top 60 Senior Workout includes five of the state's top senior scorers, all over 25 ppg – Audrey Barron, Shawe Memorial (28.8 ppg), Emily Parker, Boonville (27.9), Brynn Owens, Austin (26.5), Laniah Wills, Lapel (26.5) and Gracyn Gilliard, Center Grove (25.6).

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Both sessions are open to the public for admission fee of \$9.00. Media can call (317) 925-8200 if interested in credentials for one or both sessions.

The Top 60 girls follow. Kennedy Holman, Hamilton Southeastern

C.C. Quigley, Noblesville  
Kayla Stidham, Hamilton Southeastern

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Private Party Notices Submitted After Deadline May Be Subject To \$25.00 Fee In Addition To The Cost Of The Advertisement

## Sen. Buck Shares Update



### District 21 Update

State Sen. Jim Buck

**Lowering Hoosiers' Energy Bills**  
 Hoosiers are understandably frustrated by rising utility bills. With that in mind, I voted for House Enrolled Act 1002, which would overhaul Indiana's ratemaking process for electric utilities to promote affordability, predictable monthly bills and reliable service.

One of the major reforms in HEA 1002 is switching to performance-based ratemaking, which requires companies to meet affordability and reliability goals to collect their full return on investment.

Under this model, if a utility's average residential bill increases significantly faster than national electricity prices, the utility's return will be cut by the Indiana Utility Regulatory Commission (IURC). Service providers would also need to ensure their utility is reliable, and if the total duration of a utility's service outages significantly increases, their return will be cut.

Switching to a performance-based model

is the biggest change to Indiana's ratemaking process in over 100 years. Our state has historically operated under a cost-of-service model, where companies could charge customers to recoup their costs. Going forward, the amount utilities can collect will be based on the quality of service they provide to customers.

Preparing Students for Life After High School  
 Indiana is leading the way in preparing Hoosier students for life after high school according to a new nationwide study of policies by the nonpartisan organization XQ Institute.

In recent years, the Indiana General Assembly has supported legislation that reinvented high school by expanding Indiana's work-based learning opportunities and redesigned high school diplomas to give students more flexibility in their post-secondary careers.

*State Sen. Jim Buck represent District 21, which includes Tipton County and portions of Hamilton and Howard counties.*

### CHIA

Continued from Page 1

medical emergencies requiring hospital treatment.

Consumed chia seeds in the wrong way? Here's when to worry and what to do

Anyone experiencing difficulty swallowing, chest pain or the sensation of food stuck in their throat after consuming chia seeds should seek immediate medical attention.

These symptoms could indicate a blockage that may require professional intervention. People with existing digestive conditions or swallowing difficulties face heightened risk and should consult healthcare providers before adding chia seeds to their diets. It's just not worth the risk.

## Aspire Noblesville Pharmacy Fully Open

After its historic ribbon cutting ceremony in February, Aspire's new reimagined pharmacy at its Noblesville health center is now fully open and ready to serve anyone in the community.

After a soft opening, the pharmacy is now fully staffed and stocked with medication to fulfill all prescription needs from any medical provider. The pharmacy accepts Medicaid, Medicare and most traditional insurance.

17840 Cumberland Road  
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 (317) 678-0397

Pharmacy clients who are also Aspire patients enjoy additional benefits including free courier delivery of their medication to their home or work and access to sliding-scale fees, making medication more affordable and accessible to low-income patients. Every Aspire health center is accepting new primary care patients with minimal wait times.

The new pharmacy model is also a key part of the Whole-Person Comprehensive

Disease Management (CDM) program to serve patients with progressive chronic conditions such as rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, psoriasis and chronic migraines. It also offers connection to Specialty Care Services including headache neurology, dermatology and rheumatology needs.

"By opening this Aspire-owned pharmacy, we're improving the accessibility and affordability of medication,"

says Aspire Chief Medical Officer Dr. Holly Oh. "In addition, we are integrating medication experts into our care teams, which means our patients are getting more seamless, coordinated — and better — care."

Aspire has made this exciting leap in partnership with AndHealth, a healthcare organization that specializes in providing high-quality specialty care and pharmacy services to high-need populations.



# Aspire

## Indiana Health

## Westfield Education Foundation Celebrates 40th

The Westfield Education Foundation proudly celebrates its 40th anniversary, launching the milestone year with a sold-out 9th Annual TopGolf Fundraiser. The event featured 40 community sponsors demonstrating their strong commitment to Westfield Washington Schools students and educators. Special thanks to our top supporters: Hole-In-One Sponsor Performance Services, Albatross Sponsor CSO, and our Caddie Sponsors Blades Audio Video Security, SCC, and Stifel, as well as all the sponsors who make these events possible.

"Community partners make a real difference in the lives of our students and educators," said Ash-

ley Knott, Executive Director of the Westfield Education Foundation. "TopGolf was a tremendous success because of their generosity and support. It's exciting to kick off our 40th anniversary year knowing we can continue walking alongside our schools—empowering educators and ensuring students have the resources they need to thrive."

For four decades, the Foundation has partnered with Westfield Washington Schools and the community to empower educators, support students, and expand learning opportunities. Events like TopGolf provide critical funding for classroom grants, student scholarships, and programs that ensure students have access

to essential learning tools, including the Shamrock Supply Hub, which provides teachers with the resources they need to strengthen teaching and learning.

40th Anniversary Pillars

- Teacher grants that empower educators and strengthen classroom learning
- Student scholarships that expand opportunity and open doors for the future
- Community partnerships that ensure the Foundation can provide educators and students with the tools and support they need to succeed

Following TopGolf, the Foundation opened its Spring Jump Start Grant cycle for teachers, demonstrating how commu-

nity support translates directly into classroom impact.

What's Next? Ways to Get Involved

- Jump Start Grant Cycle for Teachers | March 1 – March 31
- Arby's Round Up (Westfield) | February 24 – March 31
- Rock 'n Bowl – Staff Appreciation | March 6
- Adult Literacy Night – Four Finger Distillery | March 28
- Scholarship Applications Open | Deadline April 1
- Westwood Event Venue Celebration | April 25 – Secure Your Ticket
- Stuff the Bus – Shamrock Supply Hub | July 24 (Office Depot), July 31 (Walmart)
- Rock the Block | August 10

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# Heights Musicians, Winter Guard Shine Across Multiple Competitions

Hamilton Heights High School and Middle School Band students recently had outstanding performances, earning top honors across ISSMA, IHSCGA, and IPA events. The band program is under the leadership of Band Director Mark Snelson and Assistant Band Director, Billy Cox.

High school musicians delivered exceptional results at the ISSMA State Solo & Ensemble Contest. Mazie Emmert (Euphonium Solo) earned Silver; Rachel England (Trumpet Solo) received Gold with Distinction; and Kaylee Roberts (Euphonium Solo) also earned Gold with Distinction. The Percussion Ensemble—featuring Nicole Eberhard, Lukas Jackson, Maddy Lustig, Bella McDole, Jack Powell, Kiera Rinas, Connelly Schuster, and Ava Snelson—earned Gold with Distinction as well.

Under the direction of Guy Groves, the Hamilton Heights Middle School Winter Guard earned three consecutive Silver ratings in the IHSCGA circuit, with strong performances at the Zionsville, Brownsburg, and DeKalb contests.

Heights Indoor Percussion (HIP) also turned in impressive results in February



Photo courtesy Hamilton Heights Schools

Hamilton Heights High School and Middle School Band students had an outstanding weekend of performances, earning top honors across ISSMA, IHSCGA, and IPA events.

IPA competitions, placing 3rd at Noblesville and 1st at Pendleton Heights.

The season continues with several opportunities to enjoy and support Heights' student musicians:

ISSMA Jazz Festival – Kokomo High School, Friday, March 6

Middle School Jazz Band at 5:50 p.m. and High School Jazz Band at 8:30 p.m.

IPA Franklin Community Invitational – Saturday, March 7

HIP performance at 5:46 p.m.

ISSMA JME Organization Contest – Elwood Jr./Sr. High, Friday, March 13  
6th Grade Band at

5:25 p.m. and 7th/8th Grade Band at 6:40 p.m.

IPA Westfield Invitational – Saturday, March 14

HIP performance at 4:03 p.m.

IPA State Prelims follow on Saturday, March 21, with State Finals on Saturday, March 28.

Hamilton Heights is proud of the dedication, talent, and teamwork shown by our band and guard students. Their accomplishments reflect the strength of our music program and the commitment of our directors, staff, and families who support them.

## Tech Talk Scheduled April 9

A Tech Talk is on the calendar, thanks to the good folks at Noblesville Schools and Hamilton East Public Library. The event, scheduled for April 9, is open to all Noblesville residents.

Noblesville Schools Technology and HEPL library staff will provide:

1. Training on how to stay safe from online scams
2. One-on-one support for questions about your tech devices

3. Additional tech resources

This event is designed for community members who want to:

- \* Learn more about everyday cybersecurity best practices
- \* Know how to spot sophisticated online and email scams
- \* Get help troubleshooting issues with

their devices

- \* Ask one-on-one questions about tech services (like photos, texting, apps, video chats, etc.)
- \* Learn about how to get the most from their technology experience

It takes place at North Elementary, 440 N. 10th St. on April 9 from 10 a.m. to noon.

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The 2026 Noblesville Babe Ruth Baseball Season begins **April 13, 2026** and ends on **June 17, 2026.**  
(You do not need to be a Noblesville resident as we welcome ball players from surrounding communities).

There will be two Leagues: 13-15 year old Competitive League and 16-18 year old Competitive League.

Both 13-15 League and 16-18 League will begin play on April 13, 2026. A double-elimination tournament will be played June 7-17, 2026.  
\*Note: Dates subject to change due to weather or unforeseen circumstances.

**Registration Fee:** 2026 Noblesville Babe Ruth Baseball registration fee is \$199 (plus processing fee applied at checkout) and includes team jersey and hat.

**Player Evaluations:** 13-15 year old players new to Noblesville Babe Ruth Baseball or 13-15 year old players wishing to re-enter the team draft need to attend the player evaluation session scheduled for March 14, 2026 from 2 pm-4 pm at Noblesville High School. \*More details to be provided at a later date.

**Register today at:**  
[noblesvillebaberuthbaseball.sportsengine-prelive.com](http://noblesvillebaberuthbaseball.sportsengine-prelive.com)

**Interested in supporting our young men and helping with continued upgrades to our facility? Sponsor opportunities are still available!**  
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