

TODAY'S VERSE

Proverbs 1:7 The fear of the LORD is the beginning of knowledge; but fools despise wisdom and instruction.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Laura Vaughan smile? "The thing that makes me smile the most is seeing young 4-H'ers start to grow up in the program and once they get toward the end of their journey, they really start to blossom," said the 18-year-old Noblesville resident, a 10-year Hamilton County 4-H'er and Junior Leader who was found in July 2021 helping with the 4-H Photography open judging (she was in her third year of Photography) at the Hamilton County 4-H Fair in Noblesville. As a 4-H'er, she was a member of the Lucky Robots 4-H Club and is the daughter of George and Lisa Vaughan. She was a 4-H Fair Queen contestant in the 2021 Queen Pageant, and she was first runner-up in the 2020 4-H Fair Queen Pageant. During the 2021 4-H Fair, she earned multiple scholarships and was one of two county 4-H'ers presented the coveted Tenure Award with scholarship money from Farm Bureau. The Tenure Award recognizes a 4-H'er who has accomplished the most in their 10 years. She was also honored with the Department of Indiana American Legion's Girl Scout of the Year. Her greatest achievement is being awarded the Cornelius Vanderbilt scholarship at Vanderbilt University in Nashville, Tenn., where she is now a freshman. "It's a full-ride scholarship so I get all of my tuition covered. I was so excited to be handpicked from a pool of, I think 45,000 applicants, to represent my school in such an amazing way. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Laura graduated in 2021 from home schooling. During her 10 years in 4-H, she completed 135 projects. An interesting fact: Vaughan has really long brown hair.

And Another Thing...

Hamilton County Sheriff's Office has promoted Deputy Bryan Melton as their new PIO. Ryan McClain was promoted to Sergeant. Deputy Melton will be taking over this role at a full-time capacity at the end of January.

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Boomer Bits

Ask Rusty - I have Medicare Advantage - Why is a Medicare premium deducted from my Social Security?

Dear Rusty: My wife and I have a Medicare Advantage Plan, and we do not use Medicare for our claims. However, we still have the Medicare premium deducted from our Social Security checks. Is this correct?
Signed: Wondering

Dear Wondering:

If, after age 65, you choose to take Medicare outpatient coverage of any kind you must pay that Part B premium, even if you decide to acquire a Medicare Advantage plan instead of using "original Medicare" to administer your healthcare claims.

Medicare Advantage plans (often referred to as Medicare "Part C") are healthcare plans offered by private insurers who will administer your healthcare claims instead of the Federal Government. But you cannot get a Medicare Advantage plan without first being enrolled in Medicare Part A (inpatient hospitalization coverage) and



ASK Rusty
Social Security Advisor

Social Security Matters

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Part B (coverage for outpatient services) and paying any associated Part B (and perhaps Part A) premium.

As you know, you pay a low premium (or perhaps no premium) for your Medicare Advantage plan. That's because the Part B premium you are now paying from your Social Security is actually going to your Medicare Advantage plan provider, enabling them to offer you equivalent coverage at little or no additional cost. Some Medicare Advantage plans even provide added coverage which Medicare Part B doesn't, such as

dental and vision and, sometimes, prescription drug coverage. If that all sounds enticing, remember that Medicare Advantage plans usually also include restrictions on which medical service providers you can use, unlike "original Medicare" which permits you to use any medical service provider who accepts Medicare (nearly all).

So, when you see or hear a Medicare Advantage provider advertising "no cost" or "very low cost" coverage, recognize that they can offer that only

➔ See RUSTY Page A5

Can 'adaptogens' relieve stresses from COVID-19?

by John Grimaldi
Editorial contributor for the Association of Mature American Citizens

The world has been in a state of extreme stress for nearly two years now since the breakout of the COVID pandemic. Sadly, there appears to be no end in sight. We may not be able to do anything about the cause but, perhaps, there is a way to deal with the effects by adapting to the stressors, not in a psychological way; rather by ingesting aptly named herbal medicines called adaptogens. Of course, before you begin self-medicating, whether the drug is a natural medication or a chemical-based medicine, it's important that you consult your healthcare provider.

Lest you think somebody came up with the "adaptogens" moniker to mask a 21st Century version of snake oil, think again. Or, at least, consider how the experts at the National Institutes of Health came to the conclusion that they might just be what the doctor orders in dealing with stress: "Adaptogens were initially defined as

➔ See STRESS Page A5

A promise is a promise, and you promised to exercise more this year

by John Grimaldi
Editorial contributor for the Association of Mature American Citizens

So your kids got you to promise to exercise more in 2022 during the festivities of the holiday season. You couldn't resist. After all, you agreed because you love them but now you either disappoint them and take it easy or convince yourself to give it a try. Come on, you can do it whether you turn 60, 70 or even 80 years of age this new year, says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

"No one's telling you to go to Olympic extremes. All you have to do is the basics such as going for a 15 to 30 minute walk every day. Once you get used to it, you're bound to up the ante and start doing things like carrying a pair of dumbbells on your outings. Pretty soon you'll find yourself doing sit-ups and push-ups. But be sure not to go to extremes, particularly if you have health issues. In fact, it is best to have a chat with your health care provider before you begin

your exercise routine," Weber advises.

The National Institute on Aging [NIA] recommends that you take it slow at first. You don't want to overdo it. Over-exercising - particularly at the outset - can make you want to quit, or worse, cause injury.

The right way to get started, according to the NIA, is to:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during,

➔ See PROMISE Page A5

Westfield has new Director of Communications

Westfield Mayor Andy Cook has announced that Chris Proffitt has been named Director of Communications for the city.

A veteran Indianapolis TV journalist, Proffitt also served in state government as Director of Communications for the Indiana Attorney General's office. In announcing the appointment, Mayor Cook said, "We are pleased to have Chris lead our communications team. His knowledge of Westfield coupled with his experience and expertise will serve our city well."

Proffitt previously worked as an anchor and reporter for 21 years for WTHR and five years for WRTV. He is a nine-time Emmy Award winner, a National Edward R. Murrow Awards first-place recipient and winner of the prestigious National Headliner Award for excellence in journalism.

"I'm honored to join the City of Westfield and the talented people who work honorably each day to serve its citizens," Proffitt said.

The Daily Almanac

Sunrise/Sunset
RISE: 8:10 a.m.
SET: 5:39 p.m.

High/Low Temperatures
High: 39°F
Low: 14°F

Wacky Holiday Today
• Bubble Bath Day
• Earth's Rotation Day

What Happened On This Day
• 1790 George Washington delivers the first State of the Union address
• 1912 The African National Congress (ANC) founded

Births On This Day
• 1935 Elvis Presley American singer
• 1942 Stephen Hawking English physicist, author

Deaths On This Day
• 1642 Galileo Galilei Italian astronomer
• 1942 Joseph Rutherford American lawyer

HONEST HOOSIER

Yup, my parents spanked me. Because of that I suffer from a life-long condition called "Respect-for-Others."



INSIDE TODAY

Obituaries.....A2
Meeting Notes.....A2
Classifieds.....A5
Comics.....A5

TODAY'S QUOTE

"It is never too late to be what you might have been."
George Eliot

TODAY'S HEALTH TIP

If you can't fall asleep within 20 minutes of going to bed, get out of bed, go to another room and do something boring until you get sleepy. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



OBITUARIES

Robert Anthony Bohuk
Norma Ralph Strawn
Norma J. Wilson
James Michael "Mike" Ducey
James Luther Frakes
Bethel L. Hale

TODAY'S JOKE

The good news is that senior citizens get free computer support. The bad news is that their 6-year-old grandchild has an early bedtime.



The Times appreciates all our customers. Today, we'd like to personally thank Shirley Ward of Noblesville for subscribing!

WTHR 7 DAY FORECAST

20 FRIGID START SUNNY & COLD	14/39 RAIN LATE	39/39 MORNING RAIN, FALLING TEMPS	14/23 COLDER & BREEZY	11/27 SUNNY AND BREEZY	23/43 NOT AS COLD	31/44 SUN AND CLOUDS
FRI	SAT	SUN	MON	TUE	WED	THU

Candidate Filings for 2022 Primary

The 2022 Primary will be on Tuesday, May 3, 2022. The following website provides the candidate filings to date. These are updated daily at 4:30 p.m. at www.hamiltoncounty.in.gov/222/Current-Election-Information.
 List of Candidate Filings for 2022 Primary:
 Clerk of the Circuit Court
 Kathy Krag Williams -- R
 Hamilton County Sheriff
 Dennis Quakenbush -- R
 Hamilton County Coroner
 Jeff Jellison -- R
 Hamilton County Council District 3
 Steve Schwartz -- R
 Hamilton County Council District 4
 Ken Alexander -- R
 Adams Township Trustee
 Michelle Junkins - R
 Clay Township Trustee
 Paul D Hensel -- R

Clay Township Board
 Matthew J. Snyder -- R
 Delaware Township Trustee
 Debbie R. Driskell -- R
 Delaware Township Board
 Rick Fain -- R
 Fall Creek Township Trustee
 Doug Allman -- R
 Fall Creek Township Board
 Brian Baehl -- R
 Noblesville Township Trustee
 Theresa Caldwell -- R
 Noblesville Township Board
 Peggy R Pfister -- R
 Joe Arrowood -- R
 Perry Williams -- R
 Wayne Township Trustee
 Laura McNamara -- R
 White River Township Trustee
 Robbie Ping - R
 Cicero Town Council At Large
 Heidi Wilcox -- R
 Eric Hayden -- R
 Sheridan Town Council

Steve C. Fisher -- R
 Eric D. Gifford -- R
 Democratic Precinct Committeeman Clay 28
 Edwin Russell
 Republican State Convention Delegate Clay District 1
 Danny Niederberger
 Republican State Convention Delegate Clay District 4
 Sue Lile
 Dwight Lile
 Barry S. Simich
 Republican State Convention Delegate Delaware District 2
 Barbara Layton
 Republican State Convention Delegate Fall Creek District 3
 Jeff Dossett
 Doug Allman
 Michele L. Allman
 Republican State Convention Delegate Noblesville District 1
 Jason Spartz
 Dianna Bradley-Lynch
 Republican State Convention Delegate Noblesville District 2

Tim Berry
 Republican State Convention Delegate Noblesville District 3
 Beth Sheller
 Catherine Carter
 Laura Alerding
 Republican State Convention Delegate Washington District 1
 Michael L. Kubacki
 Rebecca Kubacki
 Candidate filing began Wednesday, Jan. 5 at 8 a.m. for major political parties (Democrat and Republican). The deadline to file is Friday, Feb. 4, at Noon. The website www.hamiltoncounty.in.gov/222/Current-Election-Information contains information on offices that will file for candidacy at the Hamilton County Election Office and the offices that will file for candidacy with the State. Forms to run for these offices can be located at: <https://www.in.gov/sos/elections/candidate-information/>.

WWS talks to families about district-wide mask mandate

Below is a message that Dr. Paul A. Kaiser, Superintendent of Schools, sent to WWS families about the district-wide mask mandate and what families should expect moving forward.
 "Rocks families,
 In accordance with our current COVID-19 protocols announced on November 8, since all but two schools (Monon Trail Elementary and Westfield Intermediate School) went above the 1.75 percent threshold of positive cases, starting tomorrow, Friday, January 7, masks or face coverings will be mandatory at all Westfield Washington Schools buildings for all before, during and after school activities -- including BAC, TOTS and All-Aboard. Masks will remain highly recommended for spectators of all sporting events. We will remain in a district-wide mask mandate until all nine schools simultaneously have a positivity rate below 1 percent. Per federal mandate, masks will continue to be mandatory on school buses.
 We will continue to conduct contact tracing and notifying families if their

child has been exposed to someone who tested positive for COVID-19. In masked situations, close contacts do not have to quarantine as long as they do not show symptoms. In unmasked situations, like lunch, close contacts will need to quarantine, regardless of showing symptoms or not, unless they are fully vaccinated or have had COVID-19 in the past 90 days. With this update in masking protocol, any student who needs to quarantine or isolate due to COVID-19 may return to school on day 6, regardless of vaccination status.
 Other mitigation measures -- including regular sanitization, promoting hand-washing, monitoring of symptoms, cohorting and distancing -- will continue as well, when appropriate and available.
 Thank you, again, for your continued support and flexibility as we continue to provide your children with a safe and educational environment. Please contact me if you have any questions."
 Dr. Paul A. Kaiser
 Superintendent of Schools

Meeting Notes

Carmel Plan Commission

Jan. 18, 2022 | Meeting Agenda
 Location: Council Chambers Time: 6 p.m.
 Carmel City Hall, 2nd Floor (Doors open at 5:30 p.m.)
 One Civic Square, Carmel, In 46032
 How to view electronically:
 • AT&T Cable Ch. 99
 • Digital Ch. 64.45
 • Metronet Ch. 33
 • Spectrum Cable Ch. 340
 • Facebook.com/CityofCarmel
 • YouTube.com/CityofCarmel
 • <http://carmelin.newswagit.com/views/1>
 AGENDA:
 A. Call Meeting to Order
 B. Pledge of Allegiance
 C. Roll Call
 D. Declaration of Quorum
 E. Approval of Minutes
 F. Communications, Bills, Expenditures, & Legal Counsel Report
 1. Swearing-in of Members
 2. Election of President
 3. Election of Vice-

President
 4. Election of Member to the Board of Zoning Appeals
 5. Election of Member to Hamilton County Plan Commission
 6. Election of Member-at-Large
 G. Reports, Announcements & Department Concerns
 1. Outcome of Projects at Committees:
 a. Commercial: Docket No. PZ-2021-00160 CA: W. Main St. Block C2, Commitment Amend. -- Sent back to full PC with Positive Recommendation 3-1.
 b. Residential:
 i. Docket No. PZ-2021-00195 DP/ADLS: Matriarch Birth Center -- Approved 4-0.
 ii. Docket No. PZ-2021-00204 PUD: Flora on Springmill PUD Rezone -- Continued to Feb. 1 mtg.
 H. Public Hearings
 1. Docket No. PZ-2020-00081 DP/ADLS: The Steadman Apartment Community at the Bridges.
 2. Docket No. PZ-2021-00247 V: Bridges PUD Z-550-11 Sec.

13.9.D: Right-in/Right-out access only onto 111th St., Full Access onto 111th St. Requested
 The applicant seeks site plan and design approval and one variance for a new apartment community consisting of 260 units in 5 buildings. The site is located at the northeast corner of Springmill Road and 111th Street, on about 12.5 acres. It is zoned The Bridges PUD, Ordinance Z-550-11. Filed by Jim Shinaver and Jon Dobosiewicz of Nelson & Frankenberger on behalf of Cityscape Residential, LLC.
 3. Docket No. PZ-2021-00217 DP/ADLS: 4810 Northwestern Drive -- Building Addition.
 The applicant seeks site plan and design approval for a new auto repair building (9,600 sq. ft.) on 3.5 acres. The site is located at 4810 Northwestern Drive. It is zoned I-1/Industrial and is not located within any overlay zone. Filed by Charlie Mattox of Crossroad Engineers on behalf of the owner.
 4. Docket No. PZ-2021-00249 SW: Reserve

at Springmill, Cul-de-sac Waiver -- UDO Sec. 6.09: Max Cul-de-sac Length 600 ft., 696 ft. Requested.
 The applicant seeks a design standards waiver to increase the length of the Sanner Ct. Cul-de-sac to 696 ft. to accommodate the addition of 4 new lots. The site is located at 340 Sanner Ct. and is zoned S-2/Residence. Filed by Duane Sharrer of Weihe Engineers, Inc on behalf of Steve Pittman, owner.
 I. Old Business
 1. Docket No. PZ-2021-00160 CA: West Main St. Block C2, Commitment Amend.
 The applicant seeks to amend commitments associated with Ordinance Z-611-16. The site is located at the southeast corner of Main Street and 4th Avenue SW. The properties are zoned R-2/Residence and C-2/Mixed Use District within the Old Town Overlay. Filed by the Department of Community Services on behalf of the Carmel Plan Commission.
 J. New Business
 K. Adjournment

Meeting Notes

Noblesville Common Council

Tuesday, Jan. 11, 2022 -- 7 p.m.
 Proposed Agenda
 City Hall
 Council Chamber
 Call Meeting to Order
 Pledge of Allegiance
 Roll Call
 Approval of Executive Session Memorandum: Dec. 21, 2021
 Approval of Minutes: Dec. 21, 2021
 Approval of Minutes: Jan. 4, 2022 --
 Organization Meeting
 Approval of Agenda
 Petitions or comments by citizens who are present
 Council Committee Reports
 Approval of Claims
 Previously Discussed Ordinances
 #87-12-21 Council to Consider Ordinance #87-12-21, an Ordinance Amending Ordinance #17-04-21, Authorizing the City to Issue Its "Taxable Economic Development Revenue Bonds, Series 2021a (East River Partners LLC Project)" And "Taxable Junior Economic Development Revenue Bonds, Series 2021b (East Bank Project)", and Approving and Authorizing Other Actions In Respect

Thereto (Andrew Murray) #88-12-21 Council To Consider Ordinance #88-12-21, An Ordinance Annexing Approximately 46 Acres Adjacent To The Northwest Intersection Of East 146th Street And River Road (Joyceann Yelton)
 Miscellaneous
 #1 Council to Consider Resolution Rc-1-22, a Resolution Authorizing Routine Budget Adjustments and Year-End Fiscal Administration (Jeffrey Spalding)
 #2 Council to Consider Resolution Rc-2-22, A Resolution Authorizing the Appropriation of Grant Proceeds In 2022 (Jeffrey Spalding)
 #3 Council to Consider Resolution Rc-3-22, A Resolution for Property Disposal Pursuant To Indiana Code §36-1-11-8 (Lindsey Bennett)
 Transfers
 #1 Council to Consider Transfer Ta-01-22a-D, Appropriation Transfers In Multiple Funds for 2022 Pay Adjustments (Sam Beres)
 #2 Council to Consider Transfer Ta-02-22, an Appropriation Transfer for Longevity Pay Adjustments for Sworn Public Safety Employees (Sam Beres)
 Council Comments
 Adjournment

Meeting Notes

Hamilton County Airport Authority

Wednesday, Jan. 12, 2022
 Hamilton County Government and Judicial Center
 One Hamilton County Square; Noblesville, Ind

AGENDA
 (Agenda subject to change. Final agenda will be posted at the meeting.)
 6:30 p.m. Public Session - Commissioners' Courtroom
 Call to Order & Declaration of Quorum
 Oath of Office
 Election of Officers
 1. President

2. Vice-President
 3. Secretary/Treasurer
 Approval of Minutes:
 1. Dec. 8, 2021
 President's Report
 Public Comments
 Airport Director's Report
 1. Director's Report
 First Wing Jet Center Report
 Woolpert Engineering

Report
 1. Engineer's Report
 Old Business
 New Business
 Legal Counsel Report
 County Council Liaison Secretary's Report
 1. Approval of Vendor Claims
 2. Approval of Payroll Claims
 Adjournment

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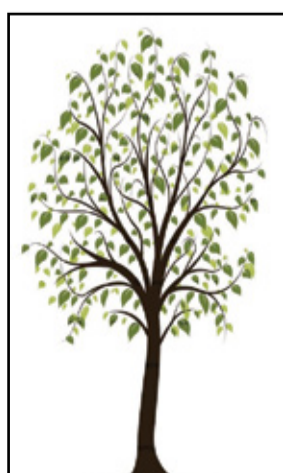



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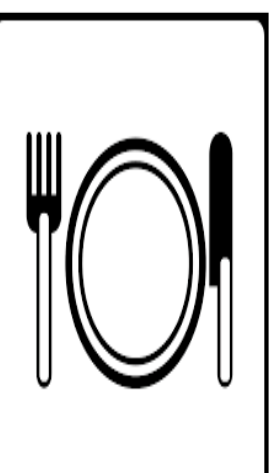
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USDA announces increased funding to support healthy school meals to kids

U.S. Department of Agriculture (USDA) Secretary Tom Vilsack has announced an adjustment in school meal reimbursements to help schools continue to serve children healthy and nutritious meals. This move will put an estimated \$750 million more into school meal programs across the nation this year, making sure federal reimbursements keep pace with food and operational costs, while ensuring children continue to receive healthy meals at school.

"USDA understands that balancing the pressures of the pandemic with the need to feed children healthy and nutritious meals continue to be a priority for schools across the country," said Agriculture Secretary Tom Vilsack. "The Biden-Harris Administration is doing everything we can and these higher meal reimbursements will help allow school meal programs to continue meeting their mission of giving children the nourishment they need to grow, learn,

and thrive."

School lunch reimbursement rates usually do not increase during the school year. However, this year, due to the pandemic, USDA allowed schools to benefit from the highest rates available, which are normally reserved for the USDA Summer Food Service Program (SFSF). By law, these summer rates adjust for inflation annually in January.

This adjustment is well-timed to ensure the purchasing power of schools keeps pace with the cost of living. Schools receiving these reimbursement rates can stretch their operating budgets further during these tough times, while giving families fewer meal expenses to worry about each school day.

At the start of the 2021-2022 school year, the SFSF lunch reimbursement rate for participating schools was already 15% higher than the standard reimbursement for a free lunch. Now, because of higher food costs and other



circumstances, schools will receive an additional 25 cents per lunch. Taken together, schools are receiving 22% more for school lunches than they would under normal conditions.

This action is part of USDA and the Biden-Harris Administration's joint effort to ensure school meal programs are strong and have the assistance they need to navigate current challenges. This year's upward adjustment will add to the range of flexibilities, resources and hands-on support USDA has provided to school meals, which has included:

- Providing \$1 billion for schools to buy food for their meal programs and another \$300 million for states to purchase 100%

American-grown foods to be distributed to schools;

- Awarding up to \$200 million to states for purchases of domestic local foods for distribution to schools, through the new Local Food for Schools Cooperative Agreement Program;

• Ensuring schools are not penalized if they cannot meet meal standards due to supply chain issues;

- Issuing and extending 14 nationwide waivers that allowed schools to run more flexible meal programs and serve free meals to all students, including relaxing meal pattern requirements, allowing parent/guardian pick-up of meals, and permitting meal service outside of the typically required group settings and meal times;

- Reimbursing local child nutrition program operators for emergency operating costs during the early months of the pandemic due to COVID-19 related restrictions and closures;

- Publishing new edu-

cational resources to help schools plan and serve meals, including a new set centered around the theme of Planning for a Dynamic School Environment, aimed at helping schools leverage current flexibilities;

- Ensuring schools and their partners understand complementary options for feeding children both in and out-of-school, such as the Child and Adult Care Food Program's (CACFP) At-Risk After-school Program and "grab 'n' go" meals for children during remote or hybrid learning, student quarantines, and school closures; and

- Providing Pandemic EBT benefits to children attending schools participating in the National School Lunch Program (NSLP) via virtual learning or a hybrid model.

For more information about SFSF, visit: www.fns.usda.gov/sfsp/summer-food-service-program

To see state-by-state reimbursement rates, visit: www.fns.usda.gov/

cn/total-amount-support-to-school-districts

More information on USDA's response to COVID-19 can be found at www.fns.usda.gov/coronavirus

USDA touches the lives of all Americans each day in so many positive ways. In the Biden-Harris Administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy, and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit www.usda.gov.

Rokita: Liberty hangs in the balance as U.S. Supreme Court hears arguments on Biden's mandates

Attorney General Todd Rokita pledged to continue defending personal freedoms as the U.S. Supreme Court today prepares to hear oral arguments on two of President Joe Biden's COVID-19 vaccine mandates.

"In a free republic, the protection of individual liberty must be a priority," Attorney General Rokita said. "The federal government's overreach through vaccine mandates threatens our country's foundation. Truly, Hoo-

siers' liberty hangs in the balance as the Supreme Court deliberates over these important constitutional issues."

The Supreme Court is scheduled to hear oral arguments over two separate vaccine mandates. One of those is an Occupational Safety and Health Administration (OSHA) rule requiring vaccination or weekly testing of workers at large employers. Attorney General Rokita's lawsuit challenging this

OSHA vaccine mandate was consolidated with other similar suits and is part of what is being heard today. The other vaccine mandate that will be heard is a Centers for Medicare & Medicaid Services (CMS) rule requiring vaccination of all staff at all Medicare and Medicaid providers. Attorney General Rokita filed suit to stop this government overreach.

Attorney General Rokita has filed four separate lawsuits against

the Biden administration over its draconian vaccine mandates. In addition to lawsuits over the OSHA and CMS mandates, he also has filed lawsuits over 1) a vaccine mandate for federal contractors and 2) a mandate requiring masks for children as young as 2 years old and vaccines for staff and volunteers at childcare programs receiving Head Start funds.

All these lawsuits have borne positive results. A federal appeals court

initially prevented the OSHA mandate from going into effect. Although another federal appeals court subsequently lifted that ruling, the Supreme Court now has the opportunity to chart the correct course.

In Indiana, the federal vaccine mandates for Medicare/Medicaid providers and Head Start facilities are not in effect thanks to the lawsuits filed by Attorney General Rokita and likeminded attorneys general in

other states. Indiana has also secured an injunction against the federal contractor mandate, but the court limited that injunction to the State of Indiana's contracts.

"Hoosiers can rest assured we will keep working to protect their constitutional freedoms," Attorney General Rokita said. "This fight against gross federal overreach is one we absolutely must win, and we will not rest until we prevail on behalf of liberty."

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PROMISE

From Page A1

and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.

- Wear appropriate fitness clothes and shoes for your activity.
- If you have specific health conditions, discuss your exercise and physical activity plan with your

health care provider.

The pandemic has been hard on all of us, but it has been a particularly difficult experience for senior citizens creating an additional disincentive to take it easy, if you can. However, says AMAC's Weber, it can also be another good reason for working out. At the very

least, it can take your mind off of the disease for a while on a daily basis, which can raise your spirits.

"When you consider what is required for someone to engage in exercise—time, motivation, goal, and willingness to put up with some discomfort—it becomes a

little clearer as to why a person dealing with stress and anxiety would be less likely to engage ... Despite having time on their hands, this person is struggling with psychological discomfort due to negative thoughts which saps away motivation and energy to engage in activities, let alone exercise," says Dr.

P. Priyanka.

In fact, a poll conducted by researchers from Canada's McMaster University and Western University in April showed that participants who had worked out regimens prior to the COVID outbreak were exercising less as a result of the pandemic.

"But don't use the coro-

navirus excuse to get out of doing your exercises," says Weber. "Think of the benefits you'll derive – the stamina and energy you'll gain, not to mention the fact that it improves your mood and helps you fight off depression and not to mention the fact that you made a promise to your kids and your loved ones."

STRESS

From Page A1

substances the 'state of resistance' physiological that is linked disorders of crine-immune on animals neuronal cells have revealed that adaptogens exhibit neuroprotective, anti-fatigue, antidepressive, anxiolytic, nootropic and CNS stimulating activity. In addition, a number of clinical trials demonstrate that adaptogens exert an anti-fatigue effect that increases mental work capacity against a background of stress and fatigue, particularly in tolerance to mental exhaustion and enhanced attention."

About AMAC

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country.

that enhance non-specific in stress, a condition with various the neuroendosystem. Stud-and isolated

ments in capsule form, added to smoothies as powders, or concocted into teas or soups." But it warns that you should consult with your doctor before taking any medications.

Here are a few the host of adaptogens that are available and what conditions they may serve:

- American ginseng (Panax quinquefolius): Boosts working memory, reaction time, calmness, and immune

system

- Ashwagandha (Withania somnifera): Reduces stress and anxiety
- Eluethero root (Eleutherococcus senticosus): Improves focus and staves off mental fatigue
- Tulsi/Holy basil (Ocimum sanctum): Reduces physical and mental stress, stress-related anxiety, and depression

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In other words, adaptogens are not some new concoction. In fact, its origins date back thousands of years and "is a traditional herbal medicinal product consisting of a fixed combination of [plant] extracts." And, according to the Healthline Website, they can increase your resistance to stress, help you deal with exhausting situations and, as a bonus, they may also help you deal with weight gain.

Leslie Korn, PhD, a Harvard Medical School-trained traumatologist, was consulted on the use of adaptogens for the Healthline report and she says that they can enhance our "ability to come into balance" – a condition that the Mayo Clinic describes this way: "Balance problems can make you feel dizzy, as if the room is spinning, unsteady, or lightheaded. You might feel as if the room is spinning or you're going to fall down."

The Healthline report provides an example of how adaptogens work. "When we face a stressor, whether physical or mental, our bodies go through what's called general adaptation syndrome (GAS). GAS is a three-stage response: alarm, resistance, and exhaustion. Adaptogens help us stay in the resistance phase longer, via a stimulating effect that holds off the exhaustion. Instead of crashing in the midst of a stressful moment, task, or event, we attain equilibrium and can soldier on." The report goes on to suggest that you can take adaptogens as "herbal supple-

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RUSTY

From Page A1

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