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## Hamilton County Reporter

**Tuesday, July 28, 2014** 

**The County Line** 

### Those left behind



By Fred Swift

Amid all the new construction, busy shopping areas and appearance of prosperity Hamilton County is the

almost invisible predicament of

hundreds of families who have lost, or are in the process of losing, their homes to mortgage foreclosures.

Our county as we know has the reputation of being the most prosperous county in the state and one of the best places to live. This is true, but largely unnoticed are those who got left behind because of sudden unemployment, illness or simply getting in over their heads financially.

This week there will be another auction sale at the Sheriff's office with about 20 properties on the block. Two weeks from now another sale. Every two weeks in recent years the Sheriff auctions off homes and other property which the courts have ordered sold when buyers fail to make their monthly payments.

The sale is conducted in the lobby of the County Jail. The properties to be sold are listed on the county website. Usually 10 to 15 potential bidders show up. Sales are on the 17th and 31st this month. A sheriff's representative reads the location of each property and the amount of the judgment against it. Verbal bidding starts at

The foreclosures are on homes in all price ranges from those with exclusive addresses at Geist or the Harbours to modest locations in Sheridan, Home Place or the southside of Noblesville.

What happens to the folks who lose their homes? Some have just walked away from their property and perhaps bought another, less expensive home. Others are left virtually homeless and move in with relatives, rent a cheap mobile home or leave the area for unknown destinations.

Understandably, most of these people don't want to talk about their misfortune. Often they seem to vanish from the scene. Usually they have moved out of their home long before the sheriff's sale. This leaves the foreclosed house vacant for weeks or sometimes months.

Often structures deteriorate and neighbors complain. It's a sad sight, but one that escapes notice by most of us. There have always been some foreclosures, but the continuing large number is a reminder that the recession hasn't ended for everyone even in our otherwise booming county.

Visit Our Website www.hc-reporter.com Commissioners order flags to half mast...

#### County's first female deputy dies of cancer

Sgt. Kim Jowitt of the Hamilton County Sheriff's Office died early Sunday morning after more than three years battling with cancer.

First hired as a civilian employee by the Sheriff's Office in 1978, Sgt. Jowitt became a Merit Deputy in 1982. In her more than 30 year career in Hamilton County, Sgt. Jowitt held numerous positions and roles within the Sheriff's Office, most recently administrative sergeant handling special assignments.

Jowitt was Hamilton County's first female sheriff deputy, first female investigator and first female supervisor. Jowitt is the wife of Noblesville Police Chief Kevin Jowitt

A news release issued by the Hamilton County Sheriff's Department said, "Despite the many ups and downs of her battle with cancer, Sgt. Jowitt remained faithfully optimistic and positive with a fighter's spirit. She very much loved her job and the impact she made in the community she served."



Sgt. Kim Jowitt

#### **Funeral Information**

- Services will be held at 11:00 am on Friday, August 1, 2014, at White River Christian Church, 1685 North 10th Street, in Noblesville.
- Visitation will be Thursday, July 31, 2014 from 3:00 pm to 8:00 pm at Randall & Roberts Funeral Home, 1150 Logan St, Noblesville.
- A private burial will follow the service in Martinsville, IN.



Sheridan Historical Society members Donna Jessup, left, and Roberta Huff are busy replacing items in the display cases in the main lobby of the Sheridan Public Library. They are preparing a new display featuring multiple pictures of Main Street buildings destroyed by fire over the years in downtown Sheridan. The display was prompted by the recent fire loss of the PowerMail Building

Second Shooting Within Week...

### Carmel Police investigate murder suicide

On Sunday evening at approximately 8:00 p.m. the Carmel Police Department couple. responded to a 911 call reference a South.

discovered two persons shot and deceased in an apparent murder suicide Shannon Hall's parents. (One male and one female).

identified as Shannon Hall, 40 yrs. old. harmed during the incident.

The deceased were an estranged

Police investigators announced, after "person shot" at 4613 Somerset Way an autopsy was performed Monday afternoon, David Hall fatally shot responded to 10387 Cerulean Drive on Upon arrival, Carmel Police officers Shannon Hall and then killed himself.

The incident occurred in the home of

The male has been identified as David children were at the residence during the police killed himself. Hall, 38 yrs. old, and the female is shooting; however, police say they were

The Carmel incident was Hamilton County's second shooting within a week.

On June 21 Noblesville police officers a report of a person shot.

In the Noblesville incident Nicholas J. Proctor shot his neighbor, Patricia E. Shannon Hall's parents and two Wagner, and then during a standoff with News

#### **Obituaries**

#### Jeremy Allen Barker March 26, 1978 - July 19, 2014

Jeremy Allen Barker, 36, of Noblesville, passed away on Saturday, July 19, 2014. He was born on March 26, 1978 to David and Rhonda (Turner) Barker

in Tipton. Indiana.



Jeremy worked for Northside Mulch and Landscaping and as an entertainer. He was a member of Clarksville Christian Church and the Noblesville American Legion.

He is survived by his wife, Stacy Barker; parents, David & Rhonda Barker; twin sons, Drake & Layne Barker; step-children, Alexis, Cody, and Cade; brothers, Daniel (Brittani) Barker & Victor (Melissa) Barker; grandmothers, Barbara Turner & Jan Barker; niece and nephews, Lexi, Preston, Dean, and Elliot.

He was preceded in death by his grandfathers, Willard Turner & Victor Barker; and grandmother, Katherine Jane Barker.

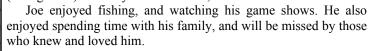
Visitation was Thursday, July 24, 2014 at Randall & Roberts Funeral Home Noblesville. A memorial service was held on Friday, July 25, 2014 at Clarksville Christian Church with Pastor Steve Fair officiating.

Memorial contributions may be made at any local Huntington Bank in benefit of Jeremy Barker.

Condolences: www.randallroberts.com.

#### Joe J. McCarty Sr. April 6, 1939 - July 18, 2014

Joe J. McCarty Sr., 75, of Noblesville, passed away on Friday, July 18, 2014 at Riverview Health. He was born on April 6, 1939 to John and Helen (Ellingwood) McCarty in Noblesville, Indiana.



He is survived by his children, son, James Curry, Joe (Diann) McCarty Jr., Kathy Feltner (Tom Robinette Sr.), Jeff (Rita) McCarty, Kristi Arredondo; 14 grandchildren and several great-grandchil-

In addition to his parents, he was preceded in death by his wife, Doris McCarty; and several brothers & sisters.

Services were held on Wednesday, July 23, 2014, at Randall & Roberts Funeral Home in Noblesville, with visitation prior to the time of service. Rev. Richard D. Bell officiated. Burial was at Crownland Cemetery.

Memorial contributions may be made to Leukemia & Lymphoma Society, Indiana Chapter 9075 North Meridian Street, Suite 150 Indianapolis, IN 46260.

Condolences: www.randallroberts.com.

#### Mary Janet Kaiser Gough December 4, 1931 - July 23, 2014

Mary Janet Kaiser Gough, 83, of Noblesville, IN passed away July 23, 2014. She was

born in Connersville, IN on December 4, 1931, to Dr. Carl and Nora Kaiser. Jan was preceded in death by her husband, Ralph E. Gough,

She leaves behind 2 children, Melissa Ahner and Mathew Gough (Lisa), three grandchildren, Drew & Mia Ahner of Jasper, IN, and Mary Amelia Gough of Indianapolis, IN. A sister, Nan Benn of Ft. Smith, Ark, also survives.

Jan graduated from Connersville High School and Christian College in Columbia MO.

In lieu of flowers, please donate to your favorite charity. A Celebration of Life luncheon was held for the family on

Monday, July 28, 2014.

Arrangements are by Randall & Roberts Funeral Home in Noblesville. Condolences: www.randallroberts.com.

### Cindy (Harlan) Harwood December 19, 1958 - July 23, 2014

Cindy (Harlan) Harwood, 55, of Noblesville, passed away on Wednesday, July 23, 2014 at home. She was born on December 19, 1958 to John and Gail (Baudendistel) Harlan in Indianapolis, Indiana.

Cindy proudly served her country in the United States Navy. For 27 years, she was a bus driver for Westfield Washington Schools, and was part owner of Starwood Sounds. Cindy was very outgoing, always putting others

In addition to her parents, she is survived by her daughter, Christi (Chad) Carder; son, Randy (Stephanie) Walker; sister, Robin (Sonny) Luehrmann; brother, Rick Harlan; grandkids, Abbi, Ashton, Belle, Isaac & Emma; nieces,

Kasey & Mimi; nephew, Evan; and companion, Steve Perry. Cindy was preceded in death by her grandparents, Fred & Mary Baudendistel; and

sister-in-law, Connie Harlan.

Services will be held at 1:00 pm on Tuesday, July 29, 2014, at Randall & Roberts Funeral Center, 1685 Westfield Road, in Noblesville. Visitation will be Monday, July 28, 2014 from 4:00 pm to 8:00 pm at the funeral home. Burial will follow at Hamilton Memorial Park Cemetery in Noblesville.

In lieu of flowers, memorial contributions may be made, in honor of her grandson, Ashton, to Cystic Fibrosis Foundation, Indiana Chapter, 1261 West 86th Street, Suite E-2, Indianapolis, IN 46260.

Condolences: www.randallroberts.com.

### Michele Renee Kinnick March 2, 1959 - July 10, 2014

Michele Renee Kinnick, age 55, of Kirklin, passed away Thursday afternoon, July 10,



2014, at the St. Vincent Hospital in Indianapolis. Michele was born on March 2, 1959 in Franklin, Indiana, to the late James Edwin and Barbara (Howard) Gary. After graduating with the Sheridan H.S. class of 1977, Michele went on to work in many different fields within the medical profession, including serving as a paramedic with the Kirklin Fire Department and as a medical assistant for an OB/GYN office in the Tipton community for over 10 years.

Michele is survived by her husband, Tim S. Kinnick, whom she married in 1995; her son Andrew Clay Calvert (Ashley) of West Lafayette; 2 daughters, Raina Cox (Jason) of Martinsville and Danielle Marie Calvert of Indianapolis; 1 brother, Kevin Gary

(Wendy) of Urbana, Ohio; 5 grandchildren, Kiley, Kayla, Cameron, Rayce and Avery; and her 2 nieces Melissa and Elizabeth. She was preceded in death by 2 sons; Jordan "Matt" Merriman and Adam Todd

Merriman, in addition to her parents. A celebration of Life was held on Saturday, July 26, 2014 at the Sheridan Community

Center; Sheridan, Indiana.

In lieu of flowers, contributions may be presented to Riley Hospital for Children. Kercheval Funeral Home has been entrusted with arrangements.

#### DeeAun Victoria Jackson November 20, 1981 - July 19, 2014

DeeAun Victoria Jackson, age 32, of Noblesville, passed away on Saturday, July 19, 2014, at Eskenazi Hospital in Indianapolis. DeeAun was born in Noblesville, Indiana on November 20, 1981 and attended Noblesville High School. DeeAun loved listening to R&B and was an avid reader, but her true passion in life was her family and her children. DeeAun is survived by her father, Christopher Allen Dell of Noblesville; her mother, Nancy Mae Ordenana of Indianapolis; 4 sons, Damion Dell, Isaiah Jackson, Keshawn Jackson and Kenneth West, Jr., all of Indianapolis; 4 daughters, Alexis Jackson of Indianapolis, Aleigha Jackson of Indianapolis, Morgan Schumate of Noblesville and Jordan Schumate of Noblesville; 1 sister, Jennifer L. Crawford of Noblesville; 1 brother, James Paul Jackson of Indianapolis; 2 nephews, Brett Michael Crawford of Noblesville and Dale Thomas Pitts of Noblesville.

Graveside services were held on Friday, July 25, 2014 at Riverside Cemetery in Noblesville, Indiana.

Kercheval Funeral Home has been entrusted with the arrangements.

### Michael H. Maylen May 15, 1951 - July 21, 2014

Michael H. Maylen, 63, of Westfield, went home with the Lord on Monday, July 21,

2014, surrounded by his family. He was born on May 15, 1951 in Detroit, Michigan. Michael retired from Ameriprise Financial, where he had been a financial advisor. He had also been an assistant manager at Tom McCann Shoes; and a customer service manager at Honeywell. He was a trustee and the head of the men's ministry at The Pentecostals of Westfield and was a great witness for Jesus Christ. Michael became a paraplegic in 1980 after an automobile accident, and had won a 50 states in 50 days contest from American Airlines.

He is survived by his wife, Sharon E. Maylen; brother, Jim F. (Mary Jo) Maylen; son, Mike Clark; grandchildren, Christina, Jason, Sarah, Michael D, John, Caleb, Karissa & Kaylee; and three beloved dogs.

He was preceded in death by his parents, James and Lois (Lechel) Maylen.

Services were held on Saturday, July 26, 2014, at Randall & Roberts Funeral Center in Noblesville with visitation immediately prior to the service. Pastor Randy Adams officiated.

Memorial contributions may be made to The Pentecostals of Westfield, 16162 Carey Rd., Westfield, Indiana 46074; or the Humane Society of Hamilton County, 1721 Pleasant Street, Suite B, Noblesville, IN 46060.

Condolences: www.randallroberts.com.

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#### Carol M. Fiechter February 25, 1945 - July 25, 2014

Carol M. Fiechter, 69, of Noblesville, passed away on Friday, July 25, 2014 at home. She was born on February 26, 1945 to Russell and Gwen (Sommers) Payne in Bluffton,

Indiana.



Carol received a Master's Degree in Journalism from Ball State University, and was a teacher, journalist, and business woman. She was a member of College Park Church in Indianapolis.

"So many heroes have been a part of my life, and at the end of the day, I can say I've had a joyful, successful life with family and friends beyond imagination. Do your very best to live and love without regrets."

Carol is survived by her husband, Ray Fiechter; three daughters, Shantel (Jim) Morris, Shurell (Jeff) Robinson, and Natalie (John) Menke; eight grandchildren, Dylan & Kyla Morris, Zoe & Ashton Robinson, and Jaelyn, Samuel, Logan & Emma Menke; and two

brothers, Ronald & Richard Payne of Bluffton, IN.

In addition to her parents, she was preceded in death by her sister, Virginia Hartman. Services will be held at 10:30 am on Wednesday, July 30, 2014, at College Park Church, 2606 West 96th Street, in Indianapolis, with Dr. John Isch and Pastor Arthur Ringger officiating. Visitation will be Tuesday, July 29, 2014 from 3:00 pm to 9:00 pm at Randall & Roberts Funeral Center, 1685 Westfield Road, Noblesville. An additional visitation will be 1 hour prior to the service Wednesday in the chapel on the west side at College Park Church. Burial will follow at Crownland Cemetery in Noblesville.

In lieu of flowers, potted plants may be donated, or memorial contributions may be made to Midwest Food Bank - Indianapolis Division, 6450 S. Belmont Street, Indianapolis, IN 46217.





## Vehicle did not cause Cicero bicyclist's death

3

The active investigation into the bicycle crash that occurred in Cicero near Main Street and Buckeye Street last Monday, July 14, has concluded indicating that no vehicle struck the victim, Nicholas Camp, or his bicycle. The evidence indicates Camp was southbound

on Main Street when he lost control of the bicycle he was riding and crashed. The fatal injury was caused by the handlebar of the bicycle. The conclusion was reached after careful examination of roadway evidence (or lack thereof), the lack of damage to the bicycle, the

autopsy results, and the lack of striking injuries to Camp. The possibility does exist that a vehicle got close enough to Camp to startle him and lead to him losing control of the bicycle; however, at no point in time was contact made between a vehicle and Camp or a bicycle. Experts from around the country were consulted during this investigation and reached the same conclusion

#### Reporter has discovered.... New twist to Dr. Larry Ley story

Many of the Noblesville "Old Town" people showed up at the last zoning meeting in Noblesville City Hall to protest a request by Dr. Larry Ley, who wanted to change the zoning of his house (one of the two Craycraft homes; this one next to the green Victorian house where the Ruby Pear once was located) from residential to business.

Ley, it has been reported to The Reporter, had already added parking and done work inside to prepare the house for the offices he wanted there.

Residents, especially those on Conner Street, do not want to be rezoned because: 1, it would further damage the historical aspect; 2, it would make it hard to keep family-friendly "Old Town" feel desired.

#### Riverview Health Foundation receives gift from The Beck Foundation



Photo provided

Beck Check Presentation (From left to right: Chuck Goodrich, Chair, Riverview Health Foundation Board of Directors; Trish Oman, Executive Director, Riverview Health Foundation; Bruce Kettler, Director of Public Relations, Beck's Hybrids)

Bruce Kettler, director of public relations at The Beck Foundation, recently presented a check for \$20,000 to Riverview Health Foundation to assist with the purchase of a new large-bore MRI. This large-bore MRI will allow Riverview Health physicians to better evaluate parts of the body and detect health issues, including heart disease, stroke and cancer. Through the years, the generosity of The Beck Foundation has helped support the Riverview Health Heart & Vascular Program and the Women's Pavilion. Located in Atlanta, IN., Beck's Hybrids is the largest family-owned retail seed company in the United States.



4 Views

# Pray Without Ceasing

#### By LEANN WILSON

tion I am drawing a blank. I read the passages that come to mind that I think are



speaking to me, but still nothing. I really do not know what to write. It is one of those days that everything I read I apply to someone else thinking that's them, So and So should be reading this, they need to know about that "if you don't work you don't eat

stuff." Thank the Lord a spirit of conviction takes over. I remember a wise friend taught me all scripture should be applied to yourself first. Matthew 7:3 - "Why do you look at the speck in your brother's eye and pay no attention to the plank in your own. It really is not wise to create a bully pulpit or plainly just beat people up with the Bible."

Anyway, I liken that not knowing what to write is very similar to not knowing what to pray. So, right now, this minute what do I pray for, who do I pray for and for how long should I pray for. If I prayed for everything I am to pray for - I'd be praying a week in a day! So what happens, I spend 5 minutes in prayer.... and done. Well let me tell you that is not effective and I doubt that it is pleasing to God.

A year ago I spent more time in prayer, could pray out loud with my husband or with a brother/sister without hesitation, knew the pleasure of spirit filled prayer, and the peace and comfort felt in sorrowful prayer. So what has happened? I know I am not alone in this as I hear many others commenting on how their prayer life is not what it used to be or ought to be. We seem to be drying up. Is this an attack of the enemy? Is it laziness? Busyness? Or has the burdens of life crept in? Maybe all the above. The less we pray, the dryer we get and God seems far away.

So, back to basics for me. Prayer is first mentioned in Genesis 4:26 "Seth also had a in any given situation, in that area we can son, and he named him Enoch. At that time rely on the Holy Spirit. Romans 8:26-27 men began to call on the name of the Lord". References say that some form of the word pray, prayer, or prayed appears 512 times in the Bible.

As I sit trying to write this week's devo-simply put - sincere and open communication with God. Nothing mystical. Not hard. Open your mouth and with your lips say the words of your heart. There is no correct or certain position for prayer. In the Bible people prayed on their knees, bowing, prostrate on their faces, standing and even while being crucified on a cross. Eyes can open or closed. Prayer can be silent, quiet, or aloud and fervent. It's words can be eloquent or common. The list of what it can be goes on and on. The shorter (not all inclusive) list is what it cannot be. It cannot be showy -Matthew 6:5 ...do not be like the hypocrites, for they love to pray ......to be seen by men; or Selfish - James 4: 3 When you ask, you do not receive because you ask with the wrong motives....

> The reality is that prayer cannot be neglected without expecting adverse results. We have all heard it said over and over again - How long can you go without talking to your husband, your wife, or any other important person in your life without growing apart. Prayer is what keeps us grounded in our relationship with Christ. Deuteronomy 4:7 tells us God is near us whenever we pray to Him. Philippians 4:6 tells us by prayer and petition, with thanksgiving we should present all our requests to God and then the Peace of God will guard our hearts and minds. Hebrews 4:15–16 tells us we have a high priest who is able to sympathize with our weaknesses in every respect. We can confidently draw near to the throne of grace and receive mercy and find grace to help us in our time of need. How do we come near the throne? Through prayer!

> It is clear even with a brief study that prayer is what we are called to do in all situations and at all times. I do not know how else to put it other than if we want to make it through life with intact peace, joy, and gentleness we have to pray in order to stay close to God for guidance, wisdom, strength, deliverance, the list goes on and

> As far as not knowing what to pray for states the Spirit helps us in our weakness. For we do not know what we ought to pray for but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the

cedes for the saints in accordance with seen by men, Verily I say unto you they God's will. Prayer is a means of discerning His will. By letting the Spirit lead, you will be praying God's will.

I cannot think of anything that will carry us closer to God than personal prayer time. now on corporate prayer. I do really dislike this name, prayer is not a business, I don't like to think of my brothers & sisters as merely business partners. But I digress ...sorry.

While Matthew 6:6 tells us when praying to go into your prayer room, close the door and pray to your Father who is unseen Acts 2:42 tells us the early believers together devoted themselves to the apostles teaching and to fellowship, to the breaking of bread and to prayer. Acts 1:14 states they all joined together constantly in prayer, along answers Yes, No, and Wait. Wait is a diffiwith the women and Mary the mother of Jesus, and his brothers. James 5:16–18 says confess your sins to one another and pray for one another, that you may be healed.

It is obvious that the early believers saw the importance of praying together as a one body. While it may be intimidating for some to pray out loud in front of people this does edify and encourage those of us struggling with life's burdens. Knitting us together, this type of prayer bonds us to each other while building a love and concern for about 18 years. She works as a nurse and others in our souls and spirits. Sad to say I have been in some prayer sessions where Sharpsville church in Sharpsville where she long-winded, hypocritical prayers have plays ome piano and mandolin. been pervasive. I direct you back to Mat-

As I study prayer I am reminded it is, mind of the Spirit, because the Spirit inter- thew 6:5 - for they love to pray ......to be have their reward. It is a joy to say that in the majority of the fellowship prayer sessions (I like the term fellowship better than the word corporate, sorry - I know that is just opinion) I do now attend are filled with There seems lately to be such a big focus a genuine love and concern for others. I encourage anyone who has not attended a prayer meeting to do so.

> There is so much in the Bible about the importance of prayer. I think it can be looked at as if prayer were Christian water, without it we will shrivel up and our relationship with God will dehydrate and our roots risk dying. So all in all and in an attempt to be brief and concise I know it is time, at least for me, to get back to an earnest prayer life.

Lastly, God does answer prayer - He cult answer – but stand still and know He is God. Read 1 John 5:14–15 And this is the confidence that we have in Him, that if we ask anything according to His will, he hears us. And if we know that He hears us, whatsoever we ask, we know that we have the petitions that we desired of Him.

But, that is a whole other devotional. God Bless,

Leann Wilson has lived in Sheridan for her husband is an associate pastor at a







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#### Time:

6-7 pm

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By JANET HART LEONARD

gan. It was the date that I writing began



thoughts in a journal. Wow! I barely recognize the woman whose thoughts I read when I found my oldest journal this week. Was that really me? I wiped the tears as I remembered...things I did

not want to remember. I felt the hurt. I the cuss words spew from my mouth, overwhelming joy feels like. words I had never uttered before.

If only I knew then what I know now. But what if I knew then that the hard would get harder. If I knew that being strong would not be a choice but a must be, for years, many years. I was tired, overwhelmingly tired. I questioned back then just how long the journey would be. I had no idea it would be fifteen years.

And so I wrote. Sometimes ugly. Sometimes tears smeared the thoughts. Sometimes I stopped in mid sentence, it hurt too much to finish my thoughts.

The journaling that began almost fifteen eyes. years ago has evolved into a weekly column. Some things are still difficult to share but when I do share the hard part of my life you often thank me...because you have been there

And then the story took a sudden and drastic turn into a new chapter...when love came softly and unexpectedly.

People often ask me "how is married October 7, 1999. And so the story be- life?" They say I light up when they ask the

How is it to wake up and be handed a hot cup of coffee by someone who doesn't have to be up yet? How is it to get a text that asks "Have I told you lately?" How does it feel to come home to find that my flowers in the garden have been watered and dinner is waiting for me? How does it feel to sit on the back porch, not saying a word but a few glances and smiles speak volumes? Even I am at a loss for words heard the silence. I felt the anger. I heard sometimes when I try to explain just what

> All those trips to Potter's Bridge to ponder and heal. All those thoughts written down in so many journals. I read a prayer that I had written in 2001 asking God to watch over the man that God would someday bring into my life. It would be 12 years before I knew Chuck. If I only knew then...but the wait changed me. It allowed me to heal. It gave me time to open up my heart again. In that prayer I asked that I be able to see kindness, compassion and love in the eyes of the man that God would bring into my life. I saw those things in Chuck's

> Chuck had a journey to walk also. A journey very different from mine...but just as difficult.

We both have a great appreciation of each other because of our journeys.

He holds my hand. He kisses me goodnight. If only I knew in 1999 what was down the road some fifteen years later...

When it comes to food and fitness...

#### It's 'best' to do your homework about health choices

By SHARON MCMAHON

"It was the best of times, it was the worst of times, ...." Charles Dickens, A Tale of Two Cities, 1859



more iconic quote than this one (and if you have not read A Tale of Two Cities, I strongly encourage you to relate it to my topic today. Let's examine the "best

of times" as it relates to our nutrition and fitness issues of today. Never in human history have we had the access as we do now to detailed anatomical information and what constitutes good nutrition, healthy lifestyles, and a sound physical body. Granted, in my opinion, there is just a bit misleading or in some cases, blatantly false. Sifting through all of this "expertise" can be difficult and exasperating to most of us. Nevertheless, it is a very positive opportunity for us to learn more about what constitutes the best for our bodies, given the tion) or ISSA (International Sports Science proper direction and assistance.

And as we proceed to the "worst of times" we are faced with a plethora of vendors very willing to sell you their latest "miracle" product, diet aids, and lose-30 lbs.-in 10 days-without-working-out fad. That is one reason why it is important to rely on those who have the background in it was the worst of times..." as you probaresearch and study of diet and nutrition as bly know that is only the beginning of the well as proper fitness methods. Incorrect information from those who have not adequately studied nutrition nor been certified to teach fitness can be detrimental and at best sabotage or at worst harm the individu-

So this brings up a host of questions – Do I need vitamin and mineral supplements? If I do, where do I purchase those – does it make a difference? What about herbal remedies? How can I learn more grown produce! about organic foods - and are they always the best choice? What types of pesticides are used on my produce? Do the meat and poultry items I consume have antibiotic residue in them? Are harmful dyes added to my snack foods? What kind of fitness are not intended to replace advice of your program works best for me? Do I have personal physician or licensed health proflexibility and balance challenges? Do I fessional. Please consult your physician need more muscle mass? What kind of for any issues you may have related to aerobic conditioning is best for my age and nutrition or fitness activity. current health status? Do I have conditions

which may warrant specialized fitness programs, such as arthritis or previous head or neck injuries? There are many questions and concerns which should be addressed before making your final decisions on your diet and fitness regimens.

As one who has been trained and certi-I probably could not have selected a fied as a nutrition and wellness coach, personal trainer, yoga instructor, flexibility and balance progression specialist with over 20 years of experience my recommendation is - do your homework! This begins with do so!) which I am taking always talking first with your personal phyout of the original context to sician, no exceptions here! After you get the green light, talk with friends or family to see if they have professional referrals. Check out your local health food store to see if they work with anyone they might recommend. Do your research when it comes to fitness centers – whether locally or corporately owned. Inquire about the training and credentials of their trainers. Interview the person(s) with whom you are too much "expertise" out there which is considering working on your nutrition and/or fitness goals. Does the person hold credentials/training from a recognized and accredited organization such as ACE (American Council on Exercise) AFPA (American Fitness Professionals Associa-Assn.) You hire professionals to repair your car, to assist you in planning your financial future, to buy and sell homes, and in many other areas – do at least as much for your physical well-being. After all we are talking about your irreplaceable body here!

Now, back to "It was the best of times, first paragraph of an amazing novel by an amazing author. What does "A Tale of Two Cities" have to do with my topic this week? Well, nothing really, but please if you have not read this classic novel, I encourage you to do so. And if you have, you might consider reading it again! Until next time, don't forget to stop at your local Farmers' Market soon and stock up on some delicious and nutritious locally-

In health, Sharon McMahon, CNWC FlexAbility4u@aol.com

The opinions expressed in this article

### **Hare Chevrolet presents** Prevail's 2014 Signature Gala

Prevail invites the community out for an evening of fine dining, live music and fabulous live and silent auction items at their 2014 Annual Gala, Saturday, August 23 from 6-11 p.m. at the Renaissance Hotel, 11925 N. Meridian St., Carmel, IN. The 2014 Signature Gala benefits Prevail, an awareness, advocacy and support program for victims of crime and abuse serving Hamilton County since 1986.

Prevail's Signature Gala is presented by Hare Chevrolet. For the eighth consecutive year, WISH-TV 8 anchor and investigative reporter, Karen Hensel, will serve as emcee of this sell-out event. A cocktail hour and silent auction will kick off the event from 6-7:45p.m.; seating begins at 7:45 p.m. for dinner at 8 p.m. The live auction will begin at 8:30 p.m. followed by celebration and dancing to The Bishops from 9:30-11 p.m.

Last year's event raised \$140,000 for Prevail's programs that served more than 3,000 victims of crime and abuse. Tickets are \$100 per person and are available on a first-come, first-served basis. Reservations may be made Mon.-Fri. at the Prevail office at 1100 South 9th Street, Suite 100, Noblesville, by calling (317) 773-6942 or by logging on to www.prevailinc.com. To inquire about sponsorship opportunities or to donate live or silent auction items, contact Natasha Robinson at (317) 773-6942 or natasha@prevailinc.com





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Views 6



Reporter photo by Brian Reddick

Noblesville Mayor John Ditslear cut the ribbon to officially open the Godby Discount Furniture and Mattress store at 130 W. Logan St. in Noblesville. This is the second Godby store in Noblesville.



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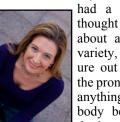
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### Making a mountain out of a molehill

By AIMEE GEBHART



had a mole. At first I thought he was talking about a mole of the skin variety, and I couldn't figure out why he was using the pronoun "we". After all, anything growing on his body belongs to him - I

on it. He was quick to let me know that it wasn't that kind of mole...it was the cute, furry kind that enjoys tunneling in the yard.

I should probably clarify: I'm the one they are evil and must be destroyed. Without taking an official poll, I'm guessing that most people reading this are with Ed on this one. After all, any conversation I've ever heard about moles involves awful ways to kill them.

I just don't see what the big deal is about having a mole. Ed complains that it will tear up the grass. I say, "Who cares?" Are we really the kind of people who must have the perfect lawn? A few tunnels and unfazed when bunnies eat my plants or on my patio while Ed is at work tomorrow.

when squirrels bury their loot in my yard. Last weekend, Ed informed me that we I'm not trying to win any lawn and gardening contests, so as far as I'm concerned, my furry friends can hang out at my place whenever they want.

I've always had a soft spot in my heart for animals, even the ones that most people consider pests. I once went to some pretty outrageous lengths to try to save a mouse from a glue trap that Ed placed in the gadon't need to stake a claim rage. It ended up dying anyway, but it wasn't because I didn't try. I'm pretty sure that the guy who drove by while I was crying on the driveway with the dead mouse thought that I was clinically insane. who thinks that moles are cute. Ed thinks I prefer to think that I was just "super passionate".

The way I see it, animals aren't all that different from us. All they want to do is eat, make babies, and survive. Who can blame them for that? They don't know the difference between my yard, your yard, or the woods out back. It's all good to them. So while Ed may be on a mission to annihilate our poor, little mole, I am on a mission to save him and make him my friend. In fact, I may even fix him a little bug sandwich molehills just don't bother me. I'm also with a side of worms and let him eat lunch



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## Heights is young, talented

By DON JELLISON Reporter Editor

The reality of summer vacation being over will hit Hamilton Heights football players on Aug. 4. That's the first day of school. It also is the first day of football

of two-a-day practices pretty much are

"Even if we were to schedule only morning meetings, that's 14 or 15 hours these young kids would be here at school,' said Street. "That's too much."

It has been a busy and a productive summer for the Huskies.

"We needed the summer to find out who we are," Street said. "We've got a lot done."

During the summer the Huskies have gone head-to-head with several other teams. They also played in a tournament at Pike and finished in the quarter-finals with a 3-2

"We've got lots of young kids," Street continued. "From last year's team we've lost the quarterback, a running back, five offensive linemen and several players from the defensive side."

The big question mark is at quarterback, although Street doesn't see the situation as a problem. Monte Reed is gone. He threw 91 of Heights' 95 pass competitions last season, tossing for 1,849 yards and 25 touchdowns.

"Ethan Jones (junior) is having a good summer," Street said. "He was our junior varsity quarterback last season. We've got a good backup in (sophomore) Josh Feltz."

At the varsity level, Jones was 4-of-8 for 54 yards last year.

Heights graduated an outstanding Coach Mitch Street, as this week the running back in Conner Faulkner (1,330 coach ends summer football, says the days yards rushing and 21 touchdowns), but even so the Huskies are very strong at that position with the return of (senior) Grant Weatherford, (sophomore) Jesse Brown and senior Jesse Kerfoot.

> "Weatherford is strong," said Street, "and the thing is he has worked harder this summer at football. In past summers he has gone from this sport to that sport. He hasn't made a (college) decision between football and basketball, but I this he has a great future

> 'Brown had an outstanding season as a freshman, and Kerfoot has paid his dues and is ready for a starting role this season," the coach added.

> Weatherford (49 catches) and Brown (23) were 1-2 in receiving yards last season.

> 'The difference between Brown last season and Brown this season is that he is physically stronger. He has a bright future as a Division 1 player," said Street.

Even though all five offensive linemen produced a "good, young, line," led by junior Tyler Anderson and sophomore Zach

"Anderson and Stevens have really gotten good this summer," Street said.

Street said there will be some new faces on defense, but he expects returning defensive end Joel Boser to be the leader and Kerfoot and (senior) Garrett Paul have experience at linebacker.

"I'm expecting Boser to have a big season and lead us," predicted Street.

This will be Heights' second year playing in a sectional which is spread, school by school, miles apart.

"It is a strong sectional, made tougher because of all the travel," Street pointed out. "Last year we opened at home beating Lawrenceburg (55-7) and then we made the road trip and lost at Indian Creek (34-27). Indian Creek was a good team, but we didn't play well."

This also will be the Huskies' last season playing in the Mid-Indiana Conference. They will play in the Hoosier Conference in

"The Hoosier is really tough," Street said. "Every team is good."

Hamilton Heights also will have a change, a big change, in its regular season schedule this fall, replacing long-time Hamilton County rival Sheridan with Class 6A Noblesville. The Huskies will open Aug. 22 at home against another big rival, Tipton, are gone, Street said the summer has then will travel to Noblesville and the second week, and then go into a seven-game conference schedule.

#### Sheridan Horseshoe League

Sam Gibbons' 411 handicap series helped Bannon and Sons move into first place in the Sheridan Horseshoe League Bannon and Sons moved up by knocking Price Heating out of first place by winning all 10. Rookie pitcher Rob Umbarger's 370 series lead the way to move Encompass CU into second trailing the league leaders by oneself a game.

League Standings for round two are:

Won	Lost		Points	
Bannon and Sons	14 5		2829	
Encompass CU	13.5		6.5	2849
Asphaugh Electric	11.5		8.5	2747
United Feeds	9 1	1	2695	5
Price Heating	8 1	2	2760	)
O'Reilly 4	16 2	69	4	

Individual leaders were:

Actual Game	
Richard Law	88
Sam Gibbons	80
<b>Actual Series</b>	
Richard Law	253
Sam Gibbons	234
Jim Lacey	202

Handicap Game

139 Sam Gibbons Richard Law 127 Jeff Ogle 126

**Handicap Series** Sam Gibbons Rob Umbarger 370 Richard Law

## Can Westfield make another run?

By DON JELLISON

growing, too."

**Reporter Editor** Is this Westfield's last season of Class

The IHSAA will re-align teams, based on enrollments, following this season, and,

of course, the City of Westfield is growing with leaps and bounds. However, the answer to the above question may not come from enrollment. Six schools still remain between Westfield and

"We may not leap over all six," said Coach Jake Gilbert. "And, other schools are

Westfield could move from 5A to 6A based on the success of the Shamrocks this fall. That could come from the "success factor" the IHSAA applies to sports today. Westfield went to the state last year, losing to Cathedral 42-18, and a return to the state this season would give the school a push into

Shamrocks weren't even thinking that way. The coach took his team to a 12-2 season remarkable season and one of the greatest Harrison. He's good."

turnarounds in the history of Hamilton County high school football.

'We were a hungry football team last year," Gilbert said. "This season, we're humble and hungry.'

This season will begin on Aug. 22 with an unlikely matchup against Harrison, a team which left the Hoosier Crossroads good," Gilbert said. "It was business as Conference this season, along with Lafayette neighbors McCutcheon and Lafayette Jeff. Westfield, in search of three non-conference games, stayed with Harrison for one of those games. The Shamrocks' other two nonconference games this season will be with a Southport team which is expected to be one of the best in Class 6A, and a 2A Indianapolis Washington squad. After playing Harrison in the opener, Westfield will host Southport the next Friday. The Washington game will be WHS's regular season finale on Oct. 17.

"I'm just happy that we have those three games," said Gilbert. "It's hard to find Before Gilbert came to Westfield, the non-conference games, especially late in the Henderson and Milo Beam. Among that linebacker are good ones. After that, we're

"We could face McCutcheon again, in

Gilbert and his Shamrocks have Frank Grimes, who carried 108 times for completed the summer session. The coach spent some of his summer coaching the South team in the North-South game. He said Westfield didn't skip a beat, because of

"My assistants took over. They are very usual during the summer. Different from this not yet. time last year? Not really, although now we have higher expectations and we have more confidence.'

Westfield also has lots of holes to fill. "So many spots to fill," Gilbert agreed.

"We've worked this summer trying to figure out who can play. Now, starting Aug. 22, we'll start working on getting better."

A tight end; three receivers and a running back account for most of the varsity experience returning from last season. The tight end is Jacob Robinson, who probably will be moved to offensive guard. The receivers are Turner Edwards, Nick group, Beam had the most catches, 13 for looking. One player who has looked good 254 yards. Graduated Devin Reece, in this summer, in the secondary, has been last fall, losing only to Cathedral and to the sectional," he continued. "McCutcheon comparison, had 73 catches for 1,016 yards Cameron Harrison," Gilbert added. Fishers (in three overtimes). It was a is impressive, and I know the new coach at in is senior year. The running back, Elvin Caldwell, carried 253 times for 1,457 yards.

634 yards, has graduated.

The big question Shamrock Nation is asking this summer is, who will be the quarterback? Who will replace Nick Ferrer, who last year completed 201 of 310 passes for 2,744 yards?

Gilbert doesn't have an answer. At least,

"Ryan Pepiot (a junior) and Andy Sweet sophomore) are fighting it out for the job," Gilbert revealed. "Pepiot has a great arm. Sweet does it more with his feet, and he has good poise."

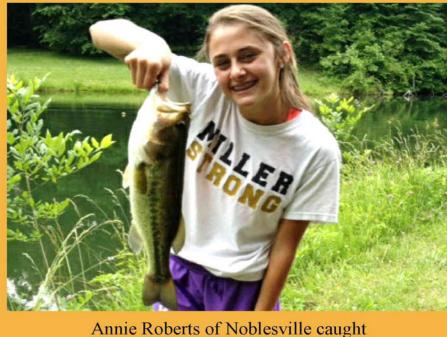
Gilbert said his offense will change, a little, with a new quarterback.

'We always try to build around the players we have," he said.

"On offense, the questions are at quarterback and in the offensive line. On defense, we're looking everywhere. We have only two starters back. Both, Robinson at defensive end and Matt Crupi at

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## Marching Millers place second

The Noblesville Marching Millers finished second out of 21 teams at their own Black and Gold Invitational, which took place Friday evening at Hare Chevrolet Field.

Noblesville band director Eric Thornbury said this is the Marching Millers' "best finish in a long time," as well as the best finish they have had in a contest before the

Thornbury said he was "really pleased with the kids," who he said did their best performance. He also had praise for the band parents, who have helped the kids achieve their best.

"The parents doing their part to help the kids do their best," said Thornbury.

Muncie won the competition.

The Marching Millers will next perform at a contest in Delaware County on Tuesday.

#### Reporter photo by Richie Hall

The Noblesville Marching Millers, shown here at their Thursday practice at Hinkle Creek Elementary, finished second at their own Black and Gold Invitational Friday night.



# School board races begin

#### By FRED SWIFT

Candidate filing started Wednesday for school board newly elected board members to take office on January 1. seats in all six Hamilton County school districts. The non-partisan school elections will be held November 4 for the first time. In prior years school board members were elected in the May primary.

First and only candidates to file on opening day, were Dan Degnan for the Westfield Washington Board and Katrina Hockemeyer for Hamilton Southeastern.

In all, 18 seats will be filled by voters this fall with the

Those board members elected in 2010 whose positions are up for election this year, listed by school district, are:

CARMEL CLAY Pam Knowles, Greg Phillips, Lyla Spanenberg HAMILTON HEIGHTS

Arnie Cooper, Michael House, Gwen Hunter

HAMILTON SOUTHEASTERN

John Delucia, Diane Eaton, Katrina Hockemeyer, Ron Wilson, Jr.

**NOBLESVILLE** 

Patrick Berghoff, Julia Kazicki **SHERIDAN** 

Todd Burtron, Perry Hume, Todd Roberts WESTFIELD WASHINGTON

Tim Gardner, David Mueller, Tim Siefker

Filing is done at the County Elections office at the County Government and Judicial Center in Noblesville.





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