

**➤ TODAY'S VERSE**

Isaiah 50:10 "Who is among you that fears the LORD, That obeys the voice of His servant, That walks in darkness and has no light? Let him trust in the name of the LORD and rely on his God."



**➤ FACES OF HAMILTON COUNTY**

People who call our community their own.

What makes Juliet Blazucki smile? "Fireworks," said the 6-year-old, a first-grader and the daughter of Adam and Louise Blazucki. Her mom owns and operates Kiln Creations in downtown Noblesville. She was found at the July 4 Noblesville Fireworks Festival and spent her day bicycle riding, doing pottery and had her face painted and enjoyed the bounce houses at the festival. She has two sisters and one brother and her favorite animal is a cat. Kiln Creations in downtown Noblesville offers many, many classes. To sign up for fun activities, visit <https://www.kilncreations.net/> or on Facebook.

**And Another Few Things...**

**1. Westfield Referendum**

This coming Election Day, Nov. 8, Westfield residents will have the opportunity to vote on renewing the Westfield Washington Schools operating referendum with a lower tax rate. Funds will be used to retain current staff, continue offering competitive teacher compensation, avoid larger class sizes and add programming for both agricultural sciences and performing arts. In order to help the public understand the proposed changes and to receive their feedback, Westfield Washington Schools will host three community meetings. These meetings are scheduled for the following days and times:  
• 7 p.m. this coming Wednesday, Sept. 7 at Westfield High School  
• 7 p.m. on Sept. 28 at Westfield Middle School  
• 7 p.m. on Oct. 5 at 7 p.m. at Westfield Intermediate School  
For more information about the referendum, visit <https://www.wvs.k12.in.us/about-us/operating-referendum-renewal>  
To figure out if you are registered to vote, visit <https://indianavoters.in.gov/>; if you are not, click 'Apply Now' on the same page to begin the registration process.

**2. Bicentennial Buzz**

Hamilton County is continuing with preparations for the 2023 Bicentennial celebration. A traveling exhibit including two 8-by-8-foot, one-sided, free-standing panels with educational and historical information about Hamilton County's history is now available for businesses to host next year. The exhibit will have an opening reception in Feb. 2023 and will run from March through the end of October. Each host will receive the exhibit for one week, Saturday to Saturday; pickup and drop-off are to be arranged with the host. Exhibition dates are awarded on a first-come-first-served basis. The deadline for sign-up is Oct. 1. Sign up to host the exhibit online at <https://www.signnugenius.com/go/10c0e48aca822a7f8c70-hamilton>  
Follow the Bicentennial Committee on social media to find out which of your favorite farmers markets and festivals the Bicentennial will be at this summer! September is the last month for this year - they will be at the Arcadia farmers market, the Atlanta Earth Fest, the Carmel International Arts Fest and the Greek Fest! You can follow them at <https://www.facebook.com/hamcoturns200>

**3. Appetite for Records**

Does the name Joey Chestnut ring a bell? He's the guy who keeps winning those hot dog eating contests that take place in Coney Island each Fourth of July. Apparently frankfurters aren't the only tasty delight that piques his interest, says the Association of Mature American Citizens [AMAC]. He holds 55 eating records having devoured record breaking amounts of pork brain tacos, Jalapeno Poppers and even Twinkies, to name a few. And, no, he apparently does not hold the record for eating chestnuts. However, most recently he broke the record for popcorn when he downed 32 twenty-four ounce servings of popcorn in just 8 minutes at a contest held in Indianapolis.

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

**Flame-grilled has new meaning for Noblesville's Ralph Lehr Veterans of Foreign Wars (VFW) Post No. 6246 Commander Rob Loy (left) and Senior Vice Commander Izzy Menchaca, who cook hot dogs and hamburgers on Sunday, for their annual combined pitch-in luncheon at Morse Beach Park in Noblesville.**

## What a Fun Labor Day Weekend



**BETSY REASON**  
The Times Editor

Not only was Labor Day weekend fun but it was also a beautiful weekend. On Friday night, which was

a "First Friday," Noblesville Main Street's Chocolate Trail and Music and All That Jazz brought out hundreds of folks to the Hamilton County Courthouse Square in downtown Noblesville.

Main Street executive director Kate Baker sat under Main Street's tent on the north side of the Courthouse, greeting visitors and giving out maps to the Chocolate Trail, where visitors could shop, sample and enjoy downtown merchants. Downtown visitors went from merchant to merchant getting their maps stamped for stopping in.

We saw all ages of folks out enjoying the beautiful evening, from those waiting in line for a table at Grindstone Public

House to people shopping at Linden Tree, eating ice cream at Alexander's on the Square, having coffee at Noble Coffee & Tea, seeking antiques and other finds at The Mix and Logan Village Mall and more.

The Square was bustling with activity, particularly people who filled the lawn on the west side of the Courthouse to listen to the wonderful jazz acts, including the Juan Douglas Trio, that could be heard throughout the downtown.

Saturday morning, the Noblesville Farmers Market goes were up bright and early to shop for fruits and vegetables, freshly made breakfast and more.

➤ See BETSY Page A6

## A 'Brief' Near-Death Experience



**JOHN O. MARLOWE**  
With The Grain

I don't know if this is a curse or a blessing, but I'm pretty certain I know how I'm going to die. I can hear the coroner's pen scratching now:

Cause of Death: Extermination by Underwear.

I figure it would only be manslaughter. I don't think my

underwear have it in for me, but who could blame them. I literally put them through the wringer.

Maybe I shouldn't be glib. I did a quick Internet search for "Death from Underwear," and learned from a BBC article that more than 6,000 people a year in the UK are injured by garments (mostly by tripping), including two women who were killed when lightning struck the metal clips in their bras.

Sadly, the Centers for Disease Control does not openly publicize U.S. deaths by underwear, but in a twist of irony, they do refer to all of their public death information as "Data Briefs."

(By the way, searching for "Death from Boxers" does not yield pertinent information.)

One thing that journalists pride themselves on is getting to the bottom (ahem) of a story. So, here's the long and shorts

➤ See MARLOWE Page A6

## County Council Set to Discuss 2023 Budget



Council President Steve Schwartz

Hamilton County Councilors, the financial stewards of Hamilton County government, will host two days of budget hearings at the Judicial Center starting today at 8:00 a.m. They will work to set a budget of just under \$100 million for the 2023



Council Vice President Ken Alexander

fiscal year. "It's a big budget. It's a big operation," Council President Steve Schwartz says. "Our biggest expenses are salaries and benefits for the 800+ County

➤ See COUNCIL Page A6

**➤ INSIDE TODAY**

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**➤ OBITUARIES**

**June Marie Correll**  
**Kimberle Ann Ormerod**  
**Allen H. Schultz**

The Times appreciates all our customers. Today, we'd like to personally thank **ADRIAN PIAZZA** for subscribing!

**➤ HONEST HOOSIER**

You've got to love politics. Democrat Nancy Pelosi goes to Taiwan and it's the worst thing that could happen! Republican Eric Holcomb goes and everyone celebrates the first governor to visit there since the pandemic.



**➤ TODAY'S HEALTH TIP**

If you're inactive and overweight, get tested for diabetes. 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](http://www.thetimes24-7.com).



**➤ TODAY'S QUOTE**

"All labor that uplifts humanity has dignity."  
- Martin Luther King, Jr.

**➤ TODAY'S JOKE**

Knock, knock.  
Who's there?  
Noah.  
Noah who?  
Noah any good jokes about September?

**13 WTHR 7 DAY FORECAST**

80 SCTD STORMS LABOR DAY MON	67/79 AFTERNOON RAIN CHANCE TUE	64/82 MOSTLY SUNNY WED	61/83 MOSTLY SUNNY THU	62/85 PARTLY CLOUDY FRI	67/80 LATE DAY STORMS SAT	65/77 RAIN CHANCE EARLY SUN
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# Bipartisan PAC Wants to 'Jump-Start' Political Marketplace

**By Leslie Bonilla Muñiz**

A bipartisan Indiana political action committee that aims to fund moderate political candidates, regardless of party affiliation, are hosting a kickoff event later this month. The goal? Tame polarizing partisanship into more collaborative, dialogue-heavy politics.

"We intend, through our PAC, to support candidates on either side of the spectrum, Republicans or Democrats, who we think represent more moderate values — not necessarily moderate views, politically, but moderate values," said ReCenter Indiana President Donald Knebel, a Democrat and retired Barnes & Thornburg partner.

That means, he said, candidates who are

"willing to debate, willing to get engaged in bipartisan discussions, willing to stop name-calling, ... those kinds of things."

Knebel and Republican Jim Obermaier, a longtime politico and ReCenter board member, said they're noticing both political candidates and everyday Hoosiers of all parties drawing further from the center.

The PAC, the duo said, will fund moderate candidates so they don't have to appeal to extreme, but wealthy, organizations and individuals — thus providing moderate voters more options. It'll also recruit candidates on a bipartisan basis.

"In my mind, it's about really jumpstarting the [political] marketplace to work the way the marketplace is supposed

to work," Obermaier said.

ReCenter will officially launch at an invite-only event September 22 but filed campaign finance paperwork earlier this year.

Knebel declined to specify a fundraising goal but said he thought it was "realistic."

He and Obermaier are assembling a bipartisan board of directors and advisory board; they're adding members in Democrat-Republican pairs to keep the numbers even, and will have at least one member affiliated with a different political party.

They're hoping to be a factor in the fast-approaching November elections, but will otherwise focus on elections in 2023.

The PAC will be joined by 501(c)(3) nonprofit

ReCenter Indiana Inc., which will emphasize voter education. For instance, it will explain that voters of any political affiliation can vote in either Democratic or Republican primaries for a moderating effect.

Knebel said he's gotten pushback from a small number of Democrats and Republicans who couldn't stomach their dollars going to candidates of the other party — or who couldn't be public about their support for such an initiative. But the feedback overall, he said, has been overwhelmingly positive.

Adrienne Slash, one of ReCenter's Republican board members, said the decision to join was a no-brainer.

Slash said she worked for the Indiana Republican Party on a Carl Brizzi

campaign after graduating college in 2006, and has spent about a decade participating in nonpartisan initiatives for specific issues. But her a-ha moment came when she was recruited to run as a Republican in Indianapolis' 2015 City-County Council election.

"I realized that there is no Republican or Democrat way to plow snow, or to provide constituent services," Slash said. "But there could be different ways that you go about creating legislative initiatives, potentially. There's not one side to the answers."

"I was running as a Republican, but most people assume that because I was a Black woman that I was a Democrat," she said. "And on Election Day, every person I'd meet

at the polls would say, 'You tried to trick me into voting for a Republican.' And the answer is no ... I wanted you to see me as worth your support."

"This comes down to how we are trained to participate in politics," Slash said. "... I think that a lot of times we were just trained to go one way when ... our civic responsibility is hiring the best person for the job."

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# State Supreme Court Upholds Firing of Catholic High School Teacher in Same-Sex Marriage

**By Casey Smith**

The Indiana Supreme Court ruled Wednesday to uphold the Catholic Archdiocese of Indianapolis's decision to fire a Cathedral High School teacher for being in a same-sex marriage.

In a 4-0 decision, the court found the Archdiocese has autonomy protection under the First Amendment, which allows churches to decide matters of faith and doctrine without government interference.

Chief Justice Loretta Rush did not participate in the case.

**State Supreme Court justices side with Archdiocese**

"Religious freedom protected by the First Amendment to the United States Constitution encompasses the right of religious institutions 'to decide for themselves, free from state interference, matters of church government,'" Justice Geoffrey Slaughter wrote in the court's opinion. "This principle, known as the church-autonomy doctrine ... applies in this case and requires its dismissal."

Slaughter held that the Archdiocese's communications with Cathedral High about the teacher's termination fell under internal Church policy and administration.

He added that the school had to choose to "either retain its recognition as a Catholic school by following the archdiocese's instruction on what was required to be recognized as a Catholic school or forfeit continued recognition."

"This choice reflects the

archdiocese's authority to declare which schools are Catholic," Slaughter said in the opinion.

The Archdiocese of Indianapolis applauded the ruling, saying the court had "unanimously protected (its) right to ensure students and families receive an authentic Catholic education."

**Background on the case**

Joshua Payne-Elliott worked as a foreign language and social studies teacher at Cathedral for 13 years before he was terminated in June 2019.

His lawsuit alleged the Archdiocese of Indianapolis illegally ended his employment as a result of his 2017 same-sex marriage to a math teacher at a separate private Catholic school, Brebeuf Jesuit Preparatory School.

Payne-Elliott maintained he was fired after the Archdiocese ordered all Catholic schools under its purview to enforce a "morality clause" barring employees from same-sex marriages.

The former teacher said in his lawsuit that he was offered a new teaching contract in May 2019 before he was terminated a month later.

He settled with the school over his employment discrimination claims and filed a lawsuit against the Archdiocese in August 2019.

The Archdiocese additionally sought to terminate Payne-Elliott's husband, Layton Payne-Elliott, from his role at Brebeuf, but the school declined to fire him. In

June 2019, Archbishop Charles C. Thompson responded by dropping the school from the Archdiocese. The Vatican temporarily suspended that decision in September 2019, however. Brebeuf was reinstated as a Catholic Jesuit school pending a final decision.

"While we are disappointed by today's decision, we would like to make clear that the Archdiocese of Indianapolis ordered the school to breach my valid, legal employment contract — a contract that the school had renewed three times after the school was aware of the relationship," Joshua Payne-Elliott said in a statement Wednesday.

"We would also like the citizens of Indiana to know that millions of taxpayer dollars are being redirected each year from public schools (where teachers have enforceable contract rights and rights to be free from discrimination) to private schools which target LGBTQ employees. We fear for the well-being of LGBTQ students and faculty in Catholic schools," he continued.

Luke Goodrich, the attorney for the Catholic Archdiocese of Indianapolis, tweeted after the court's decision: "Today's decision is a powerful dose of common sense. It is also a powerful application of the principle of 'separation of church and state,' rightly understood: The state can't insert itself into the internal governance of the church. Catholic schools exist to teach the faith to the next generation—and they can't carry out that

mission if the law forces them to employ teachers who reject core aspects of the Catholic faith."

Kathleen DeLaney, one of Joshua Payne-Elliott's attorneys, said in a statement that legal counsel are now "evaluating all options" and determining next steps. The ruling provides Joshua Payne-Elliott with

10 days to amend his case before a Marion County judge.

"We lament this decision's movement towards immunity from civil liability for religious institutions that discriminate against their employees," DeLaney said.

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 <b>July 16th</b> <b>Waterhorse G</b>	 <b>July 22nd</b> <b>Encanto G</b>	 <b>July 30th</b> <b>The Shallows PG-13</b>
 <b>August 13th</b> <b>The Goonies PG</b>	 <b>August 20th</b> <b>Dog PG-13</b>	 <b>September 3rd</b> <b>Top Gun PG</b>

Cost: \$5 per person / Members get in free

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Photos courtesy of Kia

## 2022 Kia Forte GT Kicks It German-Style...With Value

If you take a look at the Kia Forte GT and think it could just have easily been a Volkswagen or Audi, your mind isn't cloudy. A good portion of Kia's design team and engineering gnomes come from The Fatherland. And, that rapid insolence carries over on the road where the car kicks it like it's swallowing Autobahn – wherever your version of the famed motorway leads. Beyond all of that, it spoils passengers rotten and presents a window sticker that reflects Kia's reputation for value.

Autobahn-ready looks begin with angry LED headlamps, slashed lower facias, and strings of running lamps. It definitely throws some attitude given it's essentially an economy sedan with added zing. It is sophisticated

though, with complex body sculpting, arching roofline, and meaty 18" wheels. Around back, a full swath of LED lamps, subtle decklid spoiler, and under-bumper diffuser(ish) leave a strong impression as the Forte seats by. Red accents front and rear echo the VW GLI – an obvious competitor.

It's all business inside, but that cool relaxed kind of business that's fashionable today. GT brings deeply bolstered sport seats and thick leather-wrapped steering wheel with red stitching on both. Add to that heated and ventilated front thrones, dual-zone automatic climate control, and a power sunroof. Seats are SynTex, but feel real and are easy to clean. Devices connect to the smooth Harman Kardon audio system via Apple

CarPlay, Android Auto, and wireless charging. Automatic emergency braking, lane keep assist, blind spot warning, and rear cross path detection bolster safety while adaptive cruise and rear seat occupant alert add convenience.

Kia recently made waves with the EV6 electric crossover and Sportage Hybrid, but the Forte GT proves the Korean automaker has mastered the art of powerful little powertrains. Behind the sleek face is a 1.6-liter turbocharged four-cylinder engine laying down 201 horsepower and 195 lb.-ft. of torque – all routed to the front wheels through a 7-speed dual-clutch automatic transmission. Shift it with paddles if you please and click through the drive modes to

### 2022 Kia Forte GT

**Five-passenger, FWD Sedan**  
**Powertrain:** 1.6-liter T4, 7-spd trans  
**Output:** 201hp/195 lb.-ft. torque  
**Suspension f/r:** Ind/Torsion beam  
**Wheels f/r:** 18"/18" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Driving  
**Fuel economy:** 27/35 mpg city/hwy  
**Assembly:** Pesqueria, Mexico  
**Base/As-tested price:** \$19,490/\$26,840

configure the powertrain from Eco to Sport. Fuel economy rates a frugal 27/35-MPG city/highway.

The rear is suspended by torsion beam, but you'd never guess it from behind the wheel. The chassis is firm enough for carving up backroads but compliant enough to soak up rough city pavement and sail over bridge expansion joints. I did driving duties on the way to a state park about 70

miles away, over which fast sweepers illuminated the competence of steering and suspension. My neighbors could do without the sport exhaust rumble, but I kinda dig it. If you're going to buy an affordable sedan for daily commutes, you might as well get one that's pleasing to the eyes and fun to drive on the weekends. It's also up to very long days on fast Interstates. Pick



**CASEY WILLIAMS**  
Auto Reviews

your destination, dial in directions, and enjoy the journey. A base price of \$19,490 came to \$26,840 well-equipped, making the Forte GT serious competition for the Honda Accord Sport, Toyota Corolla XSE, Nissan Sentra SR, Hyundai Elantra N Line, and that other car from Germany. Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com).

## Not Much of A Joke I Can't Sleep Doc, What Should I Do? Part 2



**CARRIE CLASSON**  
The Postscript

It wasn't much of a joke, as far as jokes go.

I saw the man wearing two hats, one on top of the other. The second hat may have been for his wife. It was decorated with intricate drawings. He was walking with her, a third hat tied to the handle of a stroller, and the family was making its way through the artisan market, where hats and ceramics and glass and handwoven, hand-carved, handmade items of all types are sold.

The man had his hands full, guiding the stroller loaded with purchases and keeping an eye on his wife, who was darting in and out of the artists' stalls and, as I passed him, noting his two hats, I gave him a serious look and said, "I believe you need another hat."

The man touched his hand to his hat, remembered he was wearing two and burst into laughter.

It was a real laugh, a belly laugh. He suddenly realized he looked silly, and he thought it was funny that I was bringing this to his attention in such a serious voice. And I was ridiculously pleased because I'd made the joke in Spanish.

Language is so tricky. For decades, I've been able to ask where the bathroom is located and how much something costs. I've steadily picked up vocabulary because so many cognates are shared between Spanish and English. But then I've gotten stuck. I have to plan sentences before I say them. I have to ask people to speak more slowly or to repeat themselves three times. I do better with cab drivers and hotel employees because they have made it their life's work to understand the fractured sentences of

tourists and can make a reasonable guess as to what I've said.

But I've never been able to make a spontaneous joke.

I reached the conclusion about 10 years ago that I was never going to be fluent, so there wasn't much point in trying. I'd become a writer, and I realized in a new way how inadequate my Spanish was, how far I was from being able to say anything important or meaningful. And so I quit.

But coming back to San Miguel de Allende has changed my mind. Because at its core, language is not about putting together beautiful sentences or showing off my vocabulary and grammatical skills.

Language is about connecting with people.

I will never understand Spanish as clearly as I would like. I won't get the subtle inferences, the implied meanings. I'll always be a little naive and clueless and have to have things spelled out for me. But, as I think about this, I realize I'm a little like this all the time—in any language.

What matters is that last night, I overheard two elderly Mexican tourists who could not find their way back to their hotel. The hotel was only a block and a half away. It was not an emergency. But I understood their confusion and said, "I know where that is. I am going there."

They looked a little skeptical. This blond woman did not look like a local. But they slowly followed me (one had a cane) and, when we finally made it to their hotel, I was absurdly pleased.

My progress in Spanish is slow. I lose hope on a regular basis.

But yesterday, I helped two old women find their way. And the day before that, I made a joke. It wasn't much of a joke, but somebody laughed and—at least for today—that is all the motivation I need.

Till next time,  
Carrie

*Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.*



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

This week I want to focus on basic prevention and treatments for insomnia. If the cause of insomnia is not readily identifiable it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at [bit.ly/3KHxjE7](http://bit.ly/3KHxjE7).

Poor sleep hygiene is one of the most common things we find when taking a sleep history or reviewing a sleep diary. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When we ask patients what they do when they can't fall asleep in a few minutes, most people answer that they continue to lie in bed and watch

the clock. A key concept to remember is that the bedroom should be reserved for sleep and sex. It should not be used for watching TV, surfing the Internet, playing video games, doing work, exercising, etc. Your brain needs to be trained that when it's in that room it should be shutting off and recharging.

If you find yourself in bed unable to sleep, you should get out of bed and go to another room. Engage in a low-energy activity such as reading or perhaps doing a crossword puzzle. The room should have the minimum light you need to do the activity. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day – the total hours you spend in bed should remain about the same each day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes before retiring. A warm bath or shower two hours before bedtime can be helpful for some people. A light snack may also promote

drowsiness.

It is very important to try and maintain a consistent bedtime. It seems that a consistent wake time is even more important. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and maintain the same schedule as closely as possible and get the same total number of hours of sleep that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax. Cognitive Behavioral Therapy for Insomnia (CBT-i) can be very helpful with difficult cases; you can read more online at [mayoclinic.org/insomnia/2019/02/28/20190228](http://mayoclinic.org/insomnia/2019/02/28/20190228).

I touched on medications last week, but I want to briefly mention drugs that frequently cause insomnia. Caffeine can stay in the

system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine (Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into the deep stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps 1/2 to 1 mg, and to take it at least two hours before bedtime. Prescription sleep medications should be the absolute last resort for treating insomnia. These medications are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at [bit.ly/39XAkPC](http://bit.ly/39XAkPC).

*Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.*



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# MARLOWE From Page A1

of it:  
I was running late for fitness class, Friday, and after successfully negotiating the showering process, I rushed to get dressed. I grabbed a pair of my finest compression shorts out of the dresser drawer, and proceeded to finish dressing as I have thousands of times before.

Compression garments are those trendy athletic clothes that hit the markets a decade ago or so. They are made of moisture wicking space age fabrics, and the claim is that they are woven in such a way as to stimulate the muscles underneath. They are supposed to foster a better workout, a quicker recovery, and several lingering looks from the opposite sex.

I, of course, wear them for the better workout.

Well, I was standing in the middle of my dark bedroom, and after sliding the right leg through the opening in the underwear, I raised my other leg to insert similarly through the left. Because of the lingering moisture from my shower, the fabric didn't slide up as quickly as I expected. Standing peg-legged like a heron, I just tugged harder. That's when the middle toe of my left foot got caught on the spandex-like fabric at the

bottom, sending me into free fall.

I tottered around the bedroom, trying to regain my balance. Instead of just dropping the underwear, and letting my leg return safely to the floor, I instead continued to yank. Soon I was pogo-sticking around the room, bouncing off first the dresser, then the bed, then the closet door.

However, it was when I reached to brace myself against the wall displaying my vintage Farrah Fawcett poster that things really became hairy. Instead of the wall, I was heading directly for the plate glass window!

I saw my life flash before my eyes, and I was about to flash everything else before my neighbors'.

It was at this moment that my toe dislodged, and the stretchy fabric sling-shotted up into nether-nether land, doubling me over in excruciation.

I know I should be embarrassed telling you all this, but I'm not. I blame my parents. Despite telling me for years that everyone puts their underpants on the same way, I know now that they don't.

Let's be glad.

*John O. Marlowe is an award-winning writer for Sagamore News Media*

# BETSY From Page A1



The Times photo courtesy of Betsy Reason

Monday was the last public day of the season for Forest Park Aquatic Center (above) to be open, although there will still be opportunities for Noblesville Adult Swim Team Inc. to practice and there will be a 25th celebration on Sept. 11, and a Noblesville Brewfest to benefit the pool on Sept. 17 in Forest Park.

The 12th annual Lucky Teter Rebel Run Car Show and Vintage Motorcycle Show had cars rolling in at 9 a.m. to get a good place under the shade trees at Noblesville's Forest Park. In car show tradition, owners set up their lawn chairs next to their cars and motorcycles so they can chat with interested passers-by who want to talk about cars at the show.

Just looking around at the car show, spectators and car owners could easily see what a good event that organizer and Noblesville Mason Barry Dixon has created as a benefit for the Noblesville Masonic Lodge's Angel Fund. This show for the community attracted 173 entries on Saturday at the

park, where Mikki Perrine and her staff at Ginger's Cafe were busy during the midday cooking hamburgers, hot dogs and brats for show-goers.

Although it wasn't an outdoor event, National Cinema Day was Saturday, when tickets were \$3 to all movie theaters in and around Hamilton County. We took the opportunity to go see the new "Top Gun: Maverick" movie, starring Tom Cruise, at the Regal Theater in Noblesville, where recliners make it easy to enjoy a movie, just like at home.

Sunday was spent enjoying a pitch-in lunch and fellowship with the Noblesville American Legion and Noblesville VFW at Osprey Pointe at



The Times photos courtesy of Betsy Reason

Just looking around at the 12th annual Lucky Teter Rebel Run Car Show and Vintage Motorcycle Show (pictured above and below) on Saturday at Forest Park, and spectators can see what a good event that organizer and Noblesville Mason Barry Dixon has created as a benefit for the Noblesville Masonic Lodge's Angel Fund.



Morse Beach Park in Noblesville, where members cooked burgers and dog on the grill, the food and drinks were plentiful, a deejay played music, kids enjoyed fishing on Morse Lake and more. It was just a beautiful day for the annual pitch-in.

Monday was the last public day of the season for Forest Park Aquatic Center to be open, although there will still be opportunities for Noblesville Adult Swim Team Inc. to practice and there will be a 25th celebration

on Sept. 11, and a Noblesville Brewfest to benefit the pool on Sept. 17 in Forest Park.

Also, Monday, we headed up to Cicero to the Red Bridge Park Car Show in its 31st year. The park, overlooking Morse Lake, is a beautiful place to spend an afternoon, especially looking at as many old cars that could pack into the grassy area of the park.

What a great weekend!

Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

# COUNCIL From Page A1

employees as well as highway improvement projects."

The Council will also be presented with budget requests from every department in the County.

"The work starts many months before these dates as the departments lay out a plan for their departments," Council Vice President Ken Alexander says. "One thing that we changed this year is

building in equipment obsolescence and maintenance planning. This type of planning during the budget process is one of the many ways Hamilton County attained the designation as the only Indiana County with AAA bond rating."

Once approved, the budget will be sent to the State of Indiana for approval before going into effect Jan. 1, 2023.

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# TUESDAY

## In The Kitchen

Tuesday, Sept. 6, 2022

A7

### Smoked Chuck Beef Ribs

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
Cook time: 10 hours, 30 minutes  
Servings: 8

- 1 slab beef chuck short ribs (about 4 pounds)
- 2 tablespoons kosher salt
- 2 tablespoons coarse black pepper
- 1/4 cup cider vinegar
- 1 cup water

Preheat smoker or pellet grill to 275 F.

Pat ribs dry with paper towel; remove moisture on surface.

Combine salt and pepper. Rub beef ribs well on all sides and ends with seasoning, coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.



# Cook Like a Pitmaster from the Comforts of Home

#### FAMILY FEATURES

For home chefs looking to take their cooking skills to the next level, it all starts with a little inspiration and a few new skills. Turn family meals into extravagant adventures, take backyard barbecues to new heights and impress friends and neighbors with pitmaster-worthy recipes.

In fact, it can be as easy as turning on the TV. From beef ribs and barbacoa to curried brisket rice and pho rub beef belly spring rolls, viewers are in for a treat by tuning into season 3 of "BBQQuest: Beyond the Pit," a video series that dives into the long-held traditions, new flavors and everyday inspiration that make Texas barbecue legendary.

The show follows four themes that capture the essence of Texas barbecue: legacy and tradition; creativity and innovation; Texas trailblazers; and family and community.

You can bring barbecue flavors home and cook like a pitmaster with dishes recreated from the series and developed by "Hardcore Carnivore" cookbook author Jess Pryles, including Smoked Chuck Beef Ribs, Grilled Jalapeno Cheddar Meatballs and Szechuan Skirt Steak with Crispy Rice.

"Since launching BBQQuest four years ago, it's truly remarkable to see how much has changed and yet stayed the same when it comes to Texas barbecue, and that's exactly what you see in season 3," said Rachel Chou, Texas Beef Council's director of consumer marketing. "There has been so much exciting innovation around cooking methods and international flavors while there's still a huge dedication to long-held recipes and smoking techniques."

Learn more about the show and find inspiration to bring the taste of barbecue to your kitchen at BeefLoving Texans.com.

### Grilled Jalapeno Cheddar Meatballs

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
Cook time: 1 hour, 15 minutes  
Servings: 15

- 1/2 cup tortilla chips, crushed
- 3/4 cup milk
- 2 pounds ground beef
- 3 fresh jalapenos, seeded and finely diced
- 1 block (8 ounces) cheddar cheese, finely diced
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt

Place crushed tortilla chips in large bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapenos, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.



Grilled Jalapeno Cheddar Meatballs



Szechuan Skirt Steak with Crispy Rice

### Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
Total time: 35 minutes  
Servings: 2

- 2 teaspoons Szechuan peppercorns
- 1 teaspoon five spice powder
- 1 teaspoon kosher salt
- 1 skirt steak or bavette steak (about 1 pound)
- 1/4 cup vegetable oil, divided
- 2 teaspoons milk or cream
- 2 cups cooked white rice
- sesame seeds (optional)
- scallions, thinly sliced (optional)
- cucumber, sliced (optional)
- cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness (135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains. Slice skirt steak across grain.

To serve, place rice in two bowls. Layer with sliced skirt steak. Sprinkle with sesame seeds and chopped scallions then place cucumber and cilantro on top, if desired.

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# TUESDAY

## In The Kitchen

# DAY

Tuesday, Sept. 6, 2022

A8

# A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

#### FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

#### Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

#### Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

#### One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

#### Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at [MushroomCouncil.com](http://MushroomCouncil.com).

#### Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 20 minutes  
Cook time: 50 minutes  
Servings: 4

#### Chicken:

- 8 boneless, skinless chicken thighs salt, to taste
- 6 tablespoons unsalted butter pepper, to taste
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

#### Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan. Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

#### Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

#### Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council  
Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

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# TUESDAY

## Health and WELLNESS

Tuesday, Sept. 6, 2022

A9

### Let's Take A Look At Substance Use Disorders In Indiana

By Steve Smitherman, CareSource Indiana President



Steve Smitherman

Substance use and substance use disorder (SUD) have been a growing public health concern over the past decade, both nationally and in Indiana. Data from the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics indicates there were an estimated 100,306 overdose fatalities in the U.S. during a 12-month period ending in April 2021, an increase of 28.5% from the same period in 2020.

The COVID-19 pandemic played a large role in these increasing rates, as the Indiana Department of Health (IDOH) tells us that from January to December 2020, there was a 41% increase in drug overdose deaths compared to the same time period in 2019 in Indiana. Additionally, naloxone, or Narcan, an opioid antagonist designed to reverse an overdose, administrations across the state were 66% higher in 2020 compared to the same period in 2019.

September is National Recovery Month, an annual observance to promote and support new evidence-based treatment and recovery practices for substance use. Launched by the Substance Abuse and Mental Health Services Administration (SAMHSA), the month aims to increase public awareness surrounding mental health

and addiction recovery.

CareSource, a national nonprofit health plan, recognizes that the process of accessing and completing proper treatment and care for SUD was hindered during the pandemic. Simultaneously, the number of vulnerable Hoosiers within these populations greatly increased as well as the barriers standing in their way of receiving assistance. Because of this, we have partnered with several organizations to better support those facing SUD and are focusing on the steps that should be taken to work towards recovery.

**1. Educate yourself.** Take the time to educate yourself on the facts surrounding drug use and SUD. Know that addiction is a long-term chronic disease. Seek the best resources available and use those to determine where you can access treatment. Helpful resources include the SAMHSA website, which contains information about substance use, treatment types, treatment locators and more, as well as the National Institute

on Drug Abuse (NIDA), which leads the nation in offering research on the health aspects of drug use and addiction. We also direct many of our providers to "Know the O Facts," a guide provided by the state of Indiana and Next Level Recovery that contains important resources, including the addiction hotline and treatment providers in the state.

Additionally, it's important to educate yourself on the major causes of overdose deaths, like fentanyl, a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. Fentanyl is prevalent in multiple substances and is often added to other drugs because of its extreme potency, making drugs less expensive, more powerful, more addictive and more dangerous, per the CDC.

**2. Recognize that treatment works, and that Medication Assisted Treatment remains the gold standard treatment for opioids.**

One of the most important items we stress at CareSource is that treatment does work. There needs to be active treatment, supportive treatment and recovery management during the course of someone's treatment plan in order for it to be effective. It also needs to be recognized that detox is important, but detox by itself is not treatment. If you detox without treat-

ment, you risk overdose, as an individual's tolerance decreases rapidly.

Medication Assisted Treatment (MAT) is the top treatment option for opioid use disorder (OUD) and is considered the gold standard in addiction care. MAT combines behavioral therapy and counseling with medication approved by the Food and Drug Administration (FDA) that provides a holistic or whole-patient approach to dependency. The treatment, regulated by a doctor, allows those with SUD to reduce their cravings and dependency quickly to begin their recovery.

**3. Focus on the full rehabilitation process.**

Good treatment is not only focused on substance use. Rather, a good treatment plan focuses on someone's mental and physical health as well. We recently partnered with Wayspring, a provider of high-touch care coordination and treatment services for those with SUD, to create a SUD Home program, the first of its kind in Indiana.

The program aims to reduce the burdens and barriers on members throughout the full rehabilitation process by supporting care navigation, establishing people with a primary care provider to detect and manage any current or underlying medical conditions, prioritizing the management of high-risk individuals through in-per-

son behavioral health, primary care and addiction medicine services, and utilizing CareSource's case management team to ensure the development of an individualized care plan and that members receive assistance with social needs crucial to the rehab process, such as transportation, appointment scheduling and housing. A strong combination of care coordination and focusing on a person's specific social determinants of health is critical to recovery.

**4. Obtain a Narcan kit and an emergency preparedness plan.**

When an overdose occurs, breathing stops. That's where the FDA approved medication, naloxone (Narcan), can help. A statewide study of emergency Narcan doses in Massachusetts found that when given the medication, 93% of people survived their overdose.

We work with Overdose Lifeline Inc. to provide Indiana schools with emergency medication boxes and emergency preparedness training in the event of an opioid emergency and to connect schools to evidence-based prevention programs. Indiana school districts are permitted to stock Narcan as an emergency medication, but few do. It's essential to have school staff trained in how to recognize and respond to an overdose emergency. Our goal with the three-year grant with Overdose Lifeline Inc. is

to increase the number of Indiana schools who have implemented an Opioid Overdose Emergency Preparedness and Response program by 275 schools by targeting 75 schools in the first year and having 250 school staff members attend the training programs.

**5. Find a support system in recovery.**

To help with your recovery, it's important to recognize who your support system is, maintain proper nutrition, and work to find a meaningful and fulfilling activity. Keep in mind that substance use disorders are like all chronic conditions and often require repeated episodes of treatment and ongoing maintenance. While it is a long-term process, recovery from SUD is possible.

If you know someone struggling with addiction during this time, CareSource offers care management for members struggling with addiction, which can be accessed at 1-855-475-3163, as well as support through our 24-hour addiction hotline. Call 1-833-674-6437 to reach a care advocate. And finally, consider attending support groups close to home, like Al-Anon, Nar-Anon, the National Alliance on Mental Illness, or Parents of Addicted Loved Ones (PAL) and referring to resources like [www.bewellindiana.com](http://www.bewellindiana.com) and [www.in.gov/recovery/know-the-facts/](http://www.in.gov/recovery/know-the-facts/).

### Hospitals Finally Face the Music on Price Transparency September is National Recovery Month

By Sally C. Pipes

Two Georgia hospitals were recently fined \$1.1 million for failing to publish their prices. The facilities had also ignored letters from the Centers for Medicare and Medicaid Services asking them to publicly disclose what they charge for procedures.

It's about time. The federal government directed hospitals to publish clear, consumer-friendly charge lists by the beginning of 2021. Six months later, just 6% of hospitals nationwide had complied, according to a study published in June in the medical journal JAMA.

Hospitals shouldn't be able to get away with flouting the law. Price transparency empowers patients and payers to shop around for medical care -- and ultimately allows them to leverage the power of competition to extract the best value for their dollar.

The Trump administration issued the price transparency rule in

2019. It required hospitals to publish standard prices for 300 of their most common services, including rates for insurers and those for individuals paying cash. The rule set daily fines for non-compliant institutions, which the Biden administration increased in November 2021.

Since the rule took effect, hospitals have been cautioned plenty. CMS has issued more than 350 warning letters requesting compliance.

Yet transparency has lagged. The biggest medical centers have been among the worst offenders. Just 0.5% of facilities owned by the country's three largest hospital systems were fully compliant as of early 2022, according to a report from Patient Rights Advocate.

Hospitals may be leery of revealing their prices because the results can be embarrassing. In one case, an Illinois patient received a \$15,000 hospital bill for an EpiPen. He later learned he could

have purchased the same device from a pharmacy for \$320.

Or, take the recent experience of a couple in Fresno, Calif. According to reporting from NPR, the husband underwent cataract surgery with an in-network provider that cost over \$4,000. His wife, who has the same coverage, received the same exact procedure at a neighboring clinic -- and only owed \$204. The two facilities were just a half mile from one another.

High-cost providers wouldn't be able to get away with those wide spreads in price if patients and payers knew about them. That's why a 2021 RAND Corporation study projected that improving price transparency could reduce U.S. healthcare spending by up to \$26.6 billion a year.

Of course, some hospitals may be justified in charging more than others. Factors like quality, convenience, and reputation of doctors and hospitals always influence price. But patients and

payers should be able to evaluate those factors on their own. Hiding prices deprives them of key pieces of information that help them make prudent decisions.

Opaque prices also undermine competition -- and thus help healthcare providers avoid improving quality or reducing costs in order to attract customers at the margin.

The feds did the right thing by fining hospitals that aren't following the rules. But more needs to be done to make hospitals around the country do what businesses in every other sector do every day -- tell potential customers what they can expect to pay.

*Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is False Promise, False Promise: The Disastrous Reality of Medicare for All (Encounter 2020). Follow her on Twitter @sallypipes. This op-ed originally ran in the Chicago Sun-Times.*

Nine out of ten people who need substance abuse treatment don't receive the help they need, according to the Substance Abuse and Mental Health Services Administration. For the 10% of Americans who have made it into recovery, it's a continuous battle to be free from the grip of opioid dependence, alcoholism, and other forms of addiction.

This month, we celebrate journeys to recovery and shine a light on those still fighting. It's time for our community to strengthen its resolve and change the story.

What can you do? Here are a few ways to get in the fight against addiction and spread the word about recovery: Understand addiction and recovery. Education is critical to overcoming stigma. Stay in-the-know about all things addiction

and recovery with our free educational resource Health Hub.

Get involved. Many organizations, including Valley Oaks Health, are making strides to curb addiction in our community. Join in celebrating these efforts and resolving to do more at this year's Recovery Rally on Sept. 17. You can also participate in the pre-event 5K. Register today.

Spread the word. Would you like to actively spread awareness about addiction and recovery? If so, you can download more resources here.

Stay connected. There are several ways to make a difference beyond the month of September. Connect with Valley Oaks Health on Facebook, LinkedIn, and Instagram and find new ways to promote recovery all year long.



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