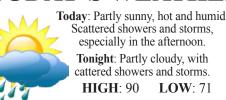
THURSDAY, JULY 4, 2019

SHERIDAN | NOBLESVILLE | CICERO | ARCADIA ATLANTA | WESTFIELD | CARMEL | FISHERS





#### TODAY'S WEATHER





## Deputy Melton earns Sheriff's Life Saver Award for his heroic actions



Hamilton County Sheriff's Deputy Bryan Melton (fourth from right) was presented the Sheriff's Office Life Saver award for actions taken in the line of duty. During a recent call for a cardiac arrest at Bear Slide Golf Course, Deputy Melton and a Cicero police officer performed CPR and used an AED until paramedics arrived at the scene to take over. The person was transported to the hospital for treatment and is reportedly doing well. According the Sheriff's Department, all deputies are trained in CPR and their vehicles are equipped with AEDs. Hamilton County Sheriff Dennis Quakenbush (center) and Chief Deputy John Lowe (fourth from left) present the Life Saver Award to Deputy Melton.

## Ketchup, mustard united at the alter in Noblesville

A marriage on Saturday in Noblesville between ketchup and mustard should make Ripley's Believe It or Not. It actually was the wedding of Tina Anderson, representing Red Gold ketchup producers, and Ray Woeber of Woeber's mustard products.

The couple met years ago at a condiment convention if you can believe it. The bride lives in

Elwood and the groom lives in Springfield, are four grandchildren. Ohio. They struck up a friendship that be-



The County Line

Saturday's wedding at Our Lady of Grace Church.

late Ernie and Fran Reichart, founders of Red Gold. She has two adult children by a previous marriage: AJ Anderson of Noblesville, and Ashlee Snyder of Carmel, who served as her mother's matron of honor. There

Ray, with his brother Richard, oper- honeymoon in Florida.

came a long-distance relation- ates Woeber's mustard makers in Springship which eventually resulted in field. Ray had never been married. Richard served as best man in Saturday's ceremony.

Following the wedding, a formal re-Tina is the daughter of the ception with dinner and dancing was held at the Noblesville Hilton Embassy Suites

> To mark the symbolic and humorous union of ketchup and mustard, there was a table at the door of the reception where guests were offered a jar of Woeber's mustard and a bottle of Red Gold ketchup.

The newlyweds are now enjoying a

Initial launch during Lights Over Morse Lake Festival . . .

## Cicero will soon offer free public WiFi in select locations

The REPORTER

The Town of Cicero's Economic Development Committee, along with the Cicero Town Council, has announced the near completion of a project that will provide free public WiFi in select locations within the community. The initial launch of this offering will be during the Lights Over Morse Lake festival over the Fourth of July

The Town has partnered with On-Ramp Indiana, a privately owned company located in Noblesville, which specializes on fixed wireless broadband, direct fiber access and data center services, including private cloud servers and colocation, since the fall of 2016. The free public WiFi offering will be available in the following common

- and State Road 19/Peru Street
  - Red Bridge Park Community Park
  - The Cicero Sports Complex (the base-residents and visitors," said Cicero Town

ball/softball fields) along Stringtown Pike

"Members of the Cicero Economic Development Committee are excited to partner with On-Ramp Indiana to provide this free public WiFi offering to residents and visitors of the Cicero community," said Cicero Economic Development Committee President Joe Cox. "We believe the opportunity to remain connected in Cicero's most visited areas will further enhance the quality of life in and around the community."

Once completed, a network name will be established and instructions on how to login will be published and available to residents and visitors. This project will help strengthen the Town's efforts to grow community and economic development in

"The Town continues to encourage and • Jackson Street between Main Street support worthwhile community and economic development projects, such as this free public WiFi project, which will aid in our efforts to provide quality amenities for

Council President Chris Lutz. "Through public and private partnerships, grant opportunities, and supportive business owners and residents, 2019 has been a great year full of development projects within the community."

Two additional projects are set to be completed by the end of summer: The downtown Façade Improvement project, which was funded through the Indiana Office of Community and Rural Affairs' Main Street Revitalization Program and Historic Renovation Grant Program and by participating building owners; and the major road restoration project on East Jackson Street, which was partially funded by the Indiana Department of Transportation's Community Crossing Matching Grant program. These two project total an investment of nearly \$2 million dollars in Cicero.

For additional information on this project or any of the Town of Cicero's projects, please call 317-984-4900. You can also visit ciceroin.org.

### Removing rails, building roads, filing for office

By FRED SWIFT ReadTheReporter.com

The Hoosier Heritage Port Authority, former operators of the Nickel Plate Railroad, accepted bids on June 28 for removing the rails from Noblesville to downtown Indianapolis. The removal is in preparation for converting the rail line to a pedestrian and bicycle trail. Only one bid was received. It will be opened at the port authority July meeting.

Hamilton County Commissioners, County Council members and Noblesville city representatives held a joint session last week to consider major projects concerning both units of government. High on the list was discussion of the long-discussed Pleasant Street bypass of the downtown area. The project is now slated to get underway in 2022. Studies have shown the bypass will take nearly 40 percent of vehicular traffic off Conner Street.

Two independent candidates for municipal council office have filed for this fall's election. Kate Snedeker has filed in Westfield City Council District 5, and Brad Baker has filed for Cicero Town Council, District 1. The deadline for independents to submit petitions to enter the race was July 1.

In order to give our staff time with their families and friends on Independence Day, The Reporter will not publish a Friday, July 5 edition.

Check back Saturday for more great news, sports and events coverage from Hamilton County's Hometown Newspaper.

uly 4<sup>th</sup> from The Reporter!

**Home** 

**Auto** 

**Business** 

Life





**Your Friends in the Insurance Business** 

317-758-5828

brian@bragginsurance.com Bragginsurance.com

### **Hey Grandpa - Bring your Grandkids!**

**Model Railroading Teaches** Science-Technology-Engineering-Art-Math

> Saturdays & Sundays 10am to 3pm



Mr. Muffin's Trains





## Come visit us in Atlanta, Indiana

Lots of trains — Operating Layout — It's FREE to visit — Delicious Food in the Café

### Spartz speaks at national conference on pension fund risk assessment

The REPORTER

Victoria State Sen. (R-Noblesville) Management Spartz served as a panelist with The Committee.

Pew Charitable Trusts at the National Conference of State Leaders (NCSL) Budget and Tax Academy conference on June 27 in Washington, D.C.

Spartz presented to legislators across the

country on public pensions ward in creating more transissues and trends after her parency and fiscal accountrecent accomplishment in ability, which is vital for the passing Senate Enrolled long-term health of public Act 545. SEA 545 requires pension plans.'

public pension plans to report on risks to the Pension Oversight

> "I was happy to join The Pew Charitable Trusts on presenting the importance of identifying financial risks and the potential costs of public pensions," Spartz said. "I believe this is a

great step for-



**Spartz** 

# Victims of Crime and Abuse www.prevailinc.com

I was born and raised right here in Noblesville. I grew up in a home without domestic violence or assault - it wasn't something I saw, or even heard about. But when I was introduced to Prevail of Central Indiana. I was shocked by the number of individuals who are affected Prevail helped more than 4,000 clients in Hamilton County. (Nearly 80 percent of clients are women and children.) Prevail is strictly confidential, and since their core values include integrity and respect, they provide their services at no charge. Domestic violence and abuse are hard topics to discuss, so you don't often hear about them. But at Tom Wood Volkswagen in Noblesville, we're breaking the taboo and raising awareness for Prevail, an organization that helps families in Hamilton County. - Mike Bragg, GM of Tom Wood Volkswagen in Noblesville

#### **To help Hamilton County** families affected by domestic violence and sexual abuse, you can donate the following items:

- Art supplies (for children to journal and express their emotions)
- Bottled water (8 oz. bottles, preferably)
- Individually packaged snacks
- Gas cards (many women have no access to funds after fleeing their abuser)

You can drop off items at Tom Wood Volkswagen in Noblesville, located at 14701 Tom Wood Way. You can also donate directly to Prevail of Central Indiana by visiting Prevailinc.org.

### bring home a new car for

# 

The Volkswagen Tiguan. The not-so-compact, compact SUV

**LED headlights with Adaptive** Front-lighting System (AFS) These available headlights move with your turns to help you see what's ahead.

**Turbocharged engine packing** 184 horsepower is a lot of fun. It's also fuel-efficient.

**Hands-free Easy Open** and Easy Close liftgate



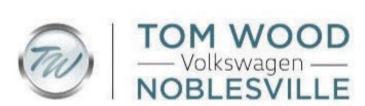
Safety cage Front and rear crumple zones help absorb crash energy, while a rigid safety cage helps deflect it away from the driver and passengers.

Cargo capacity We've given it plenty of cargo room, some 73.5 cubic feet in the 5-seater model when you fold down the rear seats.

6 years/72,000 miles (whichever occurs first) New Vehicle Limited Warranty on MY2018 and newer VW vehicles, excluding e-Golf. See owner's literature or dealer for warranty exclusions and limitations.

### The People First Warranty

6 Years/72,000 Miles · Transferable Bumper-to-Bumper · Limited Warranty





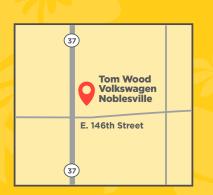


Care • Committment • Convenience

Tom Wood Volkswagen Noblesville

14701 Tom Wood Way Noblesville, IN 46060 317.853.4552

TomWoodVolkswagenNoblesville.com



Read it here, read it first: The Hamilton County Reporter

## Caution is key when it comes to your health

"He who buys what he does not need steals from himself." -Swedish proverb

The good news: We are celebrating our country's 243rd birthday! (And I might say that despite not being perfect our country has always been great!) The bad news: This great country of ours is one of the most obese countries on our planet ... and spending billions of consumer

dollars in our quest to get in better shape. There is so much advertising and promotion for products we often purchase with the very good intent to help our bodies become healthier and better fit. Many ads, articles and businesses promote a particular "health" product that is "guaranteed to make losing weight faster/easier" etc. I am first in line to say that I am not a legal expert, but I would never promote general suggestions for a supplement purchase that could be detrimental to anyone's health issues who may be purchasing those items. Professional advice regarding any side effects or at least a disclaimer would be most appropriate to add to any marketing piece.

The particular supplements that are being promoted could be contraindicated for anyone who is pregnant, diabetic or pre-diaprocedure, who may have blood clotting is-



SHARON McMAHON

drugs, or have heart irregularities. There are many people who fall within those parameters who might be persuaded to purchase a supplement or substance, and begin using that item without the knowledge of their physician or licensed health care practitioner. Complications from usage or over-usage of supplements are an important issue to consider in our

quest to become healthier.

Additionally any nutrition consultant should, without fail, encourage their clients to obtain a full physical and discuss with their physician their intent to work with a nutrition/wellness consultant or coach. I actually insist upon this when working with my clients. If there is any indication by their physician that they may be pre-diabetic or have other serious health issues it is critical to know this going forward. That information may preclude the client from working with the nutrition consultant until those conditions have been addressed by the physician. Additionally, the nutrition consultant should be advised of any prescription medications that the client may be taking upon advice of their physician.

Look around: It is possible to get "adbetic, who is within two weeks of a surgical vice" on losing weight, feeling better, gaining muscle, etc. from many sources. Most

sues, taking certain prescription of us do not take our cars to a car wash to and stronger, and learn more about making additives into our gas tank, so why would we readily consider casual recommendations on supplements which may not be in our best interests?

ranted and helpful in many cases, but as stated above, the proper protocols should

If you consider working with a nutrition or wellness consultant, ask questions about ence in reaching your goals! their experience and training. Currently the State of Indiana does not require licensing for this profession. A nutrition consultant is not licensed to prescribe a specific diet to a client; only a licensed health care professional is authorized to do so. A nutrition and client who wishes to lose weight, feel better tion or fitness activity.

have them maintained or repaired or pour better food choices. Most often a client's plan will include behavioral changes and attitudes about food as well as changes in the food items the client selects.

Bottom line - proceed cautiously in I believe that supplementation is war- your quest, do your own research, take responsibility for your food and supplement choices, and perhaps incorporate a nutrition and fitness coach to help you get started. After all, a good coach can make a differ-

Sharon McMahon, CNWC

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 wellness coach can be very beneficial to a any issues you may have related to nutri-

## AG Curtis Hill asks Hoosiers to watch for car dealers posing as private sellers on Craigslist

The REPORTER

Indiana Attorney General Curtis Hill is asking Hoosiers to watch for car dealers posing as private sellers on Craigslist – and to alert the Office of the Attorney General if and when they come across such listings.

Craigslist.com allows a seller to post either as a dealer or as a private party under "by owner."

Consumers are then able to search either the dealer regardless of the consumer's category according to their preferences. Dealers are prohibited by Craigslist from advertising under "by owner." Dealers who post misleading ads by posing as private sellers often run afoul of Indiana's Deceptive Consumer Sales Act.

Typically, dealers trying to mislead potential buyers will:

• Post photos of vehicles parked in residential neighborhood settings rather than on dealer lots

sellers, using language such as "I am sell-

featuring someone's first name and cell **com** or by calling 1-800-382-5516.

number, omitting any mention of the dealership or the dealership's phone number or address.

Once reached on their cellphones, dealership employees often direct potential buyers to their commercial lots - hoping that once they have a consumer interested in a specific vehicle, the consumer will be agreeable to purchasing the vehicle from

original intentions.

The Office of the Attorney General is currently investigating multiple dealers who have engaged in such behavior. These dealers are typically trying to reach an audience of car buyers who want to avoid interactions with dealers. Such consumers typically do not wish to pay dealer fees or subject themselves to aggressive

Anyone who believes they have en-• Write ads appearing to be from private countered these kinds of deceptive ads on Craigslist or elsewhere is encouraged to file a consumer complaint with the Office of • Provide contact information simply the Attorney General at **indianaconsumer**.







News 4

### TODAY'S BIBLE READING

And when he had thus spoken, he shewed them his hands and his feet. And while they yet believed not for joy, and wondered, he said unto them, Have ye here any meat? And they gave him a piece of a broiled fish, and of an honeycomb. And he took it, and did eat before them. And he said unto them, These are the words which I spake unto you, while I was yet with you, that all things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the psalms, concerning me. Then opened he their understanding, that they might understand the scriptures, And said unto them, Thus it is written, and thus it behoved Christ to suffer, and to rise from the dead the third day: And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem. And ye are witnesses of these things. And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high. And he led them out as far as to Bethany, and he lifted up his hands, and blessed them. And it came to pass, while he blessed them, he was parted from them, and carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy: And were continually in the temple, praising and blessing God. Amen.

Luke 24:25-39 (KJV)





## Travel safely this Fourth of July

#### The REPORTER

The American Automobile Association ("AAA") is predicting this to be the tra time to get to your desmost traveled Fourth of July Holiday period on record with over 49 million Americans expected to travel more than 50 miles from home. It's estimated that 41 million of those during daylight hours. traveling will be on the highways.

Some of the reasons given for the record travel are a robust economy and gas prices that are lower in than last summer.

To help ensure the safety of all motorists during this Fourth of July Holiday period, the Indiana State Police will participate in Operation C.A.R.E., Combined Accident Reduction Effort, and DUIEP, or Driving Under the Influence Enforcement Project. Both of impaired driver. these federally-funded programs allow extra troopers to patrol Hoosier highways during the Fourth of July holiday period.

encourage all motorists to equipment on county and

observe the following safe-

- Leave early. Allow extination
- Don't use cruise control in heavy traffic.
- Always signal lane changes
- Use headlights even
- Reduce your speed in rain and never drive into water flowing over the roadway.
- Decrease your speed construction zones. Obey posted speed limits.
- · Remember to slow down and move over for emergency vehicles, tow trucks, service trucks and highway maintenance ve-
- · Make sure you are well-rested. A fatigued driver is as dangerous as an
- Increase the distance between you and the vehicle ahead of you, especially in construction zones.
- Don't forget to watch Indiana State Police for slow-moving farm

- · Watch for motorcycles. Check blind spots before changing lanes and look twice at intersections before you turn or pull out
- into traffic. · Allow at least three seconds of following distance between your vehicle and a motorcycle.
- · Be cautious and observant when turning left. A primary cause of crashes between vehicles and motorcycles is when a vehicle turns left in front of an oncoming motorcycle.
- · Remember, motorcycles are entitled to operate
- in a full lane. • Obey all traffic laws and never drive impaired.

#### Know before you go

With all the road construction going on around the state, you may check on traffic and road conditions. crashes and construction on state highways by visiting indot.carsprogram.org, calling 1-800-261-ROAD (7623), or dialing 511 from a mobile phone.

#### **Meeting Notices**

The Cicero Redevelopment Commission will meet at 6:30 p.m. on Thursday, July 11, 2019, at the Cicero Town Hall, 70 N Byron St., Cicero.

The City of Westfield will hold a public working session at 6 p.m. on Monday, July 8, 2019, in the Hall, 130 Penn St., Westfield.

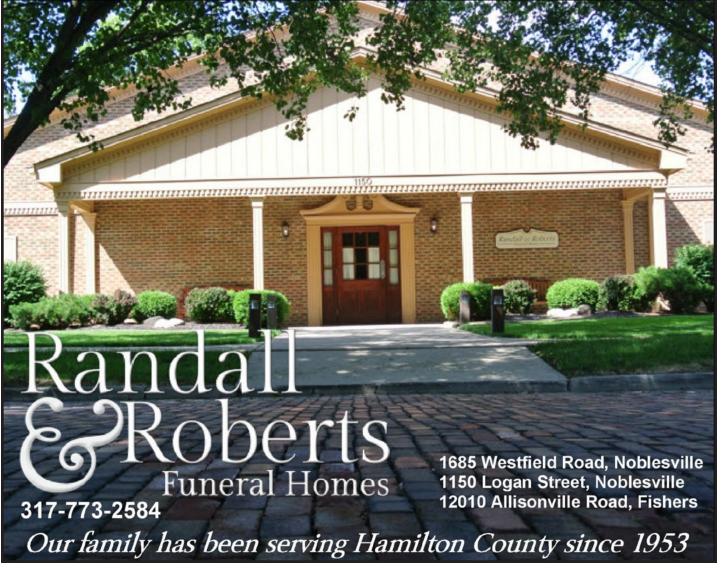
The Cicero Town Council will hold a work session on at 7 p.m. on Thursday, July 11, 2019, instead of the previously scheduled Department Head meeting, at the Cicero Town Hall, 70 N. Byron St., Cicero.

The TriCo Regional Sewer Utility will hold its monthly Board of Trustees meeting at 7 p.m. on Monday, July 8, 2019, at the John W. Hensel Government Center, 10701 N. College Ave., Indianapolis.

Pursuant to IC 5-14-1.5-5 (a) The Hamilton County E911 Executive Board will meet at 8 a.m. on Monday, July 8, 2019, in the Mayor's Conference Room in Noblesville City Hall, 16 S. 10th St., Nobles ville. The discussion will regard E911 operations.







## HAMILTON COUNTY REPORTER

#### **Contact Information**

Phone

317-408-5548

**Email** News@ReadTheReporter.com

**Publisher Jeff Jellison** 

HamiltonCoNorthReporter@hotmail.com 317-408-5548

**Sports Editor Richie Hall** 

Rhall1977@gmail.com

Twitter: @Richie\_Hall

**Public Notices** 

PublicNotices@ReadTheReporter.com 765-365-2316

Web Address

www.ReadTheReporter.com

**Subscription Inquiries** Subscribe@ReadTheReporter.com **Mailing Address** 

> PO Box 190 Westfield, IN 46074

**Photo courtesy Louisville Athletics** 

Celene Funke was part of a Louisville softball team that made the NCAA regionals this season and finished 35-23. Funke hit .324 and led the team in overall hits and runs scored, and also led the country in triples with 13.

## Carmel's Funke is fielding her dreams

### Three-sport Greyhound grad playing college ball and crunching numbers

about her sensational junior softball season at the University of Louisville, she was on her lunch break.

How is the Carmel graduate spending her summer? As a financial analyst

intern at Roche in Fishers. "Just doing some number crunching," said Funke. She's working in the global finance department in diabetes care for Roche, international health care company with offices around the world. Sure enough, Funke said her branch is working with other branches in Mannheim, Germany and Ponce, Puerto Rico.

"It's really cool to get a feel for a big company that stretches so far globally," said Funke. "It's something that you don't get in a lot of internships when you're 21 years old."

Not very many people have accomplished what Funke has at such a young age. A three-sport athlete for the Greyhounds who also excelled at soccer and basketball, she could have played any sport going into college. Funke chose softball for the Cardinals, and it's been a great choice.

Funke, an outfielder, was one of the leading hitters on a Louisville team that finished the season 35-23 and made an appearance in the NCAA regional. The Cardinals won their first game over Southern Illinois to move into the end Louisville's season.

'We had a pretty good Melton 66. season," said Funke. She pointed out that the Cardinals beat the most ranked teams since Funke came to Louisville, including a series win over Florida State. The Seminoles were ranked third in the country at the time, but the Cardinals won a dramatic third game 10-9 to take the series, the firsttime ever they won a series with FSU.

"It was a huge win for us and it really put us on the map," said Funke. "Solidified our regional berth."

Funke also got national recognition, as she led the country in triples. Hitting triples isn't easy to do, but Funke hit 13 of them and use people when they during the season.

"This year I started hitting away, and it opened up another part of my game," said Funke. "My coach knew that she really wanted to use my speed. And then my best friend Sidney would hit me in a lot of the time."

"I wouldn't say I was doing anything specific, but I was putting the ball in the right spots and my speed helped me out to push me to three," said Funke.

Sidney Melton is Funke's roommate and best friend, and they were the two leading hitters for the Cardinals this season. Melton batted .338, while Funke hit .324. Funke and

he REPORTER winner's bracket, then beat Melton also went 1-2 in When Celene Funke Northwestern to go 2-0 runs scored and overall lked with The Reporter in the regional before the hits: Funke had 48 runs Funke was one of two AP classes," said Funke. "I know I can only and it's such a big school, a year of my Masters paid play softball for so long."

Funke was one of two AP classes," said Funke. sense." Wildcats won two games to and Melton scored 47, and Funke had 67 hits and

> Funke said Melton started the year as the leadoff, but they decided to try Funke in that position after a while. It worked, as Funke said she had a better batting average when she

"That was exciting for me," said Funke. "The team really came together well. The lineup was definitely ever-changing, I don't know if her we ever solidified 1-9."

Whenever anyone got hot at the plate, they were put in the lineup. "We utilized all of the different parts that we had and were able to bring it all together were hot," said Funke.

Funke received an honor off the field when she was named to the First Team Academic All-American. It was the second consecutive year that she earned that award.

"Academics has been a huge part for me," said

sophomores to be named First Team last year, and this year became the first player in Louisville academic history to honor twice.

"I take a lot of pride in what I do in the classroom, so it was pretty cool to get recognized for it," said Funke.

The work paid off in another way: Funke gradthree years with a major in finance.

"Since I went to Carmel nity to do it. If I could get

She entered Louisville with 26 credits. "So I basically had a year under my belt,"

she said.

Funke also took summer classes, so she didn't have to pack in 18-hour semesters. As a result, she had a light class load for her junior year, with 12 hours

"So it wasn't super dupuated from Louisville in er difficult to graduate in three," said Funke. "I knew going in I had the opportu-

in the fall and 13 hours in

Funke will be in a 20-month online Masters program as the fall begins, and will also be working in a part-time job for Raymond James. She's happy she was able to graduate early "so I could get work experience and have a less stressful senior year so I can focus on making it the best season yet."

"I've also thought about playing overseas," she said, "one last hurrah with softball before I hang up the cleats for good."



### **NOW HIRING**

**Purkey Heating & Cooling** Call 317-984-5682 Service tech / Installer **Experienced / Entry level** Willing to train



**Sports** 6

## MLB standings

Wednesday scores Cleveland 4, Kansas City 0 Chicago White Sox 9, Detroit 6 (DH) Chicago White Sox 7, Detroit 5 (DH) Houston 4, Colorado 2 L.A. Angels 6, Texas 2 Atlanta 9, Philadelphia 2 Baltimore 9, Tampa Bay 6 N.Y. Yankees 5, N.Y. Mets 1

Cincinnati 3. Milwaukee 0 Toronto 6, Boston 3 Pittsburgh 6, Chicago Cubs 5 Washington 3, Miami 1 San Francisco 7, San Diego 5 St. Louis 5, Seattle 2 L.A. Dodgers 5, Arizona 4 Minnesota 4, Oakland 3

American League						National League				
East	W	L	PCT.	GB	East	W	L	PCT.	GB	
N.Y. Yankees	55	29	.655	-	Atlanta	51	36	.586	-	
Tampa Bay	50	37	.575	6.5	Philadelphia	45	41	.523	5.5	
Boston	45	41	.523	11.0	Washington	44	41	.518	6.0	
Toronto	33	54	.379	23.5	N.Y. Mets	39	48	.448	12.0	
Baltimore	25	61	.291	31.0	Miami	32	52	.381	17.5	
Central	W	L	PCT.	GB	Central	W	L	PCT.	GB	
Minnesota	54	31	.635	-	Milwaukee	46	41	.529	-	
Cleveland	47	38	.553	7.0	Chi. Cubs	45	42	.517	1.0	
Chi. White Sox	41	42	.494	12.0	St. Louis	42	42	.500	2.5	
Detroit	27	54	.333	25.0	Pittsburgh	42	43	.494	3.0	
Kansas City	29	58	.333	26.0	Cincinnati	40	44	.476	4.5	
West	W	L	PCT.	GB	West	W	L	PCT.	GB	
Houston	55	32	.632	-	L.A. Dodgers	59	29	.670	-	
Oakland	47	40	.540	8.0	Colorado	44	42	.512	14.0	
Texas	46	40	.535	8.5	Arizona	43	45	.489	16.0	
L.A. Angels	44	43	.506	11.0	San Diego	42	44	.488	16.0	
Seattle	38	52	.422	18.5	San Francisco	39	47	.453	19.0	



### When it comes to tick season, an ounce of prevention is worth a pound of coure

#### **StatePoint**

The benefits of spending time outside – from an increase in vitamin D levels to the healing powers of nature – are common knowledge, and outdoor activities are widely encouraged by various health organizations.

But while you're out and about enjoying fresh air, don't forget to take precautions against the possibility of being bitten



Ticks are tiny arthropods that live by Summer is here, and nature beckons. feeding on the blood of other animals and people. They often transmit a variety of complicated infections that, if untreated, can lead to dire consequences.

But you don't have to let these tiny creatures get in the way of your enjoyment of nature. Just make sure to follow few simple rules before and after your outing:

- Treat clothing and gear with products containing permethrin, and your body with EPA-registered insect repellent.
- Cover up if you will be spending time in bushy or wooded areas or wandering through fields of tall grass. Wear long sleeves and tuck your long pants into your socks - while this look would be frowned upon by the fashion-conscious, it may, literally, save your life.
- · Once home, check your clothes and body for ticks, and don't forget some of the not-so-obvious places, like your scalp, belly button and underarms.

### Thanks for reading The Reporter!





### is now in Westfield

as well as Sheridan!

The Westfield office is located behind Indiana Members Credit Union, next to Friedman Dentistry off State Road 32

Call (317) 399-7112 for an appointment at the Westfield location!

