

SATURDAY, NOV. 14, 2020

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



TODAY'S WEATHER

Today: Clouds increase, with spotty showers in the afternoon.
Tonight: Scattered showers and storms. Wind gusting to 35 mph.

HIGH: 54 LOW: 47



Westfield Scout working to protect wildlife, waterways

The REPORTER

For his Eagle Scout project, Scout Spencer Burroughs from Westfield Troop 107 sought to undertake a project that was both unique and would have a lasting community impact.

Burroughs reached out to Hamilton County Parks and Recreation Department's naturalist Zack McNulty to assist him in his efforts to lessen the amount of harmful trash and litter that finds its way into local waterways.

Over the course of four months, Burroughs invested approximately 50 hours of research, planning, and labor that resulted in his fabrication of four fishing line recycling containers at the newly opened Koteewi Lake, located in Strawtown Koteewi Park. He learned that loose fishing line injures and often kills native wildlife, so he constructed a sustainable means by which anglers can keep fisheries clear of such threats. As useful as those stations are, he said he feels the most critical part of his Eagle Scout Project is "educating the public."

The recycling stations also feature nature education signage that includes "Leave No Trace" fishing techniques and a QR code that directs individuals to the specific [Hamilton County Parks website](#) to learn more about related concerns. Burroughs was instrumental in compiling the information exhibited on the signage and on the website.

See *Eagle Scout* . . . Page 2

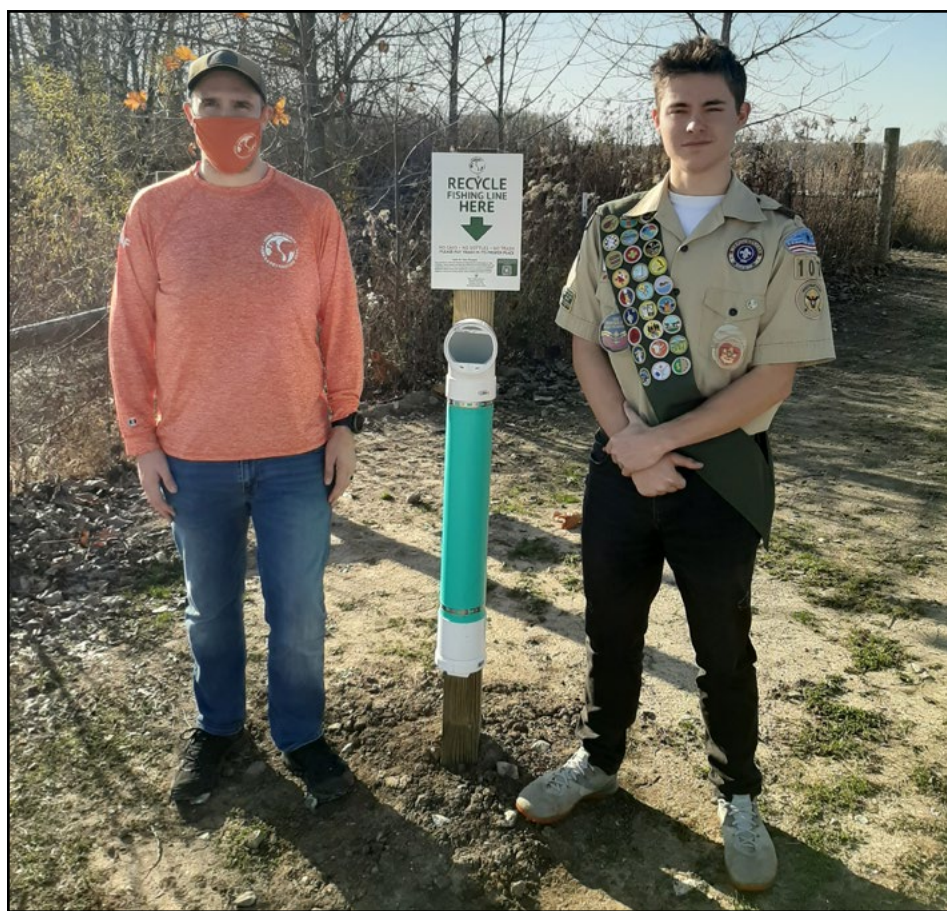


Photo provided by Hamilton County Parks & Recreation
Hamilton County Parks and Recreation Naturalist Zach McNulty (left) and Scout Spencer Burroughs of Westfield Troop 107 are shown here next to one of four fishing line recycling containers at Koteewi Lake. The recycling containers are the culmination of Burroughs' Eagle Scout project.

Fishers Health Dept. to allow school activities, but with tighter restrictions

By LARRY LANNAN

[LarryInFishers.com](#)

Hamilton Southeastern Schools will be able to continue their athletic and other extra-curricular programs after action Wednesday by the Fishers Health Department.

The games and activities can go on, but the people at the events will be limited to one parent, support staff and players. Teams must submit a COVID-19 mitigation plan to the Fishers Health Department for approval.

The Fishers Health Department had originally recommended that all school extra-curricular activities be canceled, but decided instead to go with the state's guidance for counties in the red risk category, even though Hamilton County is a notch below that with an orange designation.

The department voted to keep the original recommendation intact for social gatherings, with a limit of 10 people inside and 25 people outside. Health Department approval is required for gatherings of more than 25 people.

See *Fishers Restrictions* . . . Page 2

Noblesville Plan Commission makes pandemic safety policy changes

The REPORTER

In response to Governor Holcomb's latest action on COVID-related closures statewide and for counties on the state's targeted engagement list, the City of Noblesville will pivot to a hybrid of combined virtual and in-person meetings. These changes will begin with the Noblesville Plan Commission meeting on Monday, Nov. 16.

In an ongoing effort to protect public health and prevent the spread of the novel coronavirus (COVID-19), and to ensure the public's right to fully participate in providing meaningful public comments, the Noblesville Plan Commission will meet in person and allow public comment via teleconference as well as in-person public comment to the extent that available meeting space and social distancing will allow.

The public is advised of the following ways to participate in the meeting:

- Those who wish to address the plan commission in person are asked to fill out a speaking card beginning at 5:15 p.m. at City Hall. Speakers are also asked to pre-register and fill out a speaking card by 4:30 p.m. on Monday, Nov. 16 to save their spot at [this link](#).
- Email comments to Daschleman@noblesville.in.us by 4 p.m. prior to the meeting. Comments received after the cut-off will be included as part of the record as early as possible; or
- To comment during the public hearing, call (469) 998-6201, entering the Meeting ID: 877-036-214#. The public can begin joining the speaker queue at 5 p.m.

See *C.L.A.S.S.* . . . Page 2

See *Noblesville Plan* . . . Page 2

Carmel student creates poster for 'Show Some C.L.A.S.S.' campaign

Artwork rewards students who pledge to help prevent COVID-19

The REPORTER

A Carmel High School sophomore has partnered with the Hamilton County Health Department to help educate elementary students about the importance of fighting COVID-19.

Ainsley Strothkamp created the poster, which shows high school mascots masked up, as a reward for elementary students who pledge to live by the health department's "Show Some C.L.A.S.S." campaign for 30 days. The acronym stands for:

C – Check your child's temperature every morning before sending them to school.

L – Lead by example. Let your child see you wearing a mask and modeling good social distancing.

A – Avoid large gatherings. Slumber parties, carpool, and birthday parties are discouraged.

S – Schedule a test if you or someone in your family exhibits signs of COVID-19.

S – Stay home until you receive your test results or if you are not feeling well.

"I hope my drawing elicits school spirit and pride," Strothkamp said. "I hope it will ultimately increase awareness of the



Strothkamp



Art provided

campaign and educate kids about what they need to do to keep themselves and others safe and healthy."

Teachers in Hamilton County's elementary schools have been sharing an educational video about COVID-19 to their students in recent weeks. Produced by the Health Department, the video encourag-

es children to adopt the C.L.A.S.S. acronym outside the classroom. Children who choose to can sign a pledge promising to live by the C.L.A.S.S. acronym for 30 days. Those who complete it will receive one of Strothkamp's posters.

See *C.L.A.S.S.* . . . Page 2

See *Noblesville Plan* . . . Page 2

Synergize proving that relationships can change the world

By DENISE MOE

For the Reporter

This past Tuesday, members of Synergize supported the Hamilton County Sheriff's Office (HCSO) Community Foundation at the monthly 4:30 Meetup. The group raised \$2,330, which will be donated to the Foundation's Shop with a Cop program and other initiatives.

Sheriff Quakenbush spoke at the event. The deputies will shop alone this year, he said, using lists from the children. "But the great news is, they're going to have a present under the tree to unwrap this year," he added. In previous years, "we were limited by the number of deputies we had to shop for the children. This is essentially unlimited now," he explained. "It's limited only by your generous giving and the giving of the community."

The HCSO Community Foundation aims to create impact through positive

relationships between law enforcement officers and the community. In addition to Shop with a Cop, a back-to-school shopping event is held every fall.

During the pandemic, the Foundation partnered with Shepherd's Center to deliver groceries and medication to the elderly. Deputies also work regularly with Gleaners Food Bank and other local organizations.

Synergize's mission is to create relationships that impact the community. Its members support a different nonprofit organization at each 4:30 Meetup. Since its inception in January, the group has raised over \$33,000. Synergize's goal for 2021 is \$100,000.

"People ask me all the time, why is Hamilton County so safe? And it's because of people like you, it's because of these partnerships," Sheriff Quakenbush told the group. "We're really passionate and excited about that."



Reporter photo by Denise Moe

(From left) Jason Ulm of Axia Technology Partners, Synergize founder Arron Stanton, Hamilton County Sheriff Dennis Quakenbush, Carmel City Council President Laura Campbell and State Representative Jerry Torr.

About Synergize

Synergize is a networking organization focused on building lifelong friendships and making a real difference in the

world. Members live by the motto 'Relationships Over Everything.' To become a part of the Synergize movement, visit synergizeindy.com.



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County Health Dept. updates ‘Show Some C.L.A.S.S.’ campaign

The REPORTER

A recent surge in COVID-19 cases in Hamilton County, partnered with the upcoming holiday season, has given many cause for concern. The Hamilton County Health Department is providing new guidance on holiday-specific actions families can take to help mitigate the virus’ spread.

Back in August, the Health Department partnered with area schools to launch the “Show Some C.L.A.S.S.” campaign to keep kids healthy and in school. That acronym has been updated to reflect a change in the trends being seen through contact tracing and to provide guidance on planning holiday gatherings.

C – CELEBRATE VIRTUALLY. Try using Skype, Zoom, or some other video chat platform for a family toast or virtual dessert.

L – LIMIT TRAVEL. Stay close to home. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others.

A – AVOID IN-HOME GATHERINGS. Contact tracers have determined private parties and in-home gatherings are the leading cause of transmission. Visit with people outside your immediate family in public spaces.

S – SPEAK TO CONTACT TRACERS. Only a third of Hamilton County residents who test positive for COVID-19 are answering the call from contact tracers. Please answer the phone so they can monitor hotspots and notify those who may be at risk for contracting the virus.

S – STAY HOME. Stay home if you are sick or waiting for the results of a COVID-19 test.

“The holidays are an incredibly stressful time of year without a pandemic,” said Christian Walker, emergency preparedness coordinator for the Hamilton County Health Department. “While not ideal, canceling your holiday parties and scrubbing big travel plans



Walker

may just help alleviate some of that stress.”

If you feel you must host extended family for the holidays, consider limiting the number of people you invite and the amount of time you spend together. Celebrate outside if the weather permits or try to open windows to maintain good air circulation. Designate one person to prepare and serve all the food and bring your own drinks and utensils to gatherings. And of course, always wear a mask, stay at least six feet apart, and wash your hands.

“For those tempted to cut corners, please don’t,” Walker said. “It’s critical that we be as careful as humanly possible right now. That includes Thanksgiving Eve bar crawls and the lure of Black Friday crowds. If you don’t have to leave home, just don’t.”

If you are interested in learning more about the Show Some C.L.A.S.S. campaign, please visit showsomeclass.org.

C.L.A.S.S.

“The kids are doing a phenomenal job of following the C.L.A.S.S. acronym at school,” said Tammy Sander, public relations specialist for the Health Department. “But not everyone takes those good habits home with them. If we can encourage kids

and their parents to make the same good choices at home, we can slow the spread of COVID-19 and prevent the quarantine of dozens of kids at school.”

The Health Department is working closely with the public and private school systems in Ham-

ilton County to educate K-12 students about the C.L.A.S.S. acronym. The campaign has enlisted the help of student ambassadors, teachers, coaches, and parent-teacher organizations. If you are interested in learning more, visit showsomeclass.org.

from Page 1

EAGLE SCOUT

from Page 1

In addition to building and installing the recycling containers at the four recycling stations, Burroughs attended a Fishing Instructor Workshop hosted by McNulty and then assisted the park naturalist by co-teaching a Family Learn-to-Fish Workshop. Hamilton County Parks

held 10 such instructional fishing programs in 2020, attracting more than 200 interested attendees.

For more information about scout programs and other service projects available through Hamilton County Parks, or for details regarding upcoming fishing programs offered

by the parks department, email HCPR naturalist Zach McNulty at Zach.McNulty@Hamilton-county.in.gov, or check out the latest issue of the park department’s Chat-terbox Leisure Guide, available at county parks or online at MyHamilton-CountyParks.com.

FISHERS RESTRICTIONS

from Page 1

Restaurants in Fishers will be limited to eight customers per table with six feet of separation between groups. There will be no bar seating and no more than two people waiting in the lobby at one time.

Throughout Fishers, businesses generally must post signs telling customers

that masks are required. The Fishers Health Department says it will rely on the public to report violations. The citywide mask mandate has been extended by 30 days.

Fishers City Attorney Chris Griesl will work with the Health Department to write the public health order, which should be avail-

able Monday and effective Wednesday, Nov. 18. The department will review the public health order in late November or early December.

Fishers Mayor Scott Fadness said the capacity for the free COVID-19 testing program will be expanded by 100 per day.

NOBLESVILLE PLAN

from Page 1

Once a caller has entered the meeting, they will be placed in a holding queue. Callers will be prompted to speak in the order received. After a staff member confirms the last four digits of their phone number, participants are encouraged to identify themselves by name. Each caller will be provided three minutes to speak, consistent with applicable Plan Commission procedures. If a person is representing a group, they will be allotted five minutes to speak.

“We know that agenda includes a very controversial topic in our community, and we appreciate the significant civic participation and advocacy that has occurred in recent weeks,” Planning Director Caleb Gutshall said. “We welcome in-person attendance for any resident to voice their opinion or concern, but we want to ensure that the public is aware of the multiple platforms that are available to listen, speak, and participate in the public process. Social distancing guidelines impact the amount of available space we have at city hall.”

Per social distancing

guidelines, the Council Chambers will allow seating for 38 residents. The city is asking that participants coordinate to the extent possible and consider prioritizing these seats for those wanting to address the plan commission during the public hearing. Additional seating for speakers will be available in the hallway outside the chambers. A staff member will assist in lining up the next speaker.

The city will use rooms A-213 and A-214 within City Hall as overflow rooms that will livestream the plan commission meeting. Seating for those rooms will be capped at 40 people. If needed, the staff break room and first floor lobby also will livestream the meeting and be available for the public.

In accordance with the adopted Noblesville Council Rules and Procedures, disruptive behavior and profane language will not be tolerated. Failure to maintain decorum may cause the speaker to be disconnected from the meeting.

Additional sanitizer stands will be placed at entrances and high touch lo-

cations. Sanitary wipes will be available for disinfecting the microphone and podium once a speaker has concluded their remarks. Face masks will be mandatory for those in attendance.

City staff members will be available to assist members of the public at the meeting and answer questions about the new protocols.

All members of the public may watch and listen into the meeting live via these remote options:

- [Hamilton County TV](#)
- [City of Noblesville](#)
- [Facebook](#)
- [Twitter](#)
- Teleconferencing line at (469) 998-6201, Meeting ID: 877-036-214#

The City of Noblesville is following public health advice from state and county officials and CDC guidelines to take precautionary measures to minimize opportunities for viral transmission. One step is to significantly reduce large in-person meetings.

The City of Noblesville thanks residents for their ongoing patience and flexibility as city officials continue to balance safety and public participation.

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The Reporter



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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 by domestic violence. In 2018 alone, Prevail helped more than 4,000 clients in Hamilton County. (Nearly 80 percent of clients are women and children.) 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:


- Individually packaged snacks
- Lysol
- Hand sanitizer
- Disinfecting wipes

Drop off items at Tom Wood Volkswagen in Noblesville, 14701 Tom Wood Way.




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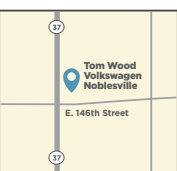


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Community News

Noodle Dinner in Sheridan

Sheridan First Christian Church will hold its annual noodle dinner from 4:30 to 6:30 p.m. on Saturday, Nov. 21 at the church, located at 107 W. 3rd St., Sheridan.

Due to COVID restrictions, the dinner will be drive-thru only. From Main Street, go west on Third Street. The noodle dinner is a free will offering.

The menu will include chicken and noodles or beef and noodles, mashed potatoes, green beans with ham, homemade butterhorn rolls, and cookies.



Photo provided

Prevail names Jamie Davidson October Hero

The REPORTER

Prevail is truly excited to name Jamie Davidson as the hero of the month for October.

Davidson was introduced to Prevail several years ago and his passion to serve Prevail's clients was evident from the start. His momentum has never waned.

He serves as the Financial Literacy Program Manager at Financial Center. He provides support, workshops, education and more to those who want to improve the quality of their lives. Not only does he provide these empowering skills at Financial Center, he has shared his talents at Pre-

vail in many ways.

He has been a guest presenter in Prevail's support groups. He participates in and is a sponsor at the annual Self-Sufficiency Resource Event and has served as a referral for many clients. Moreover, he happily meets clients outside of Prevail to share his wisdom in helping them build credit and learn to budget. In fact, he was able to assist a client in making a connection that ultimately saved them from losing their home.

Jamie Davidson is a valuable resource and friend to Prevail, and the staff at Prevail is honored to call him a hero.



Sheridan Youth Assistance Program gets \$29K grant

The REPORTER

Sheridan Youth Assistance (SYAP) has received a \$29,000 grant through the Youth Program Resilience Fund of Lilly Endowment Inc.

SYAP will use the grant to provide mental health services for uninsured students, after school care for struggling families, enrichment opportunities for middle and high school students, and tutors for students. With this support, SYAP will be able to continue its commitment to provide resources and opportunities for the youth and their families in Sheridan to keep local youth on a successful path.

The grant to Sheridan Youth Assistance is one of 297 that Lilly Endow-

ment has made grants to through the Youth Program Resilience Fund to help youth-serving organizations across Indiana adapt their work to challenges caused by the COVID-19 pandemic. Grants from this fund are part of more than \$170 million in grants Lilly Endowment has made to help organizations serve individuals and communities amid the pandemic.

[Click here](#) to learn about SYAP. You can learn more about Lilly Endowment, Inc. at [this link](#).

It's the season of giving ... donate blood in Sheridan

The REPORTER

There is an ongoing urgent need for blood donations, and the Sheridan community is doing its part to help hospital patients. The generosity of donors like you cannot be understated – 560 units of blood are needed for patients across Indiana every single day.

From 3:45 to 6:30 p.m. on Monday, Dec. 7, any eligi-

ble blood donor can come to the Sheridan Public Library, 103 W. 1st St., to give hope and life to patients in need. The blood drive will be held in the Versiti Bloodmobile in the library's parking lot.

Appointments are required; please [click here](#) to set up your blood donation timeslot. A photo ID is required to donate.

Please remember to eat

a healthy meal and drink plenty of water before donating blood. If you have any questions about medications you take, tattoos, or even issues related to travel, please call or text Kashiun Pierce at (765) 465-2998 or email km Pierce@versiti.org.

Donors are encouraged to bring their friends and family – make a new lifesaving tradition.

Masks or other suitable face coverings are required when donating.

A COVID-19 Antibody Test (CAT) will be performed on all blood donations as part of Versiti's standard testing procedure. For more information, visit [versiti.org/covid19](https://www.versiti.org/covid19).

[Click here](#) to sign up to donate blood at the Sheridan Public Library.

Westfield Playhouse welcomes chance to host movie premiere

The REPORTER

Last weekend, Westfield Playhouse premiered the Hoosier-made movie, *The Dealer Smiles*. The movie is based on a play written by Indiana's own Larry Adams. Adams directed the movie and stars along with Jaime Johnson, who were both on hand last Sunday for a talk-back session about the making of the film.

Reeling from the guilt of a recent divorce and still embittered by the tragic deaths of his parents years ago, Matt Pierson (played by Adams) finds himself wandering the self-help section of a local bookstore, searching for anything that might resemble meaning.

That is, until Josh (played by Johnson), a mysterious and eccentric fan of football and chocolate, enters the store and Matt's life. Beginning with



Photo provided by Main Street Productions

a simple cup of cocoa – rather, hot chocolate – Matt is reluctantly drawn into a conversation that will ultimately lead him to question his assumptions about life and his place in the larger world around him.

The Dealer Smiles is an inspirational comedy that offers questions without

giving answers, theology without being religious, and philosophy without becoming ... well, boring. It uses a healthy dose of humor to raise serious questions about faith, forgiveness, suffering, God, and yes, even chocolate.

"There are so many enriching 'a-ha' moments,

mixed in with a lot of clever, funny and even ridiculous humor," said Ken Klingemeier of the online theater blog, [A Seat on the Aisle](#).

Westfield Playhouse's next production will be one-day only Christmas special. Find out more at [WestfieldPlayhouse.org](https://www.WestfieldPlayhouse.org).

HSE school board approves new start times for 2021-2022 school year

Recommendation for Start/Ending Times School Year 2021-2022

| Recommended 3-Tier Flipped | | | | | | | |
|----------------------------|------------|----------------|---------|---------|------------------|---------|---------|
| | | Teacher Day | | Minutes | Student Inst Day | | Minutes |
| Elementary | M / Th | 7:20 AM | 3:20 PM | 480 | 7:40 AM | 2:10 PM | 390 |
| | Tu / W / F | 7:20 AM | 2:30 PM | 430 | 7:40 AM | 2:10 PM | 390 |
| | | Weekly Minutes | | 2250 | Weekly Minutes | | 1950 |
| | | Teacher Day | | Minutes | Student Inst Day | | Minutes |
| High School | M / Th | 8:05 AM | 4:15 PM | 490 | 8:20 AM | 3:20 PM | 420 |
| | Tu / W / F | 8:05 AM | 3:25 PM | 440 | 8:20 AM | 3:20 PM | 420 |
| | | Weekly Minutes | | 2300 | Weekly Minutes | | 2100 |
| | | Teacher Day | | Minutes | Student Inst Day | | Minutes |
| Grade 5 - 8 | M / Th | 7:55 AM | 4:05 PM | 490 | 9:00 AM | 4:00 PM | 420 |
| | Tu / W / F | 8:45 AM | 4:05 PM | 440 | 9:00 AM | 4:00 PM | 420 |
| | | Weekly Minutes | | 2300 | Weekly Minutes | | 2100 |

Graphic provided by HSE Schools | [LarryInFishers.com](https://www.LarryInFishers.com)

Student class start times will change in the coming school year based on a vote Wednesday night by the Hamilton Southeastern School Board. The schedule is the same that was recommended by the committee and revealed publicly at the previous board meeting. The vote was 5-2, with board members Amanda Shera and Sylvia Shepler voting no. The new class start times will begin in the 2021-2022 school year.

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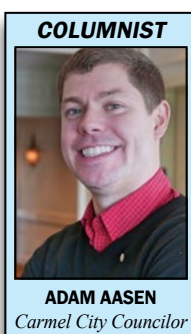
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With COVID numbers rising, please be smart

This was the first year that my wife and I took our daughter trick-or-treating.

Our two-year-old dressed up as Peppa Pig and only walked to only about four houses with us, plopping candy in her pumpkin pail. I was so thoroughly impressed by the extra precautions that our neighbors took that day. Almost everyone had tables set up outside with candy laid out so nobody had to touch every piece of candy. Everyone wore masks and kept their distance and even hand sanitizer was set out.

I felt proud of our community that people stepped up to try to let our kids en-



ADAM AASEN
Carmel City Councilor

joy Halloween even though the COVID-19 virus has not been defeated yet.

The next morning, it was a different story.

As I scrolled through Facebook, I saw photos of adults partying on Halloween night in packed homes without masks. I mean, it's Halloween! A day in which wearing a mask is just natural.

Surely enough, the State of Indiana is experiencing rising numbers of COVID-19.

There have been 32 COVID-related deaths in Hamilton County from Oct. 1 to Nov. 9, compared to 18 COVID-related deaths

in the entire 135 days prior from May 18 to Sept. 30.

County health officials say that the increased numbers now are due to relaxed diligence at in-home social gatherings.

I'm not saying we should throw people in jail if they don't wear masks. I'm not saying we should shut down our economy. But I'm pleading with people to wear masks, wash your hands, keep your distance, stay home if sick and get tested if needed.

And if you can, please support our small businesses who are already seeing declining sales as people begin to limit their trips outside of the house. They've already had a tough year financially and it could get tougher. If you don't feel

safe stepping into a restaurant or store, please order carryout, curbside pickup or delivery. Or buy a gift card to use at a later date.

This year has brought some truth to light. No person is an island. Every man for himself just doesn't work. We are an interconnected society and our actions have consequences for others.

I personally know quite a few people who have had the virus. Most recovered fine but one was in the ICU for quite some time. And for some people, two weeks in quarantine means two weeks without a paycheck. We need to stop the spread.

The virus is real. It isn't fake. So let's please do what we can because we're all in this together.

Don't discount importance of deep breathing for optimal health

"Take a deep breath, pick yourself up, dust yourself off, and start all over again."

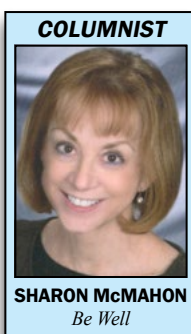
— Nat King Cole, 1944

Deep breathing exercises just might save your sanity. The next time you feel angry, stressed or anxious, pay attention to your breathing. Chances are when negative emotions run high, your breaths become short and shallow.

In fact, I would bet that many of us rarely more than a couple deep breaths during an entire day, even when we're not feeling stressed (and when is that?). And if you're not taking deep breaths, you could be missing out on one of the simplest ways to drastically improve your health.

Stress management is an important key for improving your health and quality of living, and I believe deep breathing exercises are a foundational principle of managing life's stresses.

Whether you experience negative emotions or physical pain, the body responds in a similar way every time. You may experience a rapid



SHARON McMAHON
Be Well

heartbeat, tightening muscles, dilated pupils and perspiration in addition to short, quick breaths. This is not only an instinctual reaction, but a habit the body has developed over time in response to stressful situations. And any time you feel a twinge of anger or anxiety coming on, the body starts pumping out the juices (namely adrenaline and cortisol) that fuel this response once again.

So, what exactly do deep breathing exercises do for you? When you learn to take deep, slow breaths, your body reacts in many positive ways:

#1 – Your muscles relax. You'll find it's hard to maintain a lot of physical tension when breathing properly.

#2 – Oxygen delivery improves. When you breathe deeply and you are relaxed, fresh oxygen pours into every cell in the body. This increases the functionality of every system in the body. You will also notice improved mental concentration and physical stamina.

#3 – Your blood pres-

sure lowers. As your muscles let go of tension, your blood vessels dilate and your blood pressure can return to a normal level.

#4 – Endorphins are released. Deep breathing triggers the release of endorphins, which improves feelings of well-being and provides pain-relief.

#5 – Detoxification improves. Good breathing habits help the lymphatic system function properly, which encourages the release of harmful toxins. This cleanses the body and allows it to direct its energy to more productive functions.

Deep breathing exercises are very easy to do if you take the time to do them properly. Here is a basic routine that will help you learn the ropes of deep breathing:

1. Lie down in a comfortable, quiet place. Allow yourself to be free from distractions for at least five to 10 minutes.

2. Give yourself a moment to start relaxing your muscles. Seek out places that are holding tension and release it.

3. Inhale deeply, filling your lungs with air. Bring the air into your abdomen,

not just your chest. Count slowly to five as you inhale.

4. Exhale deeply, emptying your lungs completely. Again, count slowly to five as you exhale. As you exhale, release tension from your muscles.

5. Continue to inhale and exhale deeply for several minutes, counting slowly to five each time. Concentrate on your breathing and counting. Let your mind take a break from distractions.

Try and do this exercise (or something similar) at least once a day. During these trying times in our world and the anxiety that can be a result, we need to rely on coping mechanisms which are healthy and beneficial to our bodies and our minds. By following all recommended CDC and health provider protocols, we will get through this!

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 any issues you may have related to nutrition or fitness activity.

Carmel's Sprouts cooking schools offers young chefs chance to meet Santa

The REPORTER

Carmel-based Sprouts Cooking School, Indiana's only dedicated kid's cooking school, this week unveiled an exclusive family-centered, socially-distant Santa event for the 2020 holiday season.

"Even though the holidays will look a little different this year due to the pandemic, we wanted to bring a bit of holiday magic to families and give them an option to still be festive, get out safely and make memories together," said Sprouts Cooking School founder and owner Stephanie Drewry. "We are thrilled that we were able to craft an option for families that maintains social distancing."

During the exclusive two-hour "Here Comes Santa" event, guests will have a holly jolly good time with a socially-distant, family-style holiday cooking class where they will work together to make candy cane cupcakes and reindeer food to sprinkle on the lawn on Christmas Eve. Additionally, families will decorate a Christmas ornament, enjoy a reading of 'Twas the Night Before Christmas, sing carols and take pictures with Santa and Mrs. Claus.

Due to COVID-19 precautions and protocols and to keep Santa and Mrs.

Claus safe, tickets to this event are being sold at a group station rate of \$475. Stations are limited to six guests so social distancing can be maintained. Guests will only cook with their party. Children will have time for a socially-distant visit and pictures with Santa and Mrs. Claus.

Two dates are available: From 3 to 5 p.m. on Saturday, Dec. 12, and from noon to 2 p.m. on Sunday, Dec. 13. Tickets can be purchased at sproutscookingschool.com/family-specialty.

"The holidays will look different in 2020, but they deserve to be celebrated," Drewry said. "I'm glad to be able to provide a tiny bit of normalcy for families."

If you are looking for a new Christmas tradition this year or a safer holiday activity option, look no further than Carmel's Sprouts Cooking School.

About Sprouts Cooking School
Sprouts Cooking School, located in Carmel, is Indiana's only dedicated kid's cooking school, featuring children's cooking classes for ages 3 to 13 and an exclusive culinary program, MemberChef®, for those looking to elevate their artistry in the kitchen. Sprouts is passionate about nurturing adventurous pal-



Photo provided

ates, building a strong foundation for a lifelong love of cooking and encouraging all families to cook together. Sprouts features single-session cooking classes, a culinary curriculum, special family cooking classes, seasonal cooking camps and cooking-themed birthday parties. Learn more at sproutscookingschool.com.

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Letter to the Editor

Carmel reader questions efficacy of restrictions

Dear Editor:

I have read several articles in your paper recently indicating that coronavirus is surging and government actors are recommending further restrictions.

I certainly do not doubt that the number of people testing positive is increasing but have to shake my head in wonder about the idea that central planners and controllers are going to recommend the right fixes, finally. Just one more step and we will be done.

Regarding the Orwellian term "social distancing," which is really physical spacing, and masking, I would encourage people to look at correlations between infection rates and conformance to those measures and try to draw any logical conclusions about their effectiveness. For instance, here is a reference: rationalground.com/more-mask-charts.

Or our neighbor Illinois: twitter.com/SKMorefield/status/1327005246971928576.

I will plainly admit I am opposed to mask mandates and utilize the health exception where offered. Because of that, I am really on the lookout for others that do not wear them; nearly every place I go, where they are required, I am the only one not wearing one. I can only remember two to three people total out of dozens (hundred?) of trips to stores where I am the only person breathing freely, besides a few small children. Even at church, where they are not required, 90 to 95 percent wear them.

I am not suggesting anything by pointing out any of this, except to not listen to politicians and government bureaucrats. They are continually wrong, both Rs and Ds. Think for yourself and your family, with your God-given brain. If you own a business and think masks work, enforce that, but don't cop-out and claim you are doing it because the government supposedly told you so.

Finally, I enjoy Larry Lannan from LarryInFishers.com and am glad he has recovered. However, I do question this wisdom: "We don't know when or if government will act, but either way, the best we can all do individually is to wear a mask in public, practice social distancing and wash our hands" – based simply on his own statement: "What confounds me is that I took every precaution expected – wearing a mask when in public, social distancing and washing hands regularly. I look back and cannot understand how I contracted this virus."

I hope we all look back and cannot understand how we contracted out our thinking about the virus to government actors.

Sincerely,
Eric Morris
Carmel

Letters to the Editor do not reflect the opinions of The Reporter, its publisher or its staff. You can submit your own Letter to the Editor by email to News@ReadTheReporter.com.

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Meeting Notices

The Hamilton County Airport Authority will hold a virtual meeting at 6:30 p.m. on Wednesday, Nov. 18, 2020. To participate, call (219) 225-8177 and enter Conference ID 787130720# when prompted.

The Hamilton Heights School Board will meet at 6:30 p.m. on Wednesday, Nov. 18, 2020, in the Media Center at the Hamilton Heights Student Activity Center, 420 W. North St., Arcadia.

TriCo Regional Sewer Utility will hold its monthly Personnel and Benefits Committee meeting at 7:30 a.m. on Wednesday, Nov. 18, 2020, at 7236 Mayflower Park Drive. Masks and social distancing are required.

The Carmel Redevelopment Commission will meet via video-conference at 6:30 p.m. on Wednesday, Nov. 18, 2020. Visit carmel.in.gov to watch the meeting.

The Noblesville Police Merit Commission meeting scheduled for Wednesday, Nov. 18, 2020, has been canceled.

The Westfield Washington Schools Board of Trustees will meet for a work session at 4 p.m. on Tuesday, Nov. 17, 2020, in the Community Room at Washington Woods Elementary School, 17950 Grassy Branch Road, Westfield. Please enter through Door 4A. An executive session will follow at 5 p.m. in the Media Center.

Send Meeting Notices to:
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Hello, Hamilton County

This Friday the 13th
Paul Poteet has
zero superstition!



Click to play video

Feel free to share The Reporter with friends and family.

Carmel HS Choirs welcoming everyone to signature holiday event

The REPORTER

For over 25 years, the Carmel High School Choir Program has been entertaining local audiences with its annual Holiday Spectacular show at the Dale E. Graham Auditorium.

As the world continues to adapt to the ongoing effects of the COVID-19 pandemic, the Carmel High School Choirs have been safely hard at work on a spectacular virtual holiday event for everyone near and far.

"Hometown Holiday"

will feature over 450 talented singers and dancers, accompanied by incredible musicians and a phenomenal tech crew. It will show-

case beautiful music, exciting choreography, stunning costumes and elaborate sets. "Hometown Holiday" will be pre-recorded and streamed on YouTube for you to enjoy from the comfort of your home.

In addition to musical performances, you can expect to see a celebration of beautiful Carmel. You will experience some of Carmel's iconic sites, including the Arts & Design District, City Center, the Center for the Performing Arts, the Monon Greenway, Midtown, Clay Terrace and many more.

VIP guests will include:

- Mayor Jim Brainard



- Carmel City Council
 - Carmel Clay School Board
 - Carmel High School administration
 - Carmel firefighters
 - Carmel police officers
 - Local small business owners
 - And last but not least, Santa & Mrs. Claus
- You won't want to miss this one-of-kind virtual event that is sure to bring

the Holiday spirit right to your doorstep. Carmel High School Choirs will broadcast "Hometown Holiday" on [YouTube](#) and the [Midtown Big Screen](#) at 7 p.m. on Friday, Dec. 18, with repeat broadcasts at 2 p.m. and 7 p.m. on Saturday, Dec. 19 and at 2 p.m. Sunday, Dec. 20. Additional streams may be added; please see [Carmel High School Choirs](#) for more details.

Carmel High School Choirs thanks the following sponsors:

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TODAY'S BIBLE READING

And when we had sailed slowly many days, and scarce were come over against Cnidus, the wind not suffering us, we sailed under Crete, over against Salmone; And, hardly passing it, came unto a place which is called The fair havens; nigh whereunto was the city of Lasea. Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them, And said unto them, Sirs, I perceive that this voyage will be with hurt and much damage, not only of the lading and ship, but also of our lives. Nevertheless the centurion believed the master and the owner of the ship, more than those things which were spoken by Paul.

Acts 27:7-11 (KJV)

David Wayne Burch

November 21, 1970 – November 10, 2020

David Wayne Burch, 49, Noblesville, passed away after a five-year battle with colon cancer on Tuesday, November 10, 2020. David passed peacefully at home, in Noblesville, with his wife and daughters with him. He was born on November 21, 1970, in Michigan City, Ind.

David worked as an Electrical Engineer for Verizon Wireless for many years. He was a huge *Star Wars* fan, *Star Trek* fan, and anything sci-fi and horror. David enjoyed community theater, and he sang, acted, and directed in theaters in Michigan City, Indianapolis and Hamilton County. He was also a math genius and could solve anything math or science related and could be found working on logic puzzles, Sudoku, Kakuro, and jigsaw puzzles. David also was an avid reader and has read all of the Stephen King novels, amongst many other books of the same genre. Most of all, David loved spending time with his family and would do anything for them. He fondly called them "his girls."

He is survived by his wife, Christina Marie Burch; daughters, AnnaMarie Catherine (Jared) Slone, MaryClare Eileen Burch and EvelynRose Helen Burch; mother, Carol (Hullings) Lykins; sisters, Bert Burch and Sherry Burch; niece and nephew, Amber and Jeremy; and his beloved cats, Jem, Scout, Boo Boo, and Vader.

He was preceded in death by his father, Robert William Burch, and sister, Katherine Hogan.

Services will be held on Monday, November 16, 2020, at St. John Vianney Catholic Church in Fishers, with Father Cole Daily officiating. Due to COVID restrictions, the viewing, funeral Mass, and graveside services will be private, for family only. Burial will be at Our Lady of Peace Cemetery in Indianapolis. The family will have a Celebration of Life for friends and extended family at a later determined time, when the current COVID situation is deemed safe.

In lieu of flowers, the family is asking for donations to be made in David's memory to: Guardian Angel Hospice, Main Office, 513 W. Lincoln Road, Kokomo, IN 46902, [guardianangelhospice.com/donate](#); or Humane Society For Hamilton Co., 1721 Pleasant St., Noblesville, IN 46060. Condolences: [randallroberts.com](#)

Carmel's Center for the Performing Arts presents on-site, online events for December

The REPORTER

Tickets for the following events are available at [TheCenterPresents.org](#) or by calling (317) 843-3800. Please note that masks and physical distancing are required at all on-site events. More information on health and safety policies can be found at [TheCenterPresents.org/Restore](#).

Performing Arts Connect

Interactive online workshops and presentations led by artists and experts from leading arts institutions. Visit [TheCenterPresents.org/PerformingArtsConnect](#) for more information.

Tickets are \$12. [Jim Henson Trivia Night](#) will be shown live from the

Center for Puppetry Arts in Atlanta, Ga., at 7 p.m. on Dec. 1.

Live at the Center

Multi-camera HD livestreams of performances by Central Indiana's top musical artists; sponsored by Allied Solutions. Visit [TheCenterPresents.org/LATC](#) for more information.

These events are free. Pop artist [Jenn Cristy](#) will perform at 8 p.m. on Dec. 4, and soul artist [Bashiri Asad](#) will perform at 7:30 p.m. on Dec. 16.

KAR Front Seat

Live online Q&A sessions with performing arts professionals; sponsored by KAR Global. Visit [TheCenterPresents.org](#)

[FrontSeat](#) for more information.

This event is free. [David Lober](#), Broadway and national tour stage manager, will be on hand at 7 p.m. on Dec. 7.

JazzTalk

Live online discussions about jazz musicians and history with saxophonist Todd Williams and Center VP of Programming Doug Tatum; sponsored by Dreyer Simmons Vornehm. Visit [TheCenterPresents.org/JazzTalk](#) for more information.

This event is free. [Trailblazers](#) (Sidney Bechet, Miles Davis, Dave Brubeck and Elvin Jones) will be presented at 7 p.m. on Dec. 8.

Faegre Drinker Peanut Butter & Jam

Interactive, on-site Saturday-morning performances designed to introduce kids ages 1-7 to the performing arts. Visit [TheCenterPresents.org/PBJ](#) for more information.

Tickets are \$10 per child and includes two free adult admissions. Melchior Marionettes' [Holiday Cabaret on Strings](#) will be live at The Studio Theater at 10:30 a.m. on Dec. 12.

Palladium Bookies

Book club focusing on arts-related themes, with participants online or in-person at the Palladium. [The Circus in Winter](#) by Cathy Day will be the focus of the meeting at 7 p.m. on Dec. 14.

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Sports Editor Richie Hall

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Another 6A football first for Westfield . . .

Shamrocks cruise to regional title

By RICHIE HALL

WESTFIELD - For the first time in what seemed like a long time, the Westfield football team had to deal with a little bit of adversity Friday night.

The Shamrocks were hosting Homestead in the Class 6A Regional 2 championship at Riverview Health Stadium. Early in the second quarter, the Spartans did something that no team had been able to do to Westfield in the past month: Take the lead.

Homestead was up 9-7, but that would be it. The Shamrocks shut out the Spartans for the remainder of the game, and cruised to a 42-9 victory. This is Westfield's first-ever regional title in Class 6A, and its fifth overall. The 'Rocks last won a regional in 2016.

"That's a very good team that we just beat," said Westfield coach Jake Gilbert. "Very well-coached. I'm impressed as heck with our team to be ready, our staff to have them ready like this."

In addition to being prepared, the Shamrocks also had players step up, and do so in new roles. One example of that was Carson Voorhis. Normally a receiver, Voorhis moved into the running back position after Micah Hauser was held out from this game due to injury.

Voorhis performed well in his new role, leading Westfield in rushing with 100 yards in 10 carries. He made several big runs in the first quarter that would set up touchdown plays. On the Shamrocks' first drive, Voorhis ran for 15 yards, then made a 20-yard dash that got Westfield to the five-yard line. Maximus Webster then grinded the ball into the end zone, scoring on third-and-1.

"Carson Voorhis, first time ever playing running back, not too bad," said Gilbert. "So he stepped in there and did a great job. I was just proud of everybody for the contributions they made."

Webster's touchdown and Sean Sullivan's extra-point kick put the Shamrocks up 7-0 less than three minutes into the game. Homestead got on the board

midway through the first on a field goal, making the score 7-3. That margin would stand through the end of the period.

The Spartans took their 9-7 lead just 25 seconds into the second quarter on a huge 62-yard pass play touchdown from Nate Anderson to Jared Kistler. Westfield responded right away, however: Webster tossed a 17-yard touchdown pass to Nic Depasquale with 10:06 left in the second quarter, and the 'Rocks would never trail again.

Webster would be involved in each of the six touchdowns Westfield scored in the regional. Minutes after his throw to Depasquale, Webster sent a 22-yard pass to Reid Schepers, who took it into the end zone. Then with less than two minutes left in the half, Webster punched the ball in from the three-yard line. After briefly trailing, the Shamrocks led 28-9 at the break.

Webster and Schepers would team up for two more touchdowns in the third quarter, scoring on 13-yard and 16-yard pass plays. Webster finished the game 16-of-23 through the air, totaling 239 yards and also had 77 yards rushing.

"He was pretty awesome," said Gilbert.

Depasquale led the receptions with five, while Schepers and Jackson Waserstrom both had four catches. Gilbert also had special praise for Jack Pfeiffer, who came in and made plays for Westfield despite being hurt; the coach said that Pfeiffer was "pretty heroic" to help the team out.

"That's what seniors do, and I was really impressed just with his toughness, because he was hurt more than he let on," said Gilbert.

Sullivan made all six extra-point kicks after each score. Kyle Pape and McGuire Graybill both had five tackles on defense, with David Frey, Seth Martin and Zander Nguyen each making four stops. Benji Welch caught two interceptions.

Westfield is now 11-1 for the season and will travel to Merrillville next Friday



to play in the 6A north semi-state game. The Pirates won a back-and-forth game with Elkhart 27-24 for the Regional 1 championship.

Reporter photos by Kirk Green

ABOVE: Westfield receiver Reid Schepers is lifted up by linemen Bronson Kooy after scoring a touchdown during the Shamrocks' regional game with Homestead Friday at Riverview Health Stadium. Westfield beat the Spartans 42-9 to win the Class 6A Regional 2 championship.

LEFT: Westfield's Carson Voorhis moved into a running back role for the Shamrocks and performed well, leading the Westfield rushing game with 100 yards in 10 carries.



WESTFIELD 42, HOMESTEAD 9

Score by Quarters

| | | | | | |
|-----------|---|----|----|---|----|
| Homestead | 3 | 6 | 0 | 0 | 9 |
| Westfield | 7 | 21 | 14 | 0 | 42 |

| Team Stats | HOM | WF |
|-----------------|-----------|-----------|
| First Downs | 18 | 25 |
| By Rush | 6 | 9 |
| By Pass | 11 | 13 |
| By Penalty | 1 | 3 |
| Rushes-Yards | 21-84 | 35-203 |
| Yards Passing | 224 | 247 |
| Comp-Att-Int-TD | 19-33-2-1 | 17-25-1-4 |
| Fumbles-Lost | 1-1 | 0-0 |
| Penalties-Yards | 7-134 | 7-56 |
| Punts-Average | 3-38.3 | 0-0.0 |

Westfield scoring

First Quarter
9:24 - Maximus Webster 1-yard run (Sean Sullivan kick)
Second Quarter
10:06 - Nic Depasquale 17-yard pass from Webster (Sullivan kick)
8:25 - Reid Schepers 22-yard pass from Webster (Sullivan kick)
1:55 - Webster 3-yard run (Sullivan kick)
Third Quarter
7:12 - Schepers 13-yard pass from Webster (Sullivan kick)
3:02 - Schepers 16-yard pass from Webster (Sullivan kick)

Westfield individual stats

Rushing: Carson Voorhis 10-100, Webster 13-77, Ryan Creager 3-13, Cole Ballard 6-9, Jack Pfeiffer 4-8, Grant Harlowe 2-minus 4, team 1-0.
Passing: Webster 16-23-239, Nick Talley 1-2-8.
Receiving: Depasquale 5-59, Schepers 4-52, Jackson Waserstrom 4-45, Voorhis 2-32, Mason Piening 1-51, Lindsey Collin 1-8.



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Ben Davis holds off Carmel for regional trophy

Carmel nearly came all the way back from a big deficit Friday in the Class 6A Regional 3 championship at Ben Davis, but the Greyhounds were held off by the Giants, who won the regional title 27-21 to end Carmel's season.

The Greyhounds got the first score of the game just a few seconds after the start. Baron Smith took a kickoff return 94 yards into the end zone, then Spencer Hanna's kick made the score 7-0 with 11:46 to go in the first quarter.

But Carmel would have to wait a while to score again. Meanwhile, Ben Davis' Devon Wiley got his team on the board with an 18-yard touchdown run, and the extra-point kick tied the game.

The 7-7 tie at the end of the first quarter became a 21-7 halftime lead for the Giants. Dillon Moore caught a 26-yard touchdown pass during the middle portion of the period, then Devon Wiley took a 14-yard pass into the end zone with just over a minute to go.

Ben Davis extended its lead to 24-7 with a field goal two minutes into the third quarter. That's when the Greyhounds made their comeback: Zach White rushed in for a 22-yard touchdown run, then Luke Conley made a five-yard scoring run. Hanna kicked both extra points, and Carmel was within 24-21 going into the fourth period.

The 'Hounds would get no closer. An early field goal got the Giants back up by six points, and their defense was able to keep Carmel off the scoreboard in the fourth quarter.

White led the Greyhounds' offense with 157 yards rushing. Jaedon King had three receptions.

Carmel finished its season 9-3, but not before winning an eighth consecutive sectional championship.



Photos by Joshua Herd

ABOVE: Carmel's Zach White (40) rushed for 157 yards during the Greyhounds' regional football game Friday at Ben Davis. Also pictured for Carmel are Leyton Lukowski (17) and Jake Fitzgerald (72).

RIGHT: Tamarris Springfield was one of Carmel's leading defensive players this season.



| BEN DAVIS 27, CARMEL 21 | | | | Carmel scoring | |
|-------------------------|----------|-----------|----|---|------|
| Score by Quarters | | | | First Quarter | |
| Carmel | 7 | 0 | 14 | 0 | - 21 |
| Ben Davis | 7 | 14 | 3 | 3 | - 27 |
| Team Stats | CAR | BD | | | |
| First Downs | 12 | 18 | | | |
| By Rush | 8 | 7 | | | |
| By Pass | 3 | 10 | | | |
| By Penalty | 1 | 1 | | | |
| Rushes-Yards | 40-191 | 28-162 | | | |
| Yards Passing | 42 | 201 | | | |
| Comp-Att-Int-TD | 4-11-0-0 | 15-25-1-2 | | | |
| Fumbles-Lost | 1-0 | 0-0 | | | |
| Penalties-Yards | 6-52 | 6-45 | | | |
| Punts-Average | 4-34.0 | 4-44.0 | | | |
| | | | | Carmel individual stats | |
| | | | | Rushing: White 18-157, Colton Parker 11-27, Conley 3-16, Leyton Lukowski 8-minus 9. | |
| | | | | Passing: Lukowski 3-8-29, Parker 1-3-13. | |
| | | | | Receiving: Jaedon King 3-31, Max Walters 1-11. | |

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