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Saturday, November 28, 2015

Vol. 2, No. 230

**TODAY'S WEATHER**  
Cloudy today and tonight. Rain likely before 1 p.m.  
HIGH: 43    LOW: 35

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# Hamilton County Reporter

*Noblesville business produces tasty gluten-free food...*

# It's good to BeeFree

By **RICHIE HALL**

When it comes to BeeFree, what you see is what you get. And what you don't get makes it good.

Noblesville's Jennifer Wiese has turned a quest to bake gluten-free and casein-free food for her family that actually - wait for it - *tasted good* into a company that is well on its way to achieving a goal of becoming a national brand. BeeFree started almost six years ago in a kitchen in downtown Noblesville, now it has multiple bakeries that produce the popular foods that are sold in supermarkets such as Marsh, Kroger, Earth Fare and Whole Foods.

BeeFree's food is not just gluten-free, but also dairy-free and soy free - "we like to say junk free," said Wiese, who has lived in Noblesville for 25 years and maintains BeeFree's business offices in her hometown. Wiese's sons go to Noblesville Schools and she said her family is "pretty committed and involved in the community."

"We like to stay as close to nature as possible when we're creating our food," said Wiese.

BeeFree was developed to help one of Wiese's sons, who is autistic, gluten-free food. Trying to achieve that goal made Wiese realize that "there was a lack of really delicious tasting gluten-free food," so she started her own company to fill that need.

BeeFree has among its products a variety of gluten-free cookies, with recipes that Wiese remembers from when she was growing up.

"My grandmother was just a really wonderful baker, and I adapted the recipes that she made so that my family could enjoy these delicious cookies growing up as well," said Wiese. Indeed, BeeFree's Web site said that once a recipe is approved by her teenage boys, it's ready for the supermarket - "Teenager Tested" is what she calls it.

Other products include gluten-free variations on old favorites such as Snickerdoodles, Vegan Cowboy and Chocolate Crinkle, which Wiese said is "kind of a brownie tube of cookie rolled in sugar." There's also a BeeFree frozen pizza dough ball, which Kroger is using in some of their pizza stations around Indiana.

Another offering is Warrior Mix, which Wiese said is "kind of a unique twist on granola. It is a soft,



**See BeeFree...Page 2**

**Photo provided**

Jennifer Wiese shows off a cupboard full of BeeFree products at a Marsh supermarket. Noblesville resident Wiese created BeeFree six years ago to make gluten-free food that tasted good; it has since grown into a popular brand.

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# Plan ahead if drinking alcoholic beverages

By SHARON MCMAHON  
“Water is the only drink for a wise man.” - Henry David Thoreau

Consider this “part II” of my last article, “Holiday Indulgence” but really who in the world wants to be reminded about that at this time of year?? Please recall that I mentioned last week that I, too, have to remind myself to keep in mind the various delicacies we are bombarded with this time of year and how we respond to those goodies!

However, let us move on to a more potentially serious indulgence, that of alcohol. The obvious and most important reasons aside, that one should not over-indulge in alcohol (breaking the law and endangering lives) leaves us with the potential damage to our bodies and overall health. Many times during the holiday festivities we are faced with more opportunities to imbibe at holiday dinners, parties, and other social gatherings. An extra glass of wine or cocktail here and there is usually prevalent during these festive occasions.

I am sometimes asked by my clients about the health benefits we hear relating to red wine or more recently, beer. While much has been put forward regarding this it

is important that we remember that we are talking about moderate alcohol consumption, not more than one drink per day, according to the U.S.D.A. Dietary Guidelines for Americans.

The holidays can bring on a certain level of stress on their own: schedule changes, dietary changes, financial issues, etc. Alcohol consumption can rise easily. There are several repercussions from over-indulgence of alcoholic beverages. Dehydration is a problem and one should remember to drink plenty of water when drinking alcohol. Many people think that a glass of wine, in particular, is helpful for a good night’s sleep. You may fall asleep faster, but the sleep will not be as deep as what you require. Alcohol can prevent restorative deep REM sleep, which is needed to regenerate cells and allow you to feel rested. Excessive calorie intake is another issue; alcohol is not calorie free!

Finally, your body is left hungry. “When consumed excessively, alcohol can have detrimental effects on how your body uses, stores and excretes nutrients,” according to Sara Haas, R.D.N. L.D.N. a registered dietician and spokesperson for the Academy of Nutrition and Dietetics. Additionally, it can interfere with the absorption of nutrients, including vitamins B, A, and C which are all critical for metabolism, antioxidant use, bone growth, and vision.

Moderation is the key in your holiday consumption of both food and beverage. Make sure that you are consuming nutritional and filling items when you are enjoying your wine, beer, or eggnog. Hydrate your body with water along with your “adult beverages” and make sure that you are socializing responsibly with these items. You will feel better, look better, and be better if you practice moderation.

Regarding the quote at the beginning of this article, water really is your best choice for a “go to” drink at any time of year! However, I plan to enjoy a glass of wine here and there during the holiday season, along with dinner or hors d’oeuvres, of course. And refreshing eggnog will be a delicious addition to my palate along with some special Christmas cookies.

So – enjoy, my friends. If you plan to indulge in any alcoholic beverages, please plan ahead and be safe, be happy, and be well!

Sharon McMahon, CNWC  
[FlexAbility4u@aol.com](mailto:FlexAbility4u@aol.com)

*The opinions expressed in this article are not intended to replace advice of your personal physician or licensed health professional. Please consult your physician for any issues you may have related to nutrition or fitness activity.*

## BEEFREE

From Page 1

cluster style granola. A lot of people refer to it as a granola cookie." Wiese describes the Warrior Mix as "moist and really flavorful," and can be eaten either out of the bag or as traditional granola.

BeeFree has also developed a line of "paleo diet" food, which contain no grain or refined sugars. The paleo diet is based on lean meat, nuts and berries, or what the humans of that time would have eaten during the Paleolithic era, which lasted from roughly 2.6 million to 10,000 years ago.

"The customers are really demanding good, clean food that tastes delicious," said Wiese.

BeeFree recently saw a big jump in its business when it was introduced to the Indiana Grown movement back in the spring of this year. Indiana Grown is a program that, according to its Web site, promotes "Indiana-produced agricultural products." BeeFree found out about the initiative through Tiny Footprint Distribution, one of its distributors.

"We doubled our number of customers as well as our dollars in sales," said Wiese. "It's been really great for us, as far as exposure, getting out to new customers."

In all, Wiese and BeeFree have had a great ride over the past six years, but it's clear the ride is just beginning.

"It's exciting, it's very fun," said Wiese. "We're moving in the right direction as far as meeting our goal as being a national brand. We want our food to be accessible from coast to coast and north to south."

**Photo provided**

BeeFree started from humble beginnings, when founder Jennifer Wiese was the sole baker in a small kitchen in downtown Noblesville. The company now uses several bakeries to produce its popular gluten-free items.



**HOLIDAY TREE LIGHTING CEREMONY**  
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**NOBLESVILLE HOLIDAY PARADE**  
"GIFTS FROM THE HEART"  
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As water reflects a face, so a man's heart reflects the man. Prov. 27-19

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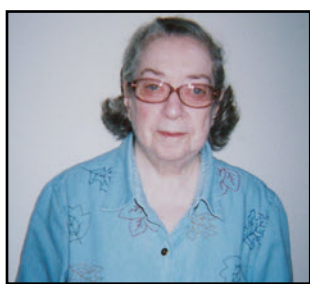
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# L. Genieve (Jenny) Noble

November 17, 1918 - November 26, 2015



After celebrating her 97th birthday, L. Genieve (Jenny) Noble passed away on Nov. 26th, 2015. Born Nov. 17, 1918, the only child of Waldo and Lula Patton of the Gray community, her young life centered around farming and the Gray Friends Church. She was a 1936 graduate of Carmel High School. After her 1937 marriage to E. Eugene Noble, who preceded her in death in 1973, she was a lifelong Noblesville resident.

In prior years she was an employee at the Blue Ribbon Dairy, clerk in the Enquire cleaners next to the Diana theatre and also at Evans Jewelry store on the square, organist at the Noblesville Friends Church, and retired after 24 1/2 years in

public service in Hamilton Co. in the clerk's office and as order book clerk for the Honorable judges Sue V. Shields and Donald E. Foulke with Hamilton Superior Court #1.

She leaves behind a bereaved daughter, Karen Jeannine and Son-in-law she adored, Tim K. Erwin, Sr; two grandsons; Theron (Terry) Lee Trout and wife Eva (Buffy) and Franklin Lee Gilbert and companion Susie Shrock; two great-grandsons; Uriah Cody Trout and wife Katee, Ryan Thomas Gilbert, and great-granddaughter Emma Lee Gilbert, and one great-grandson, Ryder Theron Trout. She also leaves behind her beloved best friend, Aloha Upchurch.

Arrangement entrusted to Randall and Roberts Funeral Center, 1685 Westfield Rd, Noblesville, where family will receive friends from 12 pm to 2 pm on Mon, Nov. 30 prior to a Celebration of Life officiated by Dr. Richard P. Bailey. Burial to follow at Gray Friends Cemetery, where her husband, parents and grandparents are laid to rest. Pallbearers include all grandsons, great-grandsons, and two nephews David Blackford and Richard Clark. Memorial Contributions may be made to the Hamilton Co. Humane Society, 1721 Pleasant St, Suite B, Noblesville, IN 46060.

## DAILY BIBLE VERSE

And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way.

- Mark 10:52

## 50 Years Ago

Will return next week



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## Winter Wonderland and shop small at Carmel City Center

'Tis the season for spreading holiday cheer and supporting your local businesses. Saturday, Nov. 28 marks the day when we join the national initiative to "Shop Small" and celebrate Small Business Saturday at Carmel City Center. As a development focused on independently-owned specialty retail and restaurant offerings, Carmel City Center invites you dine at one of the six unique restaurants and shop at the many boutiques in the center. Many of the shops will have special promotions in their stores to help you kick off your holiday shopping tradition.

Local Carmel High School (CHS) students from CHS Art Club will paint storefront windows to create a "Winter Wonderland" at Carmel City Center and a DJ will be on site to play holiday music while you shop from 10 a.m. to 2 p.m. The public is invited to take a walking tour of the "Winter Wonderland." Visitors are encouraged to stop in the Residences Clubhouse at 720 S. Rangeline Road to warm up and enjoy complimentary refreshments from 11 a.m. to 2 p.m. as well.

Also in support of shopping local, on Sunday, Dec. 6 from noon to 1 p.m. 99.5 WZPL will give away 50 pairs of tickets to

Indy's biggest holiday concert, Jingle Jam, and one grand prize giveaway for a pair of meet and greets to visitors of Bath Junkie at Carmel City Center. Bath Junkie is located at 741 Hanover Place. Jingle Jam 2015 will be held at Indiana Farmers Coliseum on Wednesday, Dec. 9 featuring the artists Walk the Moon, Pentatonix, Tori Kelly, Rachel Platten and more! The Jingle Jam ticket giveaway is part of [www.holidaysincarmel.com](http://www.holidaysincarmel.com).

"Small Business Saturday" was founded by American Express in 2010 to help small businesses get more exposure during one of the biggest shopping weekends of the year. Since its inception, Small Business Saturday has helped many independent small businesses raise awareness for shopping locally.

Shop small this holiday season and support local businesses!

[Carmel City Center is located on the southwest corner of Range Line Road and City Center Drive.](#) Surface parking is available on plaza level (accessible from City Center Drive), in the underground garage (accessible from Range Line Road) and along Veterans Way located to the south of Carmel City Center.

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Defense & Smith ...

# Carmel whips HSE, 52-32

By DON JELLISON  
Reporter Editor  
Stifling. Smothering . Suffocating.

Pardon the language, but how about 32 minutes of hell?

All good labeling for the defense Carmel coach Tod Windlan can throw at an opponent.

The Greyhounds did it on Tuesday while beating Noblesville. Carmel might have been even better on Thursday when the Lady Greyhounds defeated Hamilton Southeastern 52-32.

Leading 23-15 at halftime and 40-26 after three periods, Carmel held HSE to just six points in the fourth quarter and while doing so toyed with the Lady Royals down the stretch with a little cat and mouse. Southeastern couldn't get the basketball, and when the Royals did, Carmel defense slammed the door.

"What I'm proud of is that is that we took on two Hamilton County rivals



**Blake Smith  
Carmel**

(Noblesville and HSE) back to back and we defeated both on their home course," Windlan said.

Asked how his defense is so good, Windlan replied, "We play a different defense every night. Tonight we forced Southeastern into doing things they didn't want to do. They tried to make passes over the top; lots of soft passes. Our kids are long, and teams can't do that.

"We played Noblesville on Tuesday and held (Alexis) Shannon to seven points and (Katelyn) O'Reilly to 12 and then tonight we held (Bre) Lloyd and (Megan) Walton to 3 points each."

Lloyd scored the first three points in the game and never scored again. Walton hit an early 3-point and never scored again.

"We tried to throw the ball over the top," said Southeastern coach Chris Huppenthal. "You can't do that against Carmel. We had to be patient and we were not."

Southeastern finished the game with 25 turnovers.



**Kyndall Williams  
Southeastern**

But, it wasn't all defense, Windlan said. "We let the cat out of the bag tonight with (6-3 sophomore guard) Blake Smith," Windlan told Smith when she was leaving the building. "That was her second great game in a row."

Smith hit 9-of-11 shots and finished with 21 points. She also picked off 5 rebounds and in 29 minutes on the court she had just 3 turnovers.

As a team, Carmel committed just nine turnovers.

Emily Kmec also scored in double figures for Carmel with 10 points. Amy Dilk added 8 points.

Southeastern was led in scoring by senior forward Kyndall Williams with 10 points. She also led HSE in rebounding with 8.

Southeastern got in a peck of foul trouble. At one point in the third quarter Williams and freshman Amaya Hamilton each had four fouls and Lloyd had three.

How did Tod Windlan, arguably one of the best coaches in the state, find his way to the "Golden Dome" in Carmel? Read Don Jellison's answers on Page 6.

Molly Gillig	1-1	0-0	2	0
Blake Smith	9-11	3-5	21	2
Carrie Larson	1-2	1-2	3	4
MacKenzie Wood	0-2	1-2	1	1
Totals	20-37	9-17	52	17
<b>Southeastern</b>	<b>FG</b>	<b>FT</b>	<b>TP</b>	<b>PF</b>
Malea Jackson	2-7	2-2	6	0
Bre Lloyd	1-5	1-1	3	3
Haydn Braun	0-0	0-0	0	0
Katie Myers	0-0	0-0	0	1
Megan Walton	1-10	0-1	3	3
Olivia Kegley	1-1	1-2	3	1
Tayah Irvin	0-1	2-2	2	1
Kiki Sundling	0-0	0-0	0	0
Chelsea Maxey	0-0	0-0	0	0
Molly Walton	0-1	0-0	0	2
Amaya Hamilton	1-4	2-2	5	4
Kyndall Williams	4-5	2-2	10	4
Totals	10-34	10-12	32	19

Score by Quarters:  
Carmel 10 13 17 12 – 52  
Southeastern 12 3 11 6 – 32  
Southeastern Rebounds (29): Jackson 3, Lloyd 1, Me. Walton 3, Kegley 3, Mo. Walton 3, Hamilton 8, Williams 8.  
Carmel Rebounds (15): Christy 1, Kmec 5, Dilk 3, Gillig 1, Smith 5.  
Southeastern 3-Pointers (2-11): Jackson 0-3, Lloyd 0-1, Me. Walton 1-3, Irvin 0-1, Mo. Walton 0-1, Hamilton 1-2.  
Carmel 3-Pointers (3-8), Kmec 2-5, Kwasniewski 1-1, Larson 0-2.

<b>Carmel</b>	<b>FG</b>	<b>FT</b>	<b>TP</b>	<b>PF</b>
Olivia Christy	0-1	0-0	0	3
Celene Funke	1-6	0-0	2	3
Emily Kmec	3-7	2-2	10	2
Andy Kwasniewski	2-2	0-0	5	1
Amy Dilk	3-5	2-6	8	1

Two more games today...

# Golden Eagles split games at Robinson

The Guerin Catholic girls basketball team split its first two games at the Robinson (Ill.) Tournament on Friday.

In its first game, the Golden Eagles lost to Marshall (Ill). 59-55. One quarter made the difference between a win and a loss, as GC and Marshall were very evenly matched going into the second quarter with Marshall ahead 19-17. Guerin Catholic got some solid minutes in the first quarter from Annemarie Augustinovicz and Abigail Wampler, who had five points and six points respectively.

However, in the second quarter it was all Marshall. Guerin Catholic got very cold and did not make a single basket. It was a 14-0 run by Marshall that put the Golden Eagles behind 33-17.

Coming out of the locker room Guerin Catholic turned up the heat both offensively and defensively pressuring, Marshall, driving the lane getting foul calls and hitting their shots. The Golden Eagles shot 81 percent from the line with Sarah Yount (7-of-7) and Grace Demas (4-of-4) shooting a perfect 100 percent.

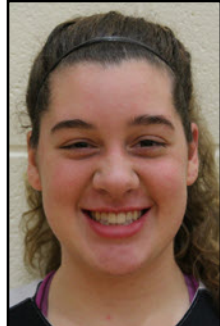
With less than a minute to go, GC got to within six at the minute mark. Yount hit a 3-pointer to get Guerin within 3. Marshall went to the line many times and did not connect, but Guerin Catholic could not get the much needed game winning bucket and lost 55-59.

Yount finished with 18 points and dished out five assists. Augustinovicz scored 11. Kate Anderson grabbed nine rebounds, with Yount getting seven boards and Tori Sullivan six.

The Golden Eagles beat Casey-Westfield (Ill.) 46-37 in their second game, which was a foul plagued and low scoring contest. Guerin Catholic was ahead 10-7 after the first quarter, and the second quarter did not go any better with GC going into the locker room down 15-14.

In the second half, the Golden Eagles did not give up and turned up the pressure, got to the foul line and took home the win. Wampler scored 12 points, with Yount adding 11. Augustinovicz led the rebounding with six.

Guerin Catholic plays two more games today, first playing Fairfield (Ill.) at 1 p.m., and a later game to be announced.



**Augustinovicz**



**Anderson**

Abigail Wampler	3-13	0-0	8	4
Annemarie Augustinovicz	5-10	1-1	11	3
Kate Anderson	2-5	1-2	5	2
Totals	18-60	13-16	55	21

Score by Quarters  
Guerin 17 0 19 19 - 55  
Marshall 19 14 18 8 - 59  
Guerin Catholic 3-point shooting (6-24) Yount 3-9, Wampler 2-7, Sullivan 1-4, Augustinovicz 0-3, Fuller 0-1.  
Guerin Catholic rebounds (30) Anderson 9, Yount 7, Sullivan 6, Demas 4, Augustinovicz 3, Wampler 1.

## Guerin Catholic 46, Casey-Westfield 37

Guerin	FG	FT	TP	PF
Sarah Yount	2-11	5-6	11	2
Erin Fuller	0-2	0-0	0	0
Katie Stordy	0-0	0-0	0	0
Tori Sullivan	2-6	2-4	8	1
Becca Fillip	1-1	0-0	2	4
Grace Demas	1-3	4-6	6	3
Abigail Wampler	3-6	4-5	12	2
Annemarie Augustinovicz	1-4	5-6	7	2
Kate Anderson	0-1	0-0	0	4
Totals	10-34	20-27	46	18

Score by Quarters not available  
Guerin Catholic 3-point shooting (6-18) Yount 2-8, Sullivan 2-4, Wampler 2-3, Fuller 0-2, Augustinovicz 0-1.  
Guerin Catholic rebounds (18) Augustinovicz 6, Sullivan 4, Anderson 4, Wampler 2, Yount 1, Fillip 1.

## Marshall 59, Guerin Catholic 55

Guerin	FG	FT	TP	PF
Sarah Yount	4-13	7-7	18	2
Erin Fuller	0-4	0-2	0	1
Tori Sullivan	2-7	0-0	5	3
Becca Fillip	1-1	0-0	2	2
Grace Demas	1-4	4-4	6	4



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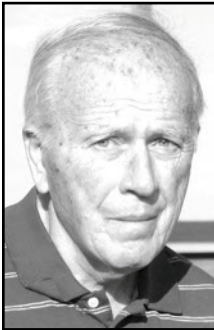


*Tough to beat anytime, anywhere ...*

# Windlan has Carmel rolling

By DON JELLISON  
Reporter Editor

Isn't it funny how good coaches, how great coaches find their way to the Golden Dome? Not haw, haw funny, but you know, funny.



The story of girls basketball coach Tod Windlan is that way.

You may remember Windlan when he led Hamilton Heights' Lady Huskies to the Class 3A championship game just a short four years ago.

Tod, then a golf pro, wanted a teaching job at Heights. As the story goes, Heights didn't have any teaching positions available. So they offered him a non-teaching job. Tod said no and Tod packed his bags for Warren Central and the land of the MIC.

Warren Central had just finished a 0-20 season. In Windlan's first season the Warriors went 7-14.

That's when any and all schools needing a coach had a chance to say so. Carmel knocked on Windlan's door and the rest is history.

Windlan came on like gangbusters in his first season at Carmel. The Lady Greyhounds went 17-8, but the eighth loss was a 60-55 nail-bitter in the sectional against one of Noblesville's all-time great teams. Noblesville won the sectional.

Carmel is 5-1 this year with an overtime loss to Roncalli and now back to back victories over Noblesville and Hamilton Southeastern.

Funny, Tod talks about Noblesville and Hamilton Southeastern as being "our Hamilton County rivals." Some folks come to Carmel thinking that way. Not all.

Some may think of Windlan as being "cocky." He could come across that way. But, Windlan coaches like lots

of the great ones. He gets you down and in a way opponents don't want him back.

It was kind of like that yesterday at Southeastern when with a 20-point lead and maybe three minutes remaining he held the ball and played chase with the Lady Royals.

Don't get the idea, as good as Carmel was at HSE, that this season is history. Noblesville and Southeastern are good basketball teams.

You might also want to write down the date of Dec. 8. That's when Westfield will travel to Carmel. Westfield currently is undefeated

Before that, on Dec. 1 Carmel will travel to Lawrence North, a rival, you might say, in the MIC. Lawrence North is ranked No. 1 and going into a game with Columbus North tonight the Lady Wildcats are undefeated, including a 72-58 victory over Noblesville.

Isn't high school basketball fun .... ny?



Brian Reddick/File photo

After two years of placing fourth at 113 pounds, Hamilton Southeastern's Austin Holmes moves up to 126 pounds for his senior season.

## Wrestling...

## Holmes, Eldred already claim top four state rankings

By RICHIE HALL  
Reporter Sports Editor

As the high school wrestling season continues to ramp up, IndianaMat.com released its first set of rankings last week, with several Hamilton County wrestlers on the list.



Evan Eldred  
Westfield

who despite his light weight looms large as one of the top wrestlers in the state.

Holmes is ranked fourth at 126 pounds, this after two consecutive seasons of finishing fourth in the state meet at 113 pounds. Holmes is already off to a good start, as he finished first at the John Hurre Memorial Tournament last Saturday.

Fishers sophomore Alexander Strueder holds the No. 7 ranking at 106 pounds. Strueder was a state qualifier last season as a freshman.

Westfield senior Evan Eldred is ranked fourth at 138 pounds. He moves up from 132, where he placed sixth at state last season. As a freshman, Eldred was a state qualifier at 120 pounds. Carmel sophomore Jack Eiteljorge is rated 15th in the state at 138 as well.

Up at 182 pounds, HSE senior Spencer Irick claims the No. 8 ranking in that weight

class. Irick also moves up after qualifying for state last year at 170 pounds.

At 220 pounds, Carmel senior Sam Hipple is ranked fifth. Hipple, who began his season with a dual meet win over Lebanon's Jacob McClain (the 10th ranked 220-pounder), finished fourth at state at 195 pounds last season.

In addition to the state rankings, IndianaMat.com has broken down each of the four semi-states to rank the top six in each site. Hamilton County wrestlers all feed into the New Castle semi-state, traditionally one of the tougher of the four semi-states.

Strueder is rated fifth at 106. Meanwhile, Southeastern sophomore Klayton Anderson is ranked third at 120 pounds; he was a state qualifier at 106 last year. Holmes, not surprisingly, is ranked second at 126, behind only Cathedral junior Breyden Bailey. Adam Jerde is ranked fifth at 126.

At 138 in the semi-state, Eldred is rated third and Eiteljorge fourth. Hamilton Heights has a couple semi-state ranked wrestlers in the middle weights as well: Junior Clayton Cowan is sixth at 145 and senior Trezdon O'Neal is fourth at 152.

Carmel senior Nick Fox is ranked fifth in the semi-state at 170, with Irick third at 182. Hipple is rated second at 220 behind sophomore Mason Parris of Lawrenceburg.

Thus far Carmel is the only Hamilton County team ranked in the team standings, currently No. 14.

Only two schools are competing in meets this weekend: Noblesville will participate in the Triton Central Invitational, with Sheridan competing at an event in Edgewood.

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# NBA standings

<b>Friday's scores</b>		Minnesota 101, Sacramento 91
Cleveland 95, Charlotte 90		L.A. Clippers 111, New Orleans 90
Orlando 114, Milwaukee 90		<b>Saturday's games</b>
Boston 111, Washington 78		Toronto at Washington, 7 p.m.
Miami 97, New York 78		Brooklyn at Cleveland, 7:30 p.m.
Indiana 104, Chicago 92		Denver at Dallas, 8:30 p.m.
Houston 116, Philadelphia 114		Atlanta at San Antonio, 8:30 p.m.
Atlanta 116, Memphis 101		New Orleans at Utah, 9 p.m.
Oklahoma City 103, Detroit 87		L.A. Lakers at Portland, 10 p.m.
San Antonio 91, Denver 80		Sacramento at Golden State, 10:30 p.m.
Golden State 135, Phoenix 116		

Eastern Conference					Western Conference				
East	W	L	PCT.	GB	Northwest	W	L	PCT.	GB
Toronto	10	6	.625	-	Oklahoma City	11	6	.647	-
Boston	9	7	.563	1.0	Minnesota	8	8	.500	2.5
New York	8	9	.471	2.5	Utah	7	7	.500	2.5
Brooklyn	3	12	.200	6.5	Denver	6	10	.375	4.5
Philadelphia	0	17	.000	10.5	Portland	6	10	.375	4.5
Central	W	L	PCT.	GB	Pacific	W	L	PCT.	GB
Cleveland	12	4	.750	-	Golden State	17	0	1.00	-
Indiana	10	5	.667	1.5	L.A. Clippers	8	8	.500	8.5
Chicago	9	5	.643	2.0	Phoenix	7	9	.438	9.5
Detroit	8	8	.500	4.0	Sacramento	6	11	.353	11.0
Milwaukee	6	10	.375	6.0	L.A. Lakers	2	12	.143	13.5
Southeast	W	L	PCT.	GB	Southwest	W	L	PCT.	GB
Miami	10	5	.667	-	San Antonio	13	3	.813	-
Atlanta	11	7	.611	0.5	Dallas	9	7	.563	4.0
Charlotte	9	7	.563	1.5	Memphis	9	8	.529	4.5
Orlando	8	8	.500	2.5	Houston	6	10	.375	7.0
Washington	6	7	.462	3.0	New Orleans	4	12	.250	9.0

Another 33 points for George...

# Pacers beat Bulls to continue hot streak

By GREG RAPPAPORT  
Courtesy [nba.com/pacers](http://nba.com/pacers)  
With just over five minutes remaining and leading by 11 over the Bulls, Paul George came off a screen and floated into the corner with outstretched hands, awaiting the pass from George Hill.

Hill delivered the ball, PG drilled the shot, and the crowd at Bankers Life Fieldhouse erupted as Indiana went on to beat the Bulls 104-92 on Friday night behind a hard-fought 33 points and eight rebounds from Paul George.

For the Pacers, the win came the way so many have during their streak of 10 wins in 12 games: push-the-tempo offense, paired with a swarming defense. That, and Paul George scoring 20 or more points for his 11th consecutive game.

"To start this year, we weren't a top-10, top-20 team," said George of people's expectations of the Pacers. "They probably still don't see us that way, but we know in this locker room what we have, and we just go out and play. We focus on what we have control over."

The Bulls made a late run at things with under four minutes remaining in the contest, but of all things, it was Ian Mahinmi free throws that helped ice the game for the Pacers, as he nailed 7-of-8 shots from the charity stripe in the final five minutes to foil Chicago's plan of intentionally fouling him (Mahinmi has been averaging 21 percent from the free throw line this season). In the locker room, Pacers head coach Frank Vogel came and shook Mahinmi's hand as he was giving postgame interviews to reporters. "I told you it was going to stabilize," Vogel told his center.

"The more I shoot, the better I feel," said Mahinmi at his locker, with both knees taped in ice. "Tonight I got to see a few of them go in and I got into my rhythm. I shoot a lot of free throws every day, so it's just a matter of getting my rhythm."

Solomon Hill, whose minutes have been few and far between this season after leading the Pacers in minutes last year, came up huge in the fourth quarter, as Vogel inserted him in the game to guard Nikola Mirotic, who had erupted for 22 points by the time the third quarter expired.

Hill not only was able to put the clamps on Mirotic, who only scored three more points to finish with 25, but helped propel the Pacers' offense as well. Hill finished the night with three rebounds, three assists, and a steal in just 12 minutes of play, giving him a bench-unit high +8 for the night.

"We needed some minutes there. We needed him," Vogel said of Hill. "They had (Taj) Gibson and (Joakim) Noah out there. We told him before the game to be ready. He stepped up and played terrific. His run was a big part of us closing out the game."

The win against Chicago was the Pacers' sixth over the past seven regular season matchups between the Central Division foes, and came easy behind PG's monster 33-point night, an impressive encore to his 40-point outburst on Tuesday. It is the second time this season that he's posted back-to-back games of 30 or more points, something he had only done once prior to the 2015-16 season.

The Pacers outscored the Bulls in the first quarter of action at the Fieldhouse, using first-half runs of 11-0, 7-0, and 9-2 to build a 51-42 lead at halftime behind 16 points from C.J. Miles; including a 4-point play that ignited the crowd early.

For much of the third quarter, the teams traded defensive stops as both sides struggled to produce on the offensive end. Chicago, however, seemed to be closing the gap on the Pacers' lead, winnowing the advantage down to just four points after a Mirotic free throw. But Indiana pushed back in force with 1:31 remaining in the third, as Lavoy Allen (12 points, 10 rebounds) drained a jumper, PG made a contested layup, and Monta Ellis (14 points, five assists) snapped the net to cap the 6-1 run that allowed Indiana to regain its nine-point lead that it started the period with.

A quick 4-0 Pacers run to start the fourth triggered a timeout from Bulls head coach Fred Hoiberg. After that brief intermission, a barrage of 3-pointers ensued from both teams. The Bulls drained back-to-back shots from beyond the arc, but Stuckey countered with a 3-pointer of his own. Kirk Hinrich hit one from deep, only to be answered by a Paul George three to put the Pacers back up by 10. And then, just for good measure, Jimmy Butler (16 points) drilled a three from the left wing to inch the Bulls closer, setting up the finish at the Fieldhouse.

The win, which catapulted the Pacers (10-5) into a second place tie near the top of the Eastern Conference, has once again raised expectations for an Indiana team that has been making a habit of blowing teams out of late, both on the road and at home. The Pacers had won their previous three games by double-digits.

Friday night was no different. When Paul George drilled his final 3-pointer of the game and trotted back on defense, the Indiana crowd rose to its feat in approval of what they were seeing: a team on the rise, with heights still unknown.

Lavoie scores both for Indy in loss...

# Mavericks top Indy Fuel 4-2

Alex Lavoie scored a pair of goals but it wasn't enough to lift the Indy Fuel (9-6-0-1) past the ECHL-leading Missouri Mavericks (15-2-0-1) on Friday night in a 4-2 loss.

Trailing 1-0 late in the first, Lavoie notched his first of the night by following his own rebound and tucking it past Mavericks goaltender Parker Milner (25 saves) to tie the game at 1-1 heading into the first period intermission.

After extending the lead to 3-1 in the second period on goals by Carter Verhaeghe and Jesse Root, the Fuel would get another marker from Lavoie. This time the puck would ricochet in off the back of his leg after Nick Mattson's point shot was deflected en route to the net. The goal came at 12:00 of the third and gave the Fuel a chance to press for the equalizer.

While the Fuel would press and eventually pull goaltender Shane Owen (33 saves) for the extra attacker, Josh Holmstrom's second goal of the game into the empty net salted the win away for the Mavericks with just under a minute remaining.

The same two teams go right back at it tomorrow night at 8:05 pm ET, with the Morellis Cleaners Pre-game Show starting 15 minutes before every puck drop on CBS Sports 1430.

Notes:  
• Garrett Bembridge extended his points streak (1-3-4) to four games with an assist on Lavoie's first goal  
• Lavoie now has points in four consecutive contests (2-3-5)

• Missouri is now a perfect 6-0 at home and 11-0 when scoring the first goal of the game  
• Jesse Root now has point in four straight games (4-5-9)  
• Rocco Carzo now has points in four straight games (1-4-5)

Single-game tickets are now on sale at Ticketmaster or at the Indiana Farmers Coliseum box office, while a variety of different ticket plans and group specials are available by calling (317) 925-FUEL or visiting [IndyFuelHockey.com](http://IndyFuelHockey.com). Don't miss out on anything from the Fuel in 2015-16, follow the team on Twitter and Instagram (@IndyFuel) and don't forget to 'Like' the Fuel on Facebook.

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